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STRENGTH TRAINING FOR SENIORS

Step-by-step Guide To Strength Training
Past 40 for Men and Women



Strength Training for Seniors

*Step-by-step Guide To Strength
Training Past 40 for Men and Women*

Introduction

Are you in your 40s and feeling like your body is getting a little bit tired, weak, and exhausted? Do you also feel like your strength is declining and that you are not as strong as you used to be?

If you can relate to these statements, then you must be experiencing mild age-related sarcopenia, which is a natural condition where your body gradually starts to lose muscle mass in your 40s, with the decline worsening as you grow older.

Sarcopenia has some pretty bad physical changes, including feeling tight and stiff in your muscles, increased risk of fractures, declining stamina, slow reflex, and general weakness.

If this has you worried, it shouldn't because this guide has the perfect antidote to sarcopenia. An antidote that will help you maintain your strength as you grow older and allow you to enjoy your 40s and beyond without the inadequacy of being weak. And that antidote is ***strength training***.

Strength training is one of the best, if not the best, activities you can incorporate in your life to keep yourself physically fit and active in your 40s. Strength training helps you build muscle mass, which increases your strength, improves your energy, and also improves your functional movement as a senior, among other things.

This guide will teach you everything you need to know about strength training, including what it is, why you need to do it, and how you can get started. The book will provide you with easy yet effective 10-minute workout routines that you can do regularly. It will also help you understand why you feel weak after your 40s.

After reading this book, you will have the knowledge you need to rejuvenate your strength and energy to emulate that of a 20 or 30-year-old.

Let's get it to it.

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Chapter 1: Why Do We Get Weak In Our 40s?

The number one question in your mind right now must be, “why do I feel weaker after my 40s? How did I get here, and what actually caused this?”

Well, those are the questions this chapter will answer, so pay attention.

Why We Get Weak In Our 40s

Here is a study to shed some light on the matter.

In 1990, the National Library of Medicine published a study investigating the relationship between strength and age. The study, done by the Baltimore Longitudinal Study Of Aging, took 847 healthy volunteers of ages between 20-100 years and investigated changes in their strength and muscle mass across their ages. The researchers estimated their muscle mass and strengths by forearm circumference and creatinine excretion.

After the study, the cross-sectional and longitudinal results showed that muscle mass and strength increases into the thirties but declines at a fast rate after you hit 40 years.

This study has shown that you should expect to experience a decline in strength and muscle mass after your 40s. But here's the deal:

The clock ticks for everyone in this world, and with each tick, comes change and one of the natural changes that occur is sarcopenia or the loss of muscle mass.

Basically, from the day you were born until you turn 30 years, all your muscles do is grow larger and stronger. But as you hit your late 30s and into your 40s, you start to lose muscle mass and function.

As a physically inactive person, you can lose as much as 3%- 5% of your muscle mass every decade after you hit 30 years. And even if you are

active, you will still lose muscles.

What Causes Sarcopenia or Muscle Loss?

As you now know, losing your muscle mass is a natural thing that occurs with age. That said, we have some factors known to lead to the loss of muscle mass and strength.

When it comes down to it, there are numerous potential causes of sarcopenia; some of the main ones include:

- Following a poor diet that fails to offer you enough proteins and calories required to help you maintain your muscle mass.
- Your body could also experience a decline in its ability to convert protein to energy, which is the key thing that helps you maintain your muscles.
- There could be depletion in your nerve cells responsible for sending signals from your brain to your muscles to tell your muscles to move.
- Lowering of hormones, which affects the growth and maintenance of your muscles. Some of these hormones include testosterone and growth hormones.

That said, the common cause of muscle mass loss and sarcopenia is a *reduction in physical activity*. When you stop being active, your muscle mass decreases rapidly, and that's where strength training comes in.

How Serious Is The Loss Of Muscle Mass?

The loss of muscle mass can affect you in various ways.

Here is the deal, your muscles play a major role in your body; they allow you to maintain a good posture and make it possible for you to move and

steady your joints.

Thus, when you lose muscle mass, it can lead to general muscle weakness. You may also experience increased fatigue, have weakened bones, an imbalanced posture, and be at risk of injury and other diseases.

As you saw earlier, the antidote to the loss of muscle and strength is exercise and, more specifically, ***strength training***. But, what is strength training, and what does it entail? The answer is in the chapter below.

Chapter 2: What Is Strength Training?

Now that you know why you lose your strength after you hit 40, it's time to focus on strength training.

Understanding Strength Training

Strength training, a.k.a resistance, is a form of physical activity designed to improve strength and endurance.

Strength training works on a simple principle: that your body muscles work to prevail over a resistance force when called upon to do so. What this means is when you repeatedly and consistently do strength training, your muscles will respond to the resistance by growing and becoming stronger.

An all-rounded strength training fitness program involves improving ligament, tendon, muscle, bone density, joint function, additionally aerobic exercises that will improve your balance, flexibility, and heart and lung fitness through strength training.

When it comes down to it, there are various ways you can strengthen your muscles. You can use;

- **Your bodyweight:** Whether you are traveling, at work, or even at home, you can use your bodyweight to build strength. Some of the exercises you can do using bodyweight are chin-ups, push-ups, and squats.
- **Suspension equipment:** These are training tools that use your body weight and gravity to complete various exercises.
- **Resistance bands:** These are giant-like rubber bands that provide resistance in different movements involving stretching.

- **Weight machines:** These are devices attached to hydraulics or weights and have adjustable seats.
- **Sandbags or medicine balls:** These are weight bags and balls that you can use to add resistance.
- **Free weights:** These are classic strength training tools like kettlebells, barbells, and dumbbells. We call them free weight because you use them without weight. If it's a barbell, you will only lift the barbell rod; the same applies to the others.

Fundamentally, strength training is highly versatile because there are numerous methods you can use to practice strength training. Some of the common strength training methods include circuit training, weight training, super slow, Pilates, yoga, park our, plyometrics, gymnastics, and isometric exercise, among many others.

Strength Training Terms and Meanings

Just like any area, strength training has key terms that people use most of the time. This is the language people throw around in a gym, fitness books and magazines, and strength websites.

To ensure that, as a beginner, you can navigate through this world of strength training without being confused or overwhelmed, here is a concise list of commonly used terms in strength training and their meaning. Check them out below.

- **Rep:** This is an abbreviation for the word repetition. A rep is the number of times you lift and lower a weight in one single set of an exercise. For instance, if you lift a medicine ball four times in one set, you will have done four reps.

