

ACTIVE SHAKTI



STRONG FROM THE START: TRAIN SMARTER, RECOVER DEEPLY, PERFORM STRONGER

for Dynamic, Powerful & Active Women

SEEMA CHOPRA (MSC)

FOUNDER

SEEMA CHOPRA

Integrative Strength &
Conditioning Coach



WELCOME TO YOUR WORKBOOK

This workshop was created to give you clarity and confidence as you reset your training this season. So many women push through fatigue, stress, or hormonal changes without real guidance — and end up feeling stuck.

Here, you'll learn simple strategies you can use straight away: how to understand your energy dips, how to adjust training without guilt, and how to focus on what really moves the needle.

This workbook gives you a place to reflect, jot down insights, and keep the key tools from the session close at hand.

Remember — this is a starting point. Real change comes when these ideas are tailored to your body, your cycle, and your life. If you'd like to explore that more deeply, I'd love to invite you into my mentorship or in-person coaching.

Let's begin.



WHY ENERGY & FOCUS DIP

What's Happening:

- Hormonal fluctuations (esp. in perimenopause)
- Cortisol and stress response disrupting balance
- Sleep disruption and recovery gaps lowering resilience

Reflection Prompt:

"Where do you notice your biggest dips in energy or focus?"
(Space for notes)

***Energy dips are not weakness — they're signals from
your body that you can adapt and train smarter.***

ADJUSTING TRAINING FOR HORMONES, STRESS & FATIGUE

Training Adjustments Principles to Remember:

Progression only works when recovery is respected

Use undulating programming → heavy → lighter → de-load

Scale based on readiness (how you feel) not just the calendar



STANDARD WEEK (3-4 SESSIONS)

- Day 1 — Heavy lifts (lower body focus)
- Day 2 — Active recovery / mobility
- Day 3 — Moderate intensity (upper body + conditioning)
- Day 4 — Rest or light movement
- Day 5 — Power / speed work (short, explosive)
- Day 6 — Walk / yoga / mobility
- Day 7 — Rest



LOW ENERGY / PERIMENOPAUSE WEEK

- Day 1 — Strength (compound lifts, shorter session)
- Day 2 — Walk + mobility
- Day 3 — Rest
- Day 4 — Moderate bodyweight or conditioning circuit
- Day 5 — Rest or light activity
- Day 6 — Walk + breathwork
- Day 7 — Rest

Reflection Prompt:

“Looking at your past month — when might you have needed to swap to a low energy week instead of pushing through?”

WHAT TO TRACK (AND WHAT TO STOP)



Tracking that matters

Matters Most:

- Resting HR & HRV
- Energy + mood logs
- Sleep quality

Let Go Of:

- Obsessive calorie counts
- Every single symptom or metric
- Comparing to others

Red Flags (Pull Back / Deload):

- Resting HR \uparrow 5–10 bpm above baseline
- Irritability, brain fog, low mood
- Fatigue worsening after training
- DOMS lasting >3 days
- Trouble falling/staying asleep

Green Lights (Progress / Push):

- Steady energy
- Stable mood
- Resting HR + HRV consistent
- Sleep 7–9 hrs
- Recovery within 24–48 hrs

**Tracking only matters if it helps you take action.
Simplify → focus on what gives you clarity, not stress.**



RECOVERY FOR HORMONAL BALANCE

Recovery is Training

Why it matters:

- Recovery regulates hormones as much as training does
- Without sleep + nourishment, progress stalls
- Daily rhythm = hormonal stability

Daily Recovery Checklist

- ✓ Morning light (5–10 mins outside)
- ✓ Protein at every meal (20–30g)
- ✓ Hydration (2–3L water)
- ✓ Magnesium-rich food or supplement
- ✓ 10 mins mobility or stretch
- ✓ 5-min breath reset
- ✓ Consistent bedtime + wake time

Reflection Prompt:

Which of these is easiest for you to add in this week?



NON-NEGOTIABLES

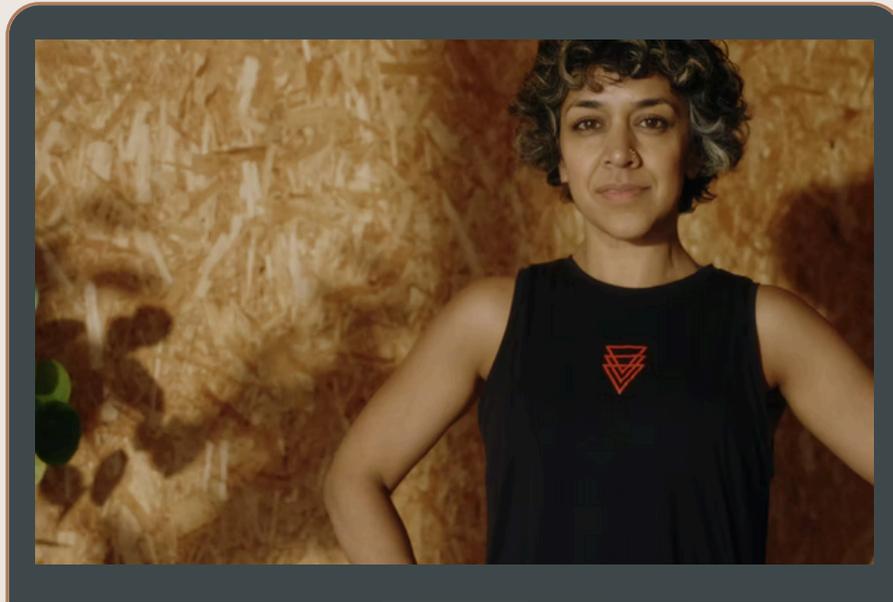
When symptoms hit, or motivation drops, don't abandon training — anchor yourself with these simple minimums:

- 🚶♀️ One Walk — move your body outdoors
- 🌬️ One Breath Reset — 5 minutes grounding
- 🏋️♀️ One Strength Move — a squat, push-up, hinge, or row

Why it works:

- Keeps momentum without pressure
- Protects recovery + confidence
- Reminds you: progress is about consistency, not perfection

NEXT STEPS



Key Takeaways:

Your energy dips are signals, not setbacks
Small adjustments create consistency
Recovery is the hidden driver of progress

Next Steps:

If this session resonated with you – imagine what's possible with personalised support.

I have:

5 online mentorship spaces

This is where we take these frameworks and shape them for your body, cycle, and life.

Are you ready to train smarter and unlock your full potential?

[Join The Synced Method™ Mentorship](#)

Follow me on Instagram @active_shakti for more insights!