

Edwina Jenner

PT & HEALTH COACH





I'm so glad you are here! Fitness has been a huge part of my life, and now, as a coach, I love sharing workouts and fitness tips with the women in my community! Below are 5 of my favourite workouts for you to try at home.

I'm passionate about midlife women lifting weights. Loss of muscle mass (sarcopenia) and osteoporosis are two of the biggest threats to our independence, vitality, and mobility as we age.

Now is the time to get strong, but let's have fun while doing it.

If you enjoy these workouts, come and join my monthly membership. I'm with you live four times a week or on-demand at a time that suits you—from my living room to yours; we can train together.

There is a 7-day free trial below, then it's only £35.00 a month.

Cancel any time.

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THE 10 MINUTE SERIES

FULL -BODY

LOWER-BODY

NO CRUNCH CORE

**SHOULDERS, BICEPS &
TRICEPS**

**SHOULDERS CHEST &
TRICEPS**



I sincerely hope you found this guide useful.

Through my membership and weekly workouts, I aim to help midlife women build strength, connect with their energy, and reclaim their confidence so they can lead the fulfilling lives they deserve!

I look forward to connecting with you further, and if you have any questions, please don't hesitate to let me know!

Your friend and coach,

Ed xx

Let's connect



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