- **Set:** a set is simply a group of reps. For instance, if a workout calls for two sets of five reps, you will perform five reps of your lift. That will be a complete set. Rest; perform another five reps of your lift. That will be another set completed making it two sets completed.
- **Doubles:** This means sets of two reps.
- **Triples:** This means sets of three reps
- **PR:** This is an abbreviation for the words personal record. It means the most weight you have ever lifted in one lift.
- **Duration:** This stands for the time you take from when you start the workout to when your workout ends. In short, it's how long a workout lasts.
- **Frequency:** It simply stands for 'how often.' For example, it can refer to how often you train a muscle group a week, how often you perform a workout in a week, or how often you do a certain movement per week.

Now that you know the basics of strength training, the other question that may be on your mind is the importance of strength training. You can learn more about that in the next chapter:

Chapter 3: Why Seniors Should Strength Train (The Benefits)

You might not know this, but one of the most important things to do as you grow older is to exercise. Exercising helps you stay active, which is good for your mind and body and can even lift your spirits and mood.

To be as strong and healthy as you can be in life, you will need to incorporate strength training exercises into your exercise routine. That is because strength training offers you a myriad of benefits that help you in a significant way as a senior.

Here is a list of these benefits.

1. It helps you build and maintain muscle mass

One of the major benefits of strength training is its ability to help you build and maintain muscle mass.

Strength training exercises normally work your major muscle groups, a process that stimulates muscle growth. In other words, strength training exercises train your body to increase your muscle mass.

As a senior, this is a huge advantage for you because it can help you prevent or at least slow down the natural occurrence of muscle loss by making you consistently focus on building your muscles.

2. It improves functional movement

As you now know, when you hit your 40s, you gradually start losing your muscles. One of the effects of this is your overall functionality, like mobility, declines.

For example, if you used to work to and from work, you now find you can only manage to walk half the distance to work, or you find the stairs you used to climb up within one minute you now need a minute and a half to climb.

When you regularly strength train, what happens typically is that you automatically start to increase your body strength. Because of this increase, your body gets stronger, resulting in increased improvement in your overall functionality. For example, you may find yourself gaining more mobility, having the strength to walk farther, sitting and standing up without feeling like it's a chore, and generally, just feeling like you can move, jump, or turn at ease.

This can hugely benefit you because it makes your life a little easier, allowing you to become more involved in your life.

3. It helps improve your mental health

When you are 40 years and beyond, life gets a little bit busy for you.

For instance, you might be working two jobs and have a wife and kids. Every morning, you need to drop your kids at school, go to work and later pick them up from school. On the weekend, you need to take your family out and find a way to cater to your social life. That might not be your life exactly, but you will agree that your life as a 40-something-year-old is just as busy.

With all the activities you have on your plate, it is easy to suffer from different mental illnesses, including being stressed, depressed, having brain fog, among other things. And that's where strength training comes in. Strength training helps improve your mental health, and it does that by doing two things.

1. The first is that strength training releases an efflux of endorphins in your body. These endorphins help improve your mood and clear your head. Endorphins are neurochemicals produced by your pituitary glands and nervous system as pain relievers that naturally change your mood into a happier one. In short, they are pleasure inducers. When your body signals the release of endorphins, they fight off depression, stress, and worry, which boosts your moods and leaves you at ease.
2. Secondly, strength training trains you to be mentally tough and gritty. This lesson strengthens you against conforming to the pressure of daily stressors. The training teaches you to keep going even when things seem tough, and it also trains your brain to focus on the task at hand. This helps you reduce the stress level you once had when things didn't go your way, like missing your bus to work and your supervisor rejecting your work proposal. Strength training teaches you how to focus less on the challenges you have and more on what you can do next to make your situation better.

4. It wards off common illnesses and keeps chronic diseases at bay

As you grow older, you become more prone to common illnesses like cold and flu and chronic illnesses like diabetes and heart diseases. That is because your immune system doesn't work all that well as you grow older, which automatically increases your risk of getting ill.

Strength training improves your immune system, which helps you avoid common illnesses and keep chronic illnesses at bay. Although we don't exactly know how strength training improves your immune system, some factors that occur when strength training becomes part of your routine can help improve your immunity.

Here is a list of these occurrences.

- When you strength train, it increases your happy hormones endorphins, which automatically decreases your stress hormones. Since stress hormones increase your chances of getting ill, their reduction helps protect you against illness.
- When you strength train, your temperature rises during and after the exercise. The temperature change helps your body fight off infections by inhibiting disease development, which is another factor that reduces your chances of getting ill.
- When strength training, your antibodies and white blood cells, which are the cells in your body's immune system that fights diseases, circulate more vigorously in your body. This normally enables them to detect diseases earlier than before, which helps prevent infections.
- When you are physically active, your body tends to flush out more bacteria through your lungs and airways, which helps decrease your chances of getting illnesses like cold and flu, among other illnesses. On the other side, strength training exercises will help you avoid or control chronic diseases.

Here is a list of chronic diseases and how strength training will help you avoid or control them.

Type 2 diabetes

Type II diabetes is a condition where your bloodstream has a high glucose level. This happens either because your cells are insulin resistant, meaning they are not taking in the glucose offered to them by insulin, or because your body does not produce enough insulin to transport glucose into your cells.

Failure to control your blood sugar normally leads to long-term illnesses like kidney disease and nerve pain.

Strength training helps you prevent or control type 2 diabetes because it focuses on working your muscles. That is an advantage because your muscles use glucose without the help of insulin.

When you exercise, your muscles will take up the glucose in your bloodstream, helping you bring down the glucose level in your body, which is one of the best ways to control type 2 or 1 diabetes.

Heart disease

One of the long-term complications of type 2 diabetes is heart disease. When you have type 2 diabetes, you normally have a high chance of developing blocked arteries, resulting in an increased risk of a heart attack or stroke. As mentioned above, strength training helps you control diabetes, thereby reducing your chances of a heart attack.

High blood pressure

When you strength train regularly, your heart becomes stronger. And one thing about a strong heart is that it can pump more blood into your body with less effort. As a result of that, the force on your arteries reduces, which automatically lowers your blood pressure.

5. It increases your energy

When you hit your 40s, it is normal to feel a bit sluggish, tired, and sometimes sleepy. This happens because your energy levels drop as you grow old.

Another benefit of strength training is that you can use it to prevent yourself from experiencing the low energy that comes with age. When you strength train, your heart rate usually goes up, allowing blood to flow more

efficiently. That, plus the release of endorphins, helps raise your energy levels. And that is how strength training increases your energy.

6. It improves your digestive system

Strength training is one of the best ways to improve your digestive system. How does it do this?

It does this by combining three strong factors.

One, as you now know, strength training improves the blood flow going to your stomach, a fact that improves your digestive tract system.

Two, strength training, as you already know, controls your sugar levels; by doing so, it helps elevate your metabolism.

