

March 23 2026 Coaching Call

- Hip pain from a pulled muscle: rest until pain-free for at least two weeks before adding resistance and get a PT assessment to identify weak muscles causing the issue.
- Anti-inflammatory strategies recommended include removing dairy, gluten, wheat, and eggs, and increasing omega-3 intake to 2,000–4,000 mg of combined EPA and DHA daily.
- Ice is always safe for inflammation; heat should only be used alternating with ice to boost circulation, not applied alone to an inflamed area.
- For ankle surgery recovery, floor-based exercises from the Glute Challenge, core work, and seated or lying upper body training are appropriate substitutes.
- Adding a third strength day is acceptable only if energy, sleep, libido, and recovery are all strong; a yoga session on Friday was suggested as a functional third day for someone training Sunday and Wednesday.
- Program design in Stronger series counts sets per muscle group, not per exercise—members should review total volume per muscle group before assuming more days are needed.
- Periodization and recovery weeks matter: week 4, 8, and 12 should be planned recovery weeks to avoid forced downtime from illness or injury.
- Soreness lasting four days signals the need to reduce weight slightly; early training gains (first ~8–9 weeks) are primarily neural adaptations, not muscle growth.
- Stronger programs are not sequential progressions—members should choose based on the written description matching their energy, recovery capacity, and experience level.
- Eileen's pelvic floor tightness issue: Kim Vopney (The Vagina Coach) and Janet Danielson (creator of the Cooch Ball) were recommended as specialist resources, alongside vagus nerve and parasympathetic relaxation techniques.
- Kneecap pain during lunges and squats likely stems from a tight IT band and weak vastus medialis; daily knee strengthening exercises from the Whole Flip reset program were advised for three weeks.
- Recovery capacity for higher training frequency depends on four HALO factors: hormones, activity age, limitations, and desired outcomes—no blanket answer applies.
- Perimenopausal members should treat recovery with extra caution due to hormonal fluctuations affecting sleep and energy, while postmenopausal members with stable hormones may tolerate higher volume.