

February 9, 2026 Call Summary

- Karen completed Stronger 3 program and received recommendations for Stronger 5 or Stronger 7 as next steps, with both programs designed for 30-40 minute workout sessions.
- Stronger 5 offers four shorter workouts including interval training and metabolic conditioning, while Stronger 7 consists of workouts around 30-35 minutes in duration.
- Programs 5 and 7 are eclectic mixes from other programs, maintaining original thumbnails from source programs which may appear confusing to new users.
- Facebook group will be discontinued in approximately two weeks and replaced with The Community feature inside the app, featuring braided threads for different member types and topics.
- Wednesday masterclass will be held on Zoom with live streaming capability, allowing VIP members to request coaching spots for heart health discussions.
- VIP masterclasses will be kept separate from public sessions, with VIP sessions going deeper into content and providing specific guidance on membership resources.
- Sol water recipe requires Himalayan salt crystals saturated in filtered water for 24 hours, with one teaspoon added to drinking water rather than sprinkling salt directly.
- Twelve-week programs no longer have automatic shut-off features, allowing members to complete programs at their own pace without support intervention.
- Sharon was advised to begin strengthening exercises before her March hysterectomy, as entering surgery stronger leads to better recovery outcomes.
- Whole body vibration was recommended for post-surgery recovery, providing micro contractions at 50 times per second to help maintain muscle strength without heavy lifting.
- Linda experienced significant weight gain of 16 pounds during three weeks of sprint training, likely due to hormonal stress and cortisol elevation during perimenopause.
- Members shared success stories including increased muscle mass, improved daily activities performance, better energy levels, and positive changes in family perceptions.
- Yoked supplement was mentioned as effective for muscle gain, with the speaker reporting a two-pound muscle gain that was maintained even after discontinuing use.
- Maintaining current muscle mass without loss represents success given that women typically lose 3-8% of muscle mass per decade after age 30.