Thirdly, the twisting and turning that occurs when you're strength training encourages a healthy digestion system and helps detoxify your organs.

Those are some of the benefits of strength training exercises that you will start experiencing when you get started. That brings us to this question:

What do you need to get started with strength training? The chapter below will break down the process that you need to follow to start strength training.

Chapter 4: How To Get Started With Strength Training, A Step-by-step Guide

As you may have seen, strength training is the most important type of exercise that you, as an over 40-year-old, can do, and to some extent, it's the most fun.

That said, as a senior, it's natural to be a little bit scared of an exercise involving resistance bands and weights. After all, you are getting weaker, and strength training is a physical activity that calls on you to use muscle strength that you probably feel you don't have at the moment.

But here is the thing, strength training is very easy to execute. What you need is just a bit of knowledge on how to execute it easily and effectively.

This chapter will share strategies you can use to kick start your strength training journey to give you a clear path to increased strength, endurance, and flexibility through a step-by-step method.

Here it is:

Step 1: Talk to Your Doctor

The first step in your journey to strength training is to make an appointment with your doctor to know if it's safe for you to take part in strength training or not.

In all exercises, there are risks involved. Thus, it is important to be sure you can adopt a strength training workout program without putting yourself at risk.

Besides, visiting a doctor and getting the all-clear will give you peace of mind. You need to be in a peaceful state of mind to accomplish the goal of being strong beyond your 40s.

Book an appointment with your doctor or any other health worker. Let the doctor know of your intention to engage in strength training, and let them check and analyze your health and advise you if it's safe to start a strength training program or not.

Should you even bother visiting a doctor if you suffer from chronic diseases?

In most cases, when you suffer from chronic health concerns, you completely shut the door on all exercise programs, thinking it's prohibited for you. While you might be right, that is not always the case. There is a possibility that you can still take part in a program like strength training even if you have congestive heart failure, diabetes, osteoporosis, or arthritis. You only need to see a doctor and get the verdict from them.

Contrary to what you may think, some conditions don't stop you from training. Yes, doctors might restrict some movements or advise you on how to carry out the exercise, but you will still get the all-clear at the end of it all.

So be encouraged to see a doctor no matter what condition you have; you might never know. If you have consulted your doctor and you're all good to go, then it's time to move on to the second step.

Step 2: Define your goals

Now that you know that it's safe to start strength training, you need a sense of direction, and that's where defining your goals comes in.

A famous saying states, "if you don't know where you are going, any road will get you there." In short, if you are not certain of what you want to achieve, any result will be good enough for you, including little to no results at all, and that's not something that you want.

You want your strength training journey to have a sense of direction, purpose, and a target you can aim for and strive to achieve. What's the best way to get your sense of direction? By simply defining your goals?

You need to look within yourself and discover what you want to accomplish and how you are going to carry out your plan.

How to go about it is simple: set two goals for yourself.

The first one is a short-term goal, and the second one is a long-term goal.

For these goals to be clear and precise, use the SMART goal formula. The SMART goal formula is a technique of setting goals that helps you set a goal that is:

- **S- Specific.** This means your goal should be clear.
- **M- Measurable.** Your goal should have an easy-to-track progress metric.
- **A- Attainable.** Your goal should also be realistic and achievable.
- **R- Relevant.** Your goal should be important and true to what you want in your life right now.
- **T- Time-based.** Your goal should have an endpoint or a deadline that will motivate you to get started.

Here is an example of a long-term and short-term SMART goal you can set.

Long term goal

Specific- “I want to increase my strength.”

Measurable- “I want to get stronger by gaining muscle mass.”

Attainable- “I want to gain muscle mass of up to 2.5 pounds of muscles.”

Relevant- “I want to get stronger and add muscle mass of up to 2.5 to help with the decline in health that comes from age and my condition, diabetes.”

Time-bound- “I want to get stronger, add muscle mass up to 2.5 pounds to counter the declining health that comes with aging and diabetes in the next five years.”

That is an example of a long-term goal that you can have as your ultimate goal. After your long-term goal, you will need to create a short-term goal because, as you can see in the above example, there is nowhere the goal indicates how you will gain the strength you want.

The short-term goal does that by breaking down what you need to do right now to work your way into the long-term goal. Here is an example of a short-term goal you can have.

Short term goal

Specific- “I want to start strength training.”

Measurable- “I want to start strength training by doing 3, 10 minutes sets of exercises.”

Attainable- “I want to start strength training by doing 3, 10 minutes sets of exercises, three days in a week.”

Relevant- “To gain muscle mass and stamina.”

Time-bound- “for the next six months.”

“I want to start strength training by doing 3, 10 minutes sets of exercises, three days in a week, to gain muscle mass and stamina for the next two months.”

With that short-term goal, you have a clear plan you can use to start training for the first two months.

Here is the deal; your long-term goal is like an A-Z journey. To accomplish it, you will require numerous short-term goals that will take you from one letter to the other, for instance, from A to B, B to C, and so on.

Have an ambitious long-term goal and have a starting short-term goal that will be subject to change as you go from one level of strength to the other.

Step 3: Do a background check on yourself

Before you get started on the strength training program, first do a background check on yourself, and use this as an opportunity to see just how healthy and fit you are. Why is this important?

Well, you can't exercise towards a goal without having a measure of your progress. And to measure your progress, you first need to learn where you are in terms of fitness before you start the strength training program.

This way, you can easily tell how useful the strength training program you are about to start will be to you.

The question now is this, how can you measure your current fitness levels?

Well, there are two questionnaires you can answer that will help you determine your present fitness level. But that's not all. These two questionnaires will also help you track your progress 3, 6, 12 months later and show you how much progress you have made.

The questionnaires will have a column set aside to record your fitness levels as you start, at three months, at six months, at nine months, and after a year. Each answer you give to the questions that make up the questionnaires will earn you points that add up to a specific total. You can then check against the evaluating score section to see what your score says about your fitness levels.

Here are now the two questionnaires

How strong are you according to your mobility and daily activities?

Daily activities and mobility	Start	3 months	6 months	9 months	12 months
1. I don't have trouble doing outdoor work like gardening, raking leaves, and mowing the lawn.					
2. I have no problem reaching down to pick something up or reaching high to take something.					
3. I can comfortably walk a mile					
4. I can comfortably lift a gallon of milk.					
5. I can easily do housework like dusting and vacuuming without any difficulty.					
6. I easily take out the trash.					
7. I easily walk up and					

down the stairs					
TOTAL					

How strong are you compared to your mood and energy level?

