



S Y L L A B U S

Strength Training for Women

Duration: 5 Days (Total: 20 Hours)

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1.0 Course Overview

This empowering module introduces women to the science and strategy of **strength training**, covering proper form, programming, recovery, and mindset to help them feel strong, capable, and in control of their fitness journey.

2.0 Learning Outcomes

By the end of this course, participants will be able to:

- Understand how strength training benefits women at all life stages
- Perform key compound movements with correct form
- Design beginner-to-intermediate strength programs
- Align training with goals like muscle tone, fat loss, or performance
- Build confidence in the gym or at home with progressive strength routines

3.0 Training Methodology

- Movement Demos and Practice Sets
- Strength Log Sheets and Goal Mapping
- Bodyweight to Barbell Progressions
- Myth-Busting Discussions
- Reflective Mindset Journaling

4.0 The Benefits of Strength Training for Women (3 Hours)

Objectives:

- Learn how lifting improves health, physique, and confidence

Topics Covered:

- Physical Benefits: Muscle Tone, Bone Density, Fat Loss
- Metabolic Boosting and Hormonal Balance
- Mental Health and Empowerment
- Common Myths (e.g., “bulking up”)

Activities:

- Task: List personal motivators for getting stronger
- Group Discussion: Top myths that hold women back
- Worksheet: Health benefits of resistance training

5.0 Anatomy, Hormones, and Strength Training Myths (3 Hours)

Objectives:

- Understand how a woman’s body responds to resistance training

Topics Covered:

- Female Physiology: Muscles, Bones, and Joint Considerations
- The Role of Estrogen and Strength Retention
- Strength Training at Different Ages (Teens to Post-Menopause)
- Myth-Busting: Spot Reduction, “Toning,” and Weight Gain

Activities:

- Task: Match myths to facts
- Group Activity: Design an age-friendly training week
- Reflection: What belief about lifting am I ready to let go of?

6.0 Core Lifts, Techniques, and Program Design (4 Hours)

Objectives:

- Learn foundational exercises and how to progress them

Topics Covered:

- Compound Movements: Squat, Deadlift, Lunge, Press, Pull
- Training Modalities: Dumbbells, Barbells, Resistance Bands, Machines
- Reps, Sets, Rest, and Intensity Guidelines
- Weekly Splits and Total-Body Programming

Activities:

- Demo: Practice form for 3 compound lifts
- Lab: Create a beginner strength workout (3-day split or full-body)
- Peer Coaching: Correct form and give feedback

7.0 Training Goals: Fat Loss, Muscle Gain, Strength, & Performance (3 Hours)

Objectives:

- Customize training to different physical outcomes

Topics Covered:

- Understanding Hypertrophy vs Strength vs Endurance
- How to Adjust Reps, Volume, and Intensity
- Strength Training vs Cardio for Fat Loss
- Periodization and Goal Progression

Activities:

- Case Study: Create a plan for 3 types of goals
- Task: Identify your current phase and adjust your plan
- Partner Share: Share your training goal and “why”

8.0 Nutrition, Recovery, and Mindset for Women Who Lift (3 Hours)**Objectives:**

- Support strength gains through proper fuel and recovery

Topics Covered:

- Protein Intake, Macronutrients, and Hydration
- Sleep, Mobility, and Active Recovery
- Overtraining, Plateaus, and Progress Fatigue
- Confidence, Gym Anxiety, and Empowered Mindset

Activities:

- Task: Plan 1 day of eating to support your strength plan

- Drill: Design a 10-minute post-lift recovery routine
- Journaling Prompt: “I feel strongest when...”

9.0 Personal Program Planning & Progress Tracking (2 Hours)

Objectives:

- Build a personalized roadmap for strength and progress

Topics Covered:

- SMART Goal Setting for Strength
- Using Logs, Apps, and Photos to Track Growth
- Adjusting Plans Over Time and Listening to the Body
- Creating Consistency Without Burnout

Activities:

- Worksheet: 4-week progressive strength plan
- Task: Choose 3 strength metrics to track (e.g., reps, weight, form)
- Peer Review: Share and tweak each other’s plans

10.0 Conclusion and Wrap-Up (1 Hour)

Key Takeaways:

- Celebrate strength and commit to long-term training

Final Activities:

- Showcase: Present your strength training journey map
- Certificate Distribution
- Reflection: “What lifting taught me about myself...”