

# The Women's Strength Training Guide to Muscle, Metabolism & Confidence



**Joe Miller**  
Founder of  
1st Optimal

Welcome to Built Strong: The Women's Strength Training Revolution.

For too long, women have been told that strength training is for men or that lifting heavy will make us bulky. But let's break those myths and embrace the truth: Strength training isn't just about muscle it's about building resilience, confidence, and empowerment. It's about being unapologetically strong in body and mind, no matter where you are in life. Your journey starts now. Strength changes everything, and you deserve to feel powerful every day.

At 1st Optimal, we're dedicated to helping women like you unleash their inner strength. We're more than just a fitness company we're a passionate team focused on providing free, valuable content that empowers you with the knowledge and tools needed to thrive.

We believe that true transformation happens when you take control of your health, body, and confidence. With our expert resources, community, and personalized coaching, we're here to support every step of your journey. Because when you train with purpose, you don't just get stronger you become the best version of yourself. Let's build strong, together.

# The Women's Strength Training Guide to Muscle, Metabolism & Confidence



**Joe Miller**  
Founder of  
1st Optimal

1st Optimal

## Why Strength Training Changes Everything

- The importance of strength training for women beyond weight loss
- Benefits for muscle, metabolism, bone density, hormone balance, and mental health

## Key Training Terms & Definitions

- Understanding hypertrophy, reps, sets, tempo, and more
- Training Styles and Their Benefits
- Hypertrophy training, HIIT, circuit training, and muscular endurance

## Your Weekly Strength Blueprint

- A 4-day split workout plan focusing on different muscle groups
- Targeted Workouts
- Push day, pull day, quad + glute day, and hamstring + glute day exercises

## Glute Growth Strategies

- Techniques to maximize glute development

## Nutrition for Strength & Recovery

- Key dietary strategies for muscle growth and recovery, including protein, carbs, hydration, and supplements

## Recovery Tips

- Importance of sleep, rest days, active recovery, and tools like HRV tracking and sauna use

## Alternate Training Plans

- Full-body and upper/lower split options for flexibility and balance

## Frequently Asked Questions

- Addressing common concerns around strength training, nutrition, and training during menstruation

## Final Words & Next Steps

- Empowering call-to-action to begin your strength journey with personalized coaching support



## Why Strength Training Changes Everything Not Just for Men. Not Just for Weight Loss.

Strength training for women:

- Increases lean muscle and metabolism
- Improves insulin sensitivity and blood sugar control
- Supports bone density and reduces osteoporosis risk
- Balances hormones and improves cycle health
- Boosts mental health, mood, and self-image

**Quick Stat:** Women over 35 can lose up to 3–5% of muscle mass per decade without strength training (CDC, ADASM).



## Key Training Terms & Definitions Let's Get Clear: These Terms Matter

- **Hypertrophy:** Increase in muscle size due to resistance training
- **Rep:** One complete movement of an exercise
- **Set:** A group of reps performed before resting
- **% of 1RM (One Rep Max):** Percentage of your maximum effort for one rep
- **RIR (Reps in Reserve):** How many reps you could still do before failure (RIR 2 = 2 reps left in the tank)
- **Tempo:** Speed of each phase of a movement (Eccentric / Isometric / Concentric)
- **Concentric:** Muscle shortens (lifting phase)
- **Eccentric:** Muscle lengthens (lowering phase)
- **Isometric:** Muscle contracts without moving (pause/hold)
- **Rest Time:** Recovery between sets, depends on goal
- **Static Strength:** Strength in a non-moving position (e.g. plank)
- **Time Under Tension (TUT)** refers to the total amount of time a muscle is actively working during a set of an exercise. It includes all phases of a lift eccentric (lowering), isometric (pause), and concentric (lifting).



## Understanding Training Styles What's the Difference?

- **Hypertrophy Training:**
  - Goal: Muscle growth
  - Rep range: 6–12
  - Rest: 60–90 seconds
  - Intensity: Moderate to high (65–85% 1RM)
  - Energy System: Anaerobic (glycolysis)
- **HIIT (High Intensity Interval Training):**
  - Goal: Cardiovascular + metabolic conditioning
  - Short bursts of all-out effort with minimal rest
  - Energy System: Anaerobic (ATP-PC and glycolysis)
- **Circuit Training:**
  - Goal: Combine strength and endurance
  - Several exercises back-to-back with little rest
  - Rest: <30 seconds
  - Energy System: Primarily aerobic, some anaerobic
- **Muscular Endurance:**
  - Goal: Resist fatigue over time
  - Reps: 12+
  - Rest: <60 seconds
  - Energy System: Aerobic (oxidative)

# The Women's Strength Training Guide to Muscle, Metabolism & Confidence



**Joe Miller**  
Founder of  
1st Optimal

## Your Weekly Strength Blueprint (4-Day Split)

Day	Focus
Day 1	Quad-Dominant + Glutes
Day 2	Pull (Back, Biceps)
Day 3	Push (Chest, Shoulders, Triceps)
Day 4	Hamstring-Dominant + Glutes

- 1-2 warm up sets as needed
- 3 working sets per movement
- 8-12 reps each
- RIR: 1-2
- Tempo: 2s eccentric – 1s pause – 2s concentric
- Rest: 60-90 seconds
- Intensity: 70-80% 1RM