MOOD, ENERGY LEVEL, AND MENTAL HEALTH	Start	3 months	6 months	9 months	12 months
1. My active-ness is the same as of other people my age					
2. I feel healthy					
3. I feel strong					
4. I am living an active life					
5. I feel energetic					
6. I feel independent					
7. I feel like I am younger than my age					
TOTAL from 1 st chart					
GRAND TOTAL					

Score evaluation

1. 15-19 points: low fitness level—At this stage, you need to really work on improving yourself.
2. 30-39 points: Low to moderate fitness level—At this stage, you also need to improve on a couple of areas but fewer areas than in the low

fitness level.

3. 40-49 points: Moderate fitness level—At this stage, you're fairly strong, but you can get stronger.
4. 50 + points: Advanced fitness level—At this point, you have improved strength and can maintain your fitness.

Before you start the strength training program, answer the questions on the two questionnaires, then take the questionnaires again after you strength train for 3, 6, 12 months.

The questionnaires will serve as your progressive measure. Through it, you will see and learn whether you are progressing or not—and what you need to do if you are not progressing.

Step 4: Prepare yourself with the right strength training tools

You now have the go-ahead from your doctor, you have your long-term and short-term goals set, and you have measured yourself strength-wise to see where you are. The next step is to prepare yourself for a strength training program. This means you need to take care of all the basic necessities required to carry out a strength training program.

Here are now some of the basic things you will need to have.

1. An exercise space

To carry out a successful strength training routine, you will need to find a top-notch exercise space. The best exercise space is quiet, has less distractions, is well ventilated, has enough space to host any equipment you may need, and has enough space to carry out your workouts efficiently.

Look for such a space in your house or office. If you find a carpeted exercise space, it will be brilliant, but you can still carry out your exercise if

you don't. If you work out well while listening to music, make the necessary arrangement to set a radio in your room.

2. Clothing

To have an efficient strength training workout program, you will need to have the right clothes and shoes.

Your clothing will need to be very comfortable. Wear loose clothes made of materials absorbent material like cotton. The idea is to have clothes that you can breathe well in as you exercise.

When it comes to shoes, the best shoes for strength training are athletic shoes that are good for walking and running; the sole should preferably be rubber. If you don't have this type of clothing, shop for some from your local sporting shops.

3. Equipment

If you decide to do your strength training workout routine in your house or the office, you will need to purchase some strength training equipment. That said, you don't need weights to build muscle mass at the initial stage. Thanks to bodyweight training, you can build muscles using your body strength. However, to expand your at-home workout, you will need several pieces of workout equipment.

As a beginner, you will need adjustable weight dumbbells that can go for as little as \$50, with the price increasing with weight. Kettlebells and resistance bands are good for full-body workouts, and you can purchase them from \$10-\$60.

With those four steps, you are now ready for a strength training workout program.

Step 5: The three-part strength training program

The fifth step is to learn how to start strength training.

The truth is that the journey to building muscles and strength is a very delicate one that you need to handle with utmost care. As a beginner, your muscles are equivalent to a little kid attending his first day in school. You cannot teach this kid how to write sentences without first teaching them the letters A-Z.

Likewise, when you start strength training, you need to start with the basic routine and work your way up the ladder. Why is this important?

This is important because the exercises you choose to do in strength training can either end up helping you build strength or overburden your muscles and end up being counterproductive in your journey to building strength as a senior.

That calls to mind the question, how do you build strength the right way?

You do it by following a 3 part strength training program. This program helps you build muscles using a systematic process by dividing your strength training journey into three parts.

The first one is the beginner's stage. The second is the intermediate stage, and the third is the advanced stage.

Here is a breakdown of the three stages of strength training workout and the path you will follow to incorporate strength training into your life.

Stage 1: The beginner's stage

The beginner's stage of building strength is all about introducing your body to strength training.

It's about learning the movements, mastering strength training movements, and getting used to the movements. It is also about focusing on your form so that you can set yourself up with a well-founded, safe, and firm foundation in terms of muscle growth and muscle strength.

The best place to start your journey to strength gaining is with bodyweight strength training exercises. These exercises use your body weight to build muscle and strength.

Starting with bodyweight strength training exercises before you start using weights will help you learn basic movement patterns, thereby decreasing your risk of injury, which will help you progress and lift more weight down the road.

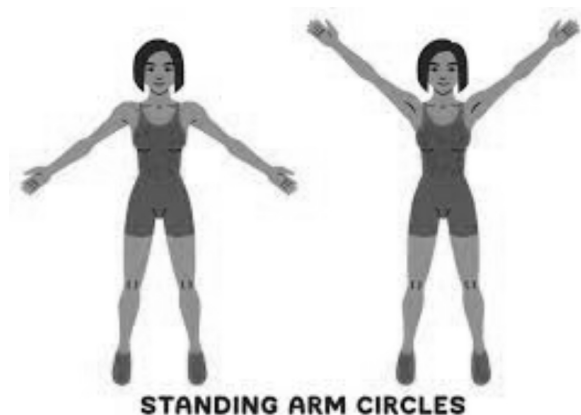
How to start

Warm-up exercises

When exercising, you will start with warm-up exercises. The purpose of warm-up exercises is to warm your muscles and get them ready for the exercises you are about to do.

Here are some of the best warm-up exercises you can do.

1: Arm circles



Arm circles are a warm-up exercise that is great at helping you loosen up tension in your shoulders. This warm-up exercise also warms up your joints.

How to perform

Stand straight with your feet hip-width apart, arms by your sides.

Gently extend your arms out to the sides until shoulder level, with your palms facing down.

Slowly move your arms forward in a circular motion for about 30 seconds. Change direction and swing your arms backward for 30 seconds. You should feel your shoulder loosening up as you go.

2: Jump rope



One of the quickest ways to warm up your body and increase your heart rate is jumping rope. When it comes down to it, jumping rope mainly works on warming up your arms and shoulders.

How to perform

Start in a standing position with your feet shoulder-width apart.

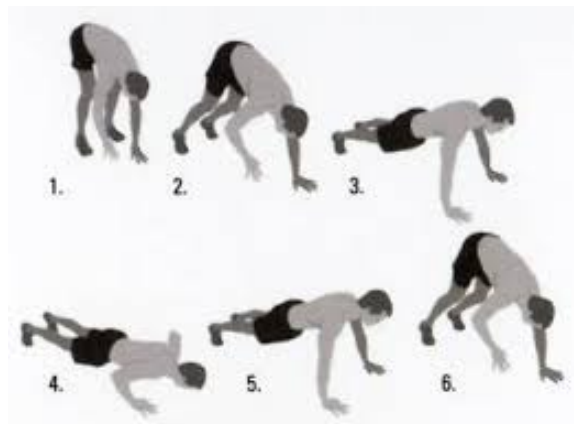
Grab your jumping rope, swing it from the sides and jump for 1-2 minutes.

