

THE REBELLION PROJECT🔥

Because we don't pause – we rise.

A holistic 24-week strength and health transformation for women in perimenopause and menopause – built on education, strength training, and pro-metabolic nutrition.

- **Phase 1 (Weeks 1-12): The Rebellion Reset** – education, awareness, and foundation building.
- **Phase 2 (Weeks 13-24): The Rebellion Rise** – progression, empowerment, and mastery.

⚡ PHASE ONE: THE REBELLION RESET

Education. Foundation. Strength from the inside out.

Purpose:

To rebuild the foundations of metabolic health, strength, and confidence – through awareness, nourishment, and structured training that works *with* your body's physiology.

◆ **Structure Overview**

Focus Area	Goal	Method
Education	Understand hormones, metabolism & the nervous system	Workshops + resources
Nutrition	Fuel the body, reduce stress, support recovery	Pro-metabolic meal guides, weekly habits
Training	Build strength & confidence	2-4 strength training workouts/ week
Mindset	Reconnect with self-belief	Weekly reflection & journaling
Community	Belong, share, and grow	Private group + live coaching calls



12-Week Breakdown

Weeks 1-2 – Awareness & Reconnection

- Learn: What's happening in perimenopause & menopause
- Reset routines for energy, sleep & recovery
- Intro to strength training principles
- Nutrition focus: eat enough, not less

Weeks 3-4 – Metabolic Foundations

- Understanding stress, thyroid & cortisol
- Create balanced meals (protein + carbs + fats)
- Training: foundational movement patterns
- Build daily rhythm: light, sleep, and rest cycles

Weeks 5-6 – Fuel & Fire

- Boost energy by eating for metabolism
- Identify under-fuelling and overtraining signs
- Progressive strength training begins
- Mindset: shifting from "fixing" to "thriving"

Weeks 7-8 – Strength & Structure

- Focus on lifting technique, tension, tempo
- Nutrition focus: minerals & recovery foods
- Education: how hormones affect training & results
- Community challenge: “Lift Heavy, Live Loud”

Weeks 9-10 – Body Recomposition

- Learn how muscle supports metabolism & fat loss
- Optimise protein and carb timing
- Advanced strength progressions
- Reflection: noticing physical & emotional shifts

Weeks 11-12 – Integration & Empowerment

- Review: new habits, mindset, and energy levels
- Celebration week – community recognition
- Prepare for Phase 2 (goal setting & testing)
- Optional: individual progress call/check-in

PHASE TWO: THE REBELLION RISE

Progress. Empowerment. Living strong.

Purpose:

To build on the foundations of Phase 1 – with a focus on physical strength, metabolic resilience, emotional balance, and leadership within the community.

Structure Overview

Focus Area	Goal	Method
Education	Deepen understanding: strength, metabolism, hormones	Advanced workshops
Nutrition	Individualised pro-metabolic approach	Personal tracking, recovery support
Training	Strength progression & performance goals	2-4 workouts/week
Mindset	Identity shift – “I am strong”	Reflection, journaling, community leadership
Community	Peer mentoring & accountability	Pairing & group projects

12-Week Breakdown

Weeks 13-14 – The Power Phase

- Focus: strength and performance goals
- Learn: training periodisation & recovery cycles
- Nutrition: fuel for strength and muscle gain

Weeks 15-16 – Metabolic Mastery

- Deeper dive into thyroid, liver & blood sugar balance
- Explore stress resilience & restorative routines
- Introduce breath work, mobility & recovery days

Weeks 17-18 – Thrive Through Change

- Learn: midlife body composition & longevity
- Focus on sustainability and long-term results
- Mindset: leadership in life, work, and body

Weeks 19-20 – The Rebellion Challenge

- Community strength or movement challenge
- Track progress: strength tests, energy, mood
- Nutrition: recovery optimisation & supplementation (education-based, not medical)

Weeks 21-22 – Refinement & Flow

- Create personalised rhythms: training, food, rest
- Habit anchoring & long-term consistency
- Group coaching: removing perfection pressure

Weeks 23-24 – Rise & Reclaim

- Reflect on your transformation
- Goal-setting for the next season
- Celebration
- Invitation into the **Rebellion Collective** (ongoing membership)

After the 24 Weeks

Women transition into **The Rebellion Collective** – a continuing community and coaching membership for:

- Ongoing strength training & program updates
- Monthly education workshops
- Live Q&As
- Support through each new season of change

Signature Philosophy

"We don't shrink with age – we expand in power."

The Rebellion Project is about **education over medication, fuel over restriction**, and **strength over fear**.

Book your free call to discover if The Rebellion Project is for you!

Click the link below 

<https://www.wixforms.com/f/7399636403929220124>