What Is The Pause programme?

Pause · https://thesixpackrevolution.com/docs/what-us-the-pause-programme/

A 75-day Programme designed for Perimenopause, Menopause and Post-Menopause.

Over 75 days, you'll follow a structured programme that covers everything: video-led workouts with female instructors, a delicious whole-food nutrition plan, mindset coaching, and powerful community support.

Every element is included: expert coaching, delicious whole-food meals, low-impact strength workouts, Pilates sessions, and a community that lifts you up. And the best part? Your vid guided workouts are led by women who get it - empowering you to train safely, effectively, and confidently.

Plus, you'll gain access to exclusive online tools, blogs, and live interactive zooms, covering everything fro