3: Walking

One of the best and easiest warm-ups you can have as a senior is walking. The essence of it is that you need to walk for 1-3 minutes before starting your strength training program.

You can walk around your house, walk outside or even walk on a treadmill if you have one. With walking, you get to be more flexible. Walking also directs blood flow to your muscles, which warms them up and gets them ready for a strength training workout.

4: Walkouts



This warm-up exercise is a good way to activate your core and stretch your hamstrings. A workout move increases your heart rate and also works on your mobility, flexibility, and strength.

How to perform

Stand up straight with your feet hip-width apart and your arms on the sides.

Bend your knees and move your upper body towards the floor. Reach to the floor with your hands shoulder-width apart and slowly crawl out, moving away from your legs and into a high plank position.

With your abs engaged and your shoulders over your wrists, pause for a couple of seconds.

Gently crawl your hands back to your feet and go back to your starting position.

Bodyweight Workout Exercises

After warming up your body and muscles, the next step will be to do bodyweight workouts.

As a beginner, eight bodyweight training exercises are all you need to get started. The eight exercises are good because they help you build strength, endurance, flexibility, and form.

Here are five exercises that will mostly work your entire body.

5: Squats



Squats are one of the best bodyweight training exercises for a beginner. Squats work on a good number of muscles in your lower body, including the glutes, hamstrings, and quads. This exercise will introduce your muscles to muscle building.

How to perform

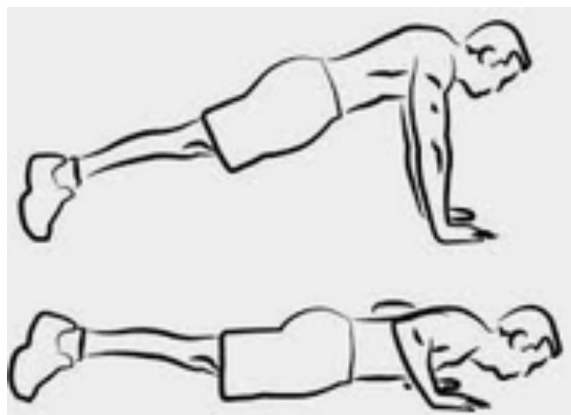
Stand tall with your feet hip-width apart; your toes should be facing forward or slightly out to the side.

With your core engaged and your back straight, gently lower your hips until your thighs are parallel with the floor.

Stop and pause for a few seconds. Exhale and stand back up.

Squats can be challenging at first. So the best thing for you to do is to first go down halfway instead of going all the way down. That will help you ease into doing a proper squat.

6: Push-up



The push-up is another great warm-up exercise. A push-up mainly works muscles in your upper body, including your core and glutes.

How to perform

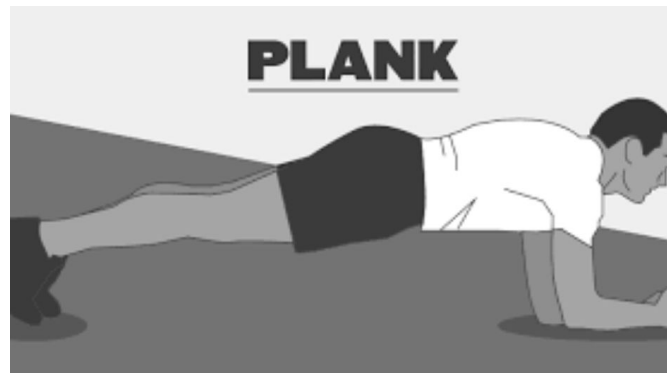
Start in a high plank position. Your palms should be flat on the floor and your hands at shoulder-width apart. Pull your abs in with your back flat, your feet together, and stretched behind you.

Gently lower your body downwards towards the floor without letting your back or torso sag. As you go down, your elbows may naturally flare out.

Once your chin is almost touching the ground, pause and change direction by straightening your arms and pressing up to go back to your starting position.

There is a possibility that this push-up exercise will be challenging to you, especially if you are doing it for the first time. Therefore, to ensure it's less challenging, you can perform the push-up on your knees. On the other hand, if you reach a place where you want to increase the difficulty, you can do so by pausing for a few seconds when you get to the low position in the pushdown.

7: Plank



This exercise works your total body stability because it captures your upper back, your shoulders, and your entire core. It also helps you get used to being in a push-up position.

How to perform

Start by kneeling on the floor. Place your palms flat, hands being shoulder-width apart, with your shoulders stacked directly above your wrists.

Gently extend your legs backward, with your feet hip-width apart.

Engage your quads, butt, and core as you tuck your tail bone. Hold that position for 10-30 seconds. As a beginner, you can start with 10 seconds and work your way to 30 seconds as you get stronger.

8: Burpee



Burpees are another amazing exercise that you can do in the first few weeks of strength training that will help you build strength as a senior. A burpee

will work multiple muscle groups in your body. It can also help you build strength, endurance and burn calories.

How to perform

Start by getting into a squat position.

Gently lower your hands to the floor so that they are in front of you and inside your feet.

Put your weight on your hands and put your feet back in a push-up position.

With your body straight from head to toe, do one push-up. Jump your feet back to the starting position and do a frog kick.

Stand upright and reach your arms above your head.

Jump into the air and land into a squatting position to complete a rep.

9: Romanian Deadlift



The Romanian deadlift is a good bodyweight workout at this stage of your strength training program. This is because it is slightly easier to do than a traditional deadlift, more so when building strength is the focus. The Romanian deadlift usually trains your hip-hinge motion by targeting your core, glutes, and hamstring muscles.

How to perform

Stand upright, facing forward with your head up, back straight, shoulders back, and feet shoulder-width apart.

Slowly extend your arms forward to a position where your arms are parallel to the ground, and your palms are facing each other. Slightly and gently bend your knees.

Inhale and move your upper body towards the ground to form 45 degrees at your waist. Your back should be straight, shoulders pulled back and low, and arms still reaching out and parallel to the ground. At this position, you should feel a good stretch in the hamstring. Hold for a few seconds.

Exhale and stand back up to your starting position by contracting your calves, hamstring, and glutes.

10: Mountain Climbers



The mountain climber is a full-body exercise that targets your core, quads, shoulders, and your arms. This exercise is great at raising your heart rate, building your core strength, endurance, and agility.

