



MY Week - July 2024

Anna Hägerstrand

Anna has been active all her life, in some form or another- but did play soccer consistently from age 10 to 34 (she stopped after her 2nd daughter was born). After soccer, she did some weight-lifting and running - but without a focus or clear goals.

In 2018, she started CrossFit, which she really liked, but found it very hard on her body - so something had to change - especially after a string of injuries left her not feeling comfortable in her body.

In 2019 Anna started a personal training program that involved weightlifting and nutrition - and has never looked back! She set up a home gym - and during the COVID lockdown, Anna made a huge transformation in her body and was feeling awesome.

Like many iron agers, Anna struggled with menopause symptoms in late 2022, and struggled for a bit - but, as she said, “enough was enough” and is back on track to be the best version of herself before she turns 55.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rest Day or Active Rest Day	Weight Training	Weight Training	Active Rest Day	Weight Training	Weight Training	Rest Day or Active Rest Day
5 - 6 km run or interval run	Chest & Triceps	Back & Biceps	5 - 6 km run or interval run	Shoulders & Core	Lower Body	5 - 6 km run or interval run
If not a run - mobility, yoga or any “feel-good” exercise	Chest: Bench press, Incline DB press, Standing Cable Chest Fly, Push up Triceps: Barbell lying tricep extension, Overhead cable tricep extension, tricep pushdown with bar	Back: Barbell row, Lat Pulldown, DB Row, DB Shrug, Back extension Biceps: Hammer Curl, Incline DB curl		Shoulders: DB Shoulder press, DB Lateral raise, DB Front raise, Reverse Machine Fly Core: Hanging knee raise, Trx Crunch, Ab Wheel, Oblique Crunch	Lower Body: Lying or Seated leg curl, Squat, Leg press, Bulgarian Split squat, leg extension, Romanian DL, standing or seated calf raise	If not a run - mobility, yoga or any “feel-good” exercise
Daily Activities (<i>run steak in progress - #nodayoff</i>)						
Run: min. 1 mile Min. 50 sit ups Min. 2x25 push up 2 x max pull ups	Run: min. 1 mile Min. 50 sit ups Min. 2x25 push up 2 x max pull ups	Run: min. 1 mile Min. 50 sit ups Min. 2x25 push up 2 x max pull ups	Run: min. 1 mile Min. 50 sit ups Min. 2x25 push up 2 x max pull ups	Run: min. 1 mile Min. 50 sit ups Min. 2x25 push up 2 x max pull ups	Run: min. 1 mile Min. 50 sit ups Min. 2x25 push up 2 x max pull ups	Run: min. 1 mile Min. 50 sit ups Min. 2x25 push up 2 x max pull ups