### Push Day Workout

- Dumbbell Shoulder Press
- Incline Dumbbell Chest Press
- Lateral Raises
- Triceps Cable Pushdowns

**Tips: Control the weight. Pause at the top. Core tight.**

# The Women's Strength Training Guide to Muscle, Metabolism & Confidence



**Joe Miller**  
Founder of  
1st Optimal

## **Pull Day Workout**

- Lat Pulldown or Assisted Chin-Up
- Seated Row or Barbell / Dumbbell Row
- Face Pulls
- Deadlift (variations: Trap bar, Barbell, Dumbbell)
- Biceps Curls (EZ Bar or Dumbbell)

**Tips: Drive elbows back. Pause at peak contraction.**

## **Quad + Glute Day**

- Goblet or Barbell Squat
- Walking Lunges
- Bulgarian Split Squat
- Glute Cable Kickback

**Tips: Control depth. Squeeze glutes at top.**

## **Hamstring + Glute Day**

- Romanian Deadlift
- Barbell Hip Thrust
- Back Extensions
- Seated Leg Curl

**Tips: Controlled eccentrics. Pause at lockout for 2s on hip thrusts.**



## Glute Growth Strategies

- Combine vertical + horizontal hip extension (e.g. RDL + hip thrust)
- Vary rep ranges (6–12 and 15–20)
- Use paused reps and slow eccentrics for more tension
- Prioritize glute mind-muscle connection

## Nutrition for Strength & Recovery

- Protein: 1g per lb of goal bodyweight
- Carbs: Center around workout (pre/post)
- Hydration: Minimum 0.6–0.7 oz per lb bodyweight per day
- Creatine: 5g daily (safe for women)
- Collagen (15g pre-lift for joint/tendon support)

## Sample Pre-Lift Meal:

- 1 scoop whey + banana + 1 tbsp almond butter (90 min pre)

## Recovery Tips

- Sleep: 7–9 hours (non-negotiable for hypertrophy)
- Rest Days: 1–2 per week
- Active Recovery: Walking, yoga, mobility
- HRV Tracking: Stay aware of your nervous system load
- Sauna (2x/week) = improved recovery & lower mortality



# The Women's Strength Training Guide to Muscle, Metabolism & Confidence



**Joe Miller**  
Founder of  
1st Optimal

## **Alternate Training Plan A (Full Body 3x/Week)**

**Day 1:** Squat, Push, Pull, Core

**Day 2:** Hinge, Lunge, Row, Glutes

**Day 3:** Squat or Deadlift Variation, Push, Pull, Finisher  
Focus: More flexibility for beginners or busy schedules

## **Alternate Training Plan B (Upper/Lower Split)**

**Day 1:** Upper Body (Push + Pull)

**Day 2:** Lower Body (Quads + Glutes)

**Day 3:** Full Body Circuit (lighter weights)

**Day 4:** Lower Body (Hamstrings + Glutes)  
Focus: Great for improving lower-body symmetry

# The Women's Strength Training Guide to Muscle, Metabolism & Confidence



**Joe Miller**  
Founder of  
1st Optimal

## **Alternate Training Plan A (Full Body 3x/Week)**

**Day 1:** Squat, Push, Pull, Core

**Day 2:** Hinge, Lunge, Row, Glutes

**Day 3:** Squat or Deadlift Variation, Push, Pull, Finisher  
Focus: More flexibility for beginners or busy schedules

## **Alternate Training Plan B (Upper/Lower Split)**

**Day 1:** Upper Body (Push + Pull)

**Day 2:** Lower Body (Quads + Glutes)

**Day 3:** Full Body Circuit (lighter weights)

**Day 4:** Lower Body (Hamstrings + Glutes)  
Focus: Great for improving lower-body symmetry

# The Women's Strength Training Guide to Muscle, Metabolism & Confidence



**Joe Miller**  
Founder of  
1st Optimal

## FAQ Section

### **Q: Will I get bulky?**

— No. Muscle takes time and consistency.

### **Q: How soon will I see changes?**

— Strength in 2–4 weeks, body comp by 6–8.

### **Q: Can I add cardio?**

— Yes. But strength comes first.

### **Q: What if I miss a workout?**

— One missed session won't derail your progress. Just pick up where you left off. Consistency over time is what matters.

### **Q: Do I need to lift heavy to see results?**

— You need to lift *challenging* weights, but that doesn't always mean super heavy. Focus on controlled form, progressive overload, and reps close to failure.

### **Q: Can I train during my period?**

— Yes. Some women feel stronger during ovulation, others need to dial back intensity during menstruation. Listen to your body and adjust.

### **Q: Should I eat before training?**

— Yes. A small pre-workout meal with protein and carbs can improve strength, recovery, and muscle growth.

# Additional Links And Resources



**Joe Miller**  
Founder of  
1st Optimal

## Free Virtual Consultation with a Health Expert

- **LINK: <https://1stoptimal.com/book-a-call>**

## Product Links:

- **3 Day Diet Coaching Plan**
- **Creatine | Use Code JOE10 Discount**
- **Hormone Health Panel**

## Helpful Educational Articles:

- **Creatine use for Women**
- **WHI-study-hormone-therapy\_**
- **The Truth about Women's Hormone Health**

1st  Optimal