How to perform

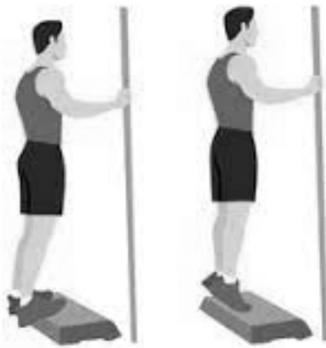
Start by getting into a plank position. Your hands should be shoulder-width apart, your abs engaged, and your back flat.

Slowly pull your left knee into your chest and go as far as you can.

Return your left leg to the starting position and switch legs by pulling your right knee in.

Pick a little bit of pace when interchanging the two legs. You should seem as if you are slow-running as you pull your knees in and out as fast as possible. Inhaling and exhaling in turns with each leg change.

11: Calf raises



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When you age, your calf muscles normally get a little weak and sometimes very tight. Calf raises are good at strengthening and toning the soleus and gastrocnemius muscles in your calf.

How to perform

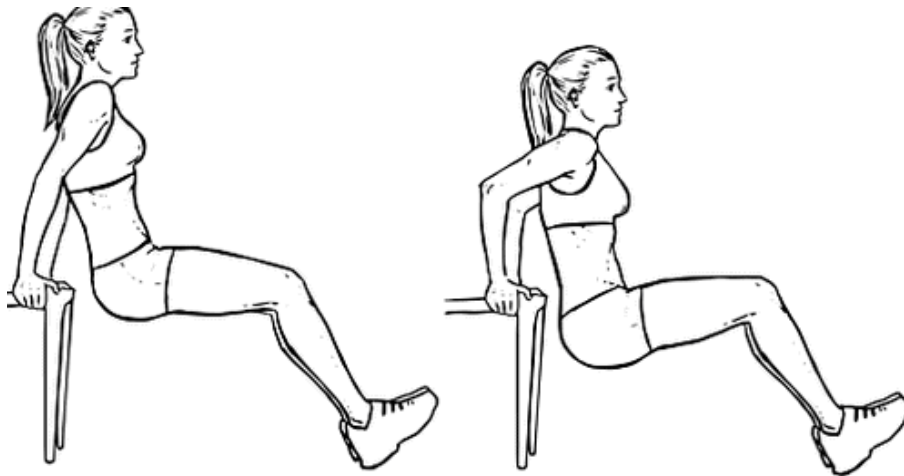
Start by finding a step that is approximately four inches from the ground.

Stand on the step with both feet but with the back half of your foot hanging out.

Gently lower your heels to about 2 inches.

Press up into a position where you are standing on the balls of your feet. Hold for a few seconds and go back to your standing position to complete one rep.

12: Triceps dips



This workout is great for helping you build strength. This exercise normally works your triceps dips and the back of your arm.

How to perform

Start in a seated position.

Place your hands on the floor with fingers facing towards your body.

Press down your hands and slowly lift yourself up and onto your feet in a position where your knees are in front of you and directly over your ankle.

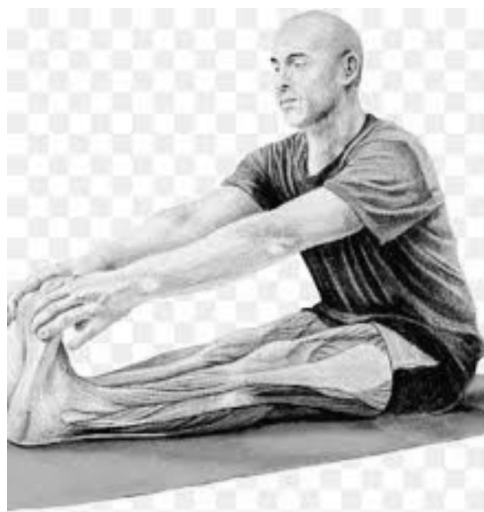
Bend your elbows to lower your butt down to slightly touch the floor and straighten your arms to come back up.

Cool Down Exercises

The last part of your routine involves you doing cooldown exercises. As the name suggests, the cooldown exercises are for cooling your body down after engaging in any strenuous activity. Cooldown exercises reduce the stress to your heart and muscles, promote blood flow, and lower your chance of injury.

Here are examples of good cooldown exercises you can do.

13: Hamstring and calf stretch



The move you are about to see usually stretches your hamstring and calf, and it's good for cooling you down after a workout.

How to perform

Sit down on the floor with your legs straightened out in front of you.

Use your arms to reach out to your toes by bending at your waist but making sure your knees remain on the floor.

Hold on to that position for 20-30 seconds and relax back into your starting position. Repeat.

You should feel a gentle pull in the back of your thighs. If you feel pain from your back or any place that is not your thighs, stop the exercise.

14: Chest stretch



Stand next to a wall.

Place your left palm on the wall and then gently rotate your body to the right.

Deepen your stretch as you exhale and hold for 10-20 seconds. Go back to the starting position, switch sides and repeat.

15: Wrist stretch



Stretch your right hand in front of you, then using your left hand, bend the wrist of your right hand.

Do this until you feel a mild-moderate stretch in your forearm or for 30 seconds?

Switch sides and repeat.

16: Bicep stretch



Start by joining your hands behind your back.

Slightly rotate your hands and move your arms upwards until you feel a stretch in your chest and biceps, approximately 30 seconds.

17: Shoulder stretch



Hold the right arm with your left hand above the elbow and pull the arm across your body in the direction of your chest until you feel a stretch around your shoulder.

Hold for 20-30 seconds and repeat with the right arm.

18: Neck stretch



Grab your head with your left hand and tilt your head towards your left shoulder until you experience a stretch in your neck.

Hold for about 20-30 seconds. Change sides and repeat.

19: Back stretch



Start by kneeling on the floor with your knees wide apart; your feet should be together.

Slowly sit on the heels and then move your upper body forward and down. Your belly should rest on your thighs with your arms extended in front of you. Your forehead should rest on the floor.

Hold for 20-30 seconds. You will feel a stretch in your shoulders and chest. Press your shoulders and chest towards the ground for a further stretch.

How many days should you train in a week?

When you are training your muscles to build strength, you do not need to train every day of the week because your muscle grows outside the gym.

Working out is usually a stimulus to get your body to increase protein synthesis to build muscles. However, the actual muscle grows when you are away from the gym, more specifically when resting.

To ensure that you can get the most out of your strength training workout, you will be working out three days a week and have at least one rest day between your working sessions. Resting for one day will give your muscles time to grow. You can go with Monday, Wednesday, and Friday or any other formation so long as there is a rest day between your working days.

Strength Training Workout Schedule

Knowing what exercises will help you build strength is only the first part of your strength training journey. The next part is to create a strength training schedule that you will be following.

A schedule is good because it helps you have a plan. It helps you know what you will be doing and when which will save you the trouble of waking up every day to start figuring out what exercises to do and for how long.

This subtopic will incorporate all the 19 exercises discussed above into a 10-minute workout schedule you can start following right away.

Here is a week's 10-minute strength training schedule.

DAYS	WARM-UP EXERCISES	BODYWEIGHT EXERCISES	COOLDOWN EXERCISES
MONDAY	Jump rope- 30 seconds Arm circles- 30 seconds	Squats- 10rep, 2 sets. Push-up- 10 reps, 2sets Plank 2 sets of 30 seconds each Burpee 10 rep, 2 sets Rest for 30seconds in between every set	Hamstring and calf stretch- 30 seconds Shoulder stretch- 30 seconds Biceps stretch- 30 seconds Wrist stretch- 30 seconds
TUESDAY	RESTING DAY		

WEDNESDAY	<p>Jump rope-30 seconds</p> <p>Walkout-30 seconds</p>	<p>Romanian deadlift 10 rep, 2 sets</p> <p>Mountain climbers 10 rep, 2 sets</p> <p>Calf raises 10 rep, 2 sets</p> <p>Triceps dips 10 rep, 2 sets</p> <p>Rest for 30 seconds in between every set.</p>	<p>Hamstring and calf stretch- 30 seconds</p> <p>Shoulder stretch- 30 seconds</p> <p>Biceps stretch- 30 seconds</p> <p>Back stretch- 30 seconds</p>
THURSDAY	RESTING DAY		
FRIDAY	<p>Jump rope- 30 seconds</p> <p>Arm circles- 30 seconds</p>	<p>Squats- 10rep, 2 sets.</p> <p>Push-up- 10 reps, 2sets</p> <p>Plank 2 sets of 30 seconds each</p> <p>Burpee 10 rep, 2 sets</p> <p>Rest for 30seconds in between every set</p>	<p>Hamstring and calf stretch- 30 seconds</p> <p>Shoulder stretch- 30 seconds</p> <p>Biceps stretch- 30 seconds</p> <p>Wrist stretch- 30 seconds</p>

SATURDAY	RESTING DAY		
SUNDAY	RESTING DAY		

One of the things you must be wondering is how long you will need to follow the above schedule. Well, here is the deal, strength training should be a lifestyle change for you, meaning it should be a part of the rest of your life, like taking tea in the morning or showering every day.

Because it should be something you commit to doing for the rest of your life, you will need to be patient with your body and yourself. You will need to take things slow to make sure your body is efficiently transforming into higher strength levels. To know just how long that will be, you will need to know what the bodyweight exercises will do to your body then figure out how long that will last.

The beginner's strength training schedule you have just seen will help you do three things.

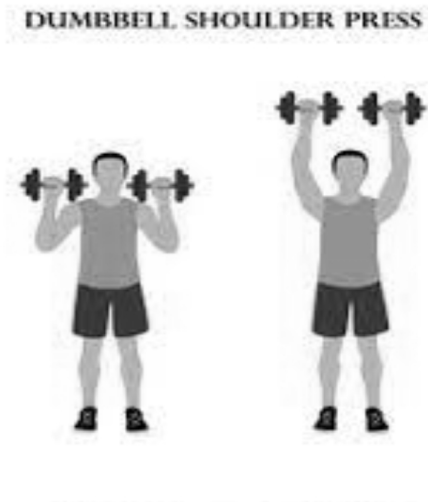
1. The first thing is that it shall introduce your muscles to working out.
2. The second thing is that it will help you build form
3. Thirdly, it will help you build strength and endurance.

Your body needs adequate time to build proper form; that time should be at least two months. Meaning you should follow the beginners' strength training schedule for two months. However, you can spend more days on this schedule if you feel that your form is 'not there yet.' However, if you feel that you have good form and are ready for the next challenge, you should move to the second part of the weight training program.

That said, for an easy transition to the next stage, introduce free weight and resistance band exercises in the last two weeks of bodyweight exercise.

Here are four exercises, the first two are free weight exercises, and the last two are resistance band exercises. These exercises will help add intensity to your bodyweight workouts and help you transition into intermediate workouts.

20: Dumbbell shoulder press



This particular exercise focuses on muscles in your arms and shoulders. It also strengthens your chest and core muscles.

How to perform

Grab the dumbbells one on each side and stand feet shoulder-width apart.

Slowly bend your torso at a 45-degree angle, then bend your elbows to form a 90-degree angle.

Engage your triceps and gently straighten your arm out and back behind you.

Hold for a few seconds and return the dumbbell to the starting position to complete a rep.

21: Dumbbell triceps kickback



This exercise is good for working your triceps and your shoulder muscles. The best weight to start with is a 2-pound dumbbell.

How to perform

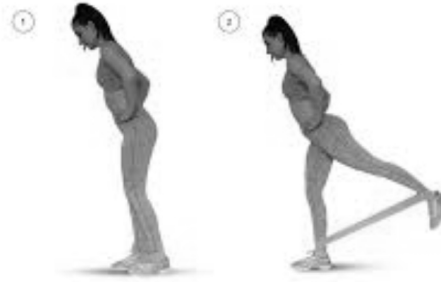
Start by standing upright with your feet shoulder-width apart.

Now pick up your dumbbell and raise it to shoulder height, your palms facing towards your body.

Slowly extend your arms upwards to raise the dumbbells just above your head.

Hold for a few seconds, then bring the dumbbells back to shoulder height to complete a rep.

22: Hip extension



This exercise targets the muscles in your legs and hips. To perform this exercise, you will need a resistance band.

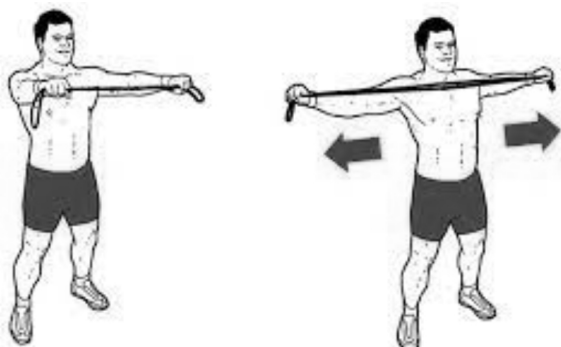
How to perform

Gently loop the resistance band around your ankles, both of them. Use a wall or a chair for balance.

Straighten your body to a position where your body is in a straight line. Slowly pull your right leg as straight back as possible.

Gently return to the starting position and switch to the left leg, and repeat.

23: Resistance band pull apart



This exercise usually works on your arm, shoulders, and back muscles.

How to perform

Stand straight and extend your arms in front of you at chest height.

Hold a resistance band with both hands. The resistance band should be parallel to the floor.

Slowly pull the band towards your chest with your arms stretching outwards and slightly backward.

Hold for a few seconds as you keep your shoulder blades together and your spine straight. Return to the starting position to complete a rep.

Incorporate this exercise into your routine by having two days of bodyweight workouts and one day of free weight workouts.

Here is how your workout plan for the last two weeks of bodyweight workout will look.

DAYS	WARM-UP EXERCISES	BODYWEIGHT EXERCISES	COOLDOWN EXERCISES
MONDAY	Jump rope- 30 seconds	Squats- 10rep, 2 sets.	Hamstring and calf stretch- 30 seconds

	<p>Arm circles- 30 seconds</p>	<p>Push-up- 10 reps, 2sets</p> <p>Plank 2sets of 30 seconds each</p> <p>Burpee 10 rep, 2 sets</p> <p>Rest for 30seconds in between every set</p>	<p>Shoulder stretch- 30 seconds</p> <p>Biceps stretch- 30 seconds</p> <p>Wrist stretch- 30 seconds</p>
TUESDAY	Resting day		
WEDNESDAY	<p>Jump rope-30 seconds</p> <p>Walkout-30 seconds</p>	<p>Romanian deadlift 10 rep, 2 sets</p> <p>Mountain climbers 10 rep, 2 sets</p> <p>Calf raises 10 rep, 2 sets</p> <p>Triceps dips 10 rep, 2 sets</p> <p>Rest for 30 seconds in between every set.</p>	<p>Hamstring and calf stretch- 30 seconds</p> <p>Shoulder stretch- 30 seconds</p> <p>Biceps stretch- 30 seconds</p> <p>Back stretch- 30 seconds</p>
THURSDAY	Resting day		

FRIDAY	Jump rope- 30 seconds Arm circles- 30 seconds	Dumbbell shoulder press 10 rep, 2 sets Dumbbell triceps kick back 10 rep, 2 sets Hip extension 10 rep, 2 sets Resistance band pull apart 10 reps, 2 sets Rest for 30 seconds in between every set.	Hamstring and calf stretch- 30 seconds Shoulder stretch- 30 seconds Biceps stretch- 30 seconds Wrist stretch- 30 seconds
SATURDAY	Resting day		
SUNDAY	Resting day		

Stage 2: The intermediate stage

After two months of doing bodyweight training, your body will have built enough form to go to the next level of strength training, which is doing intermediate workouts.

In the intermediate stage, you will focus on increasing your strength. Essentially, you will be adding more intensity to your workout routine to grow your muscles and strength. The intensity of your workouts will increase through introducing weights to your workout routines.

That said, you will need to be very careful about the amount of weight you add to your routine because less weight than you need will be ineffective to your muscle growth. On the other hand, more weight than you need will end up injuring your muscles and being counterproductive to your efforts. Meaning you will need to find the right balance.

The best thing to do here is to start using 2-3 pounds of weight on either side of a barbell or dumbbell. Then, after two weeks or so, adjust the weight accordingly. With this trick, you can never go wrong.

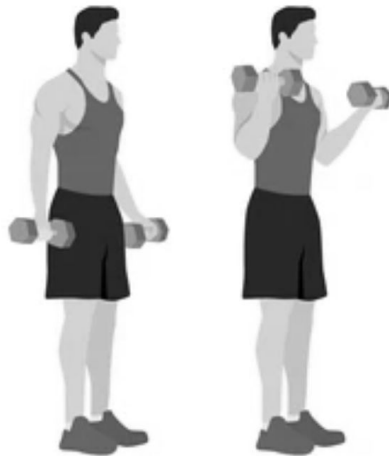
When it comes to how many days you will need to train, the intermediate stage is similar to the beginner's stage, in that you will need to exercise 3 days a week. You will also need to start your exercises with a warm-up exercise, followed by the main workout, and lastly by a cooldown exercise.

The warm-up and cooldown exercises you will use in this stage are similar to those highlighted in the beginner's stage. In this stage, we shall focus only on intermediate strength training exercises that you shall use to replace your body workout exercises.

Intermediate strength training exercises

Here they are:

24: Bicep curl



Bicep curl or dumbbell curls is a weight training exercise that's exceptionally good at working your upper arm muscles and toning your lower arm muscles to some extent.

Before you can learn how to perform, you first need to know that you will complete this exercise using a pair of dumbbells. For you to get the most out of this exercise, choose dumbbells of weight you can lift. You can start with 4-10 pounds of weight per dumbbell. If this is too much for you, start with a 2-pound dumbbell.

How to perform

Stand upright with your feet hip-width apart.

Get a dumbbell in both hands. Relax your arms to the sides with your palms facing forward.

With your arms stable and your shoulders relaxed, bend your elbow, exhale and lift weights towards your shoulders. Lower down the weights to complete a rep. As you lift the weight, your elbows should be close to your ribs.

25: Leg curl



The leg curl is an exercise that will help strengthen your posterior chain, including your glutes and hamstring. It will also improve your balance.

In this exercise, you will also be using a barbell.

How to perform

Stand with your feet shoulder-width apart and place a barbell onto your shoulders (start with a lightweight until you get used to the movement).

Inhale and slowly move your torso towards the floor, your butt should stretch backward, and your knees bent slightly.

Go as low as you can but hold when your torso is parallel to the floor and go back to the starting position to complete a rep.

26: Dumbbell overhead



This exercise helps strengthen your shoulders and also engages your core to improve your stability.

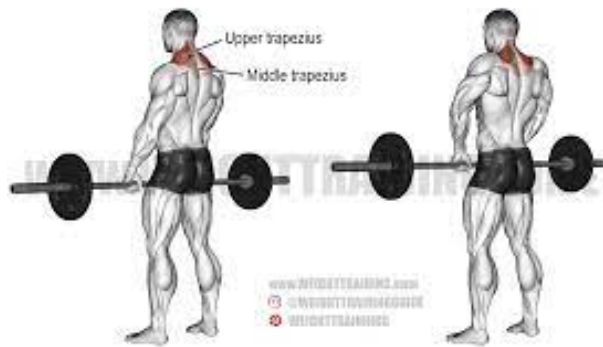
How to perform

Stand upright with your feet hip-width apart, core engaged, and your knees soft. Hold a dumbbell in both of your hands at shoulder height with your palms facing forward, elbows pointing down.

Exhale and press the dumbbells overhead while you keep your core engaged.

Hold for a second or two and return to the starting point.

27: Barbell shrug



The barbell shrug is a prime exercise that helps you develop strength in the traps and your upper back in general. Besides strengthening your back, it also improves your posture.

You will need a barbell to perform this exercise. The best thing to do here is to start with a low weight until you master the movement, and then you can add weight from that point on.

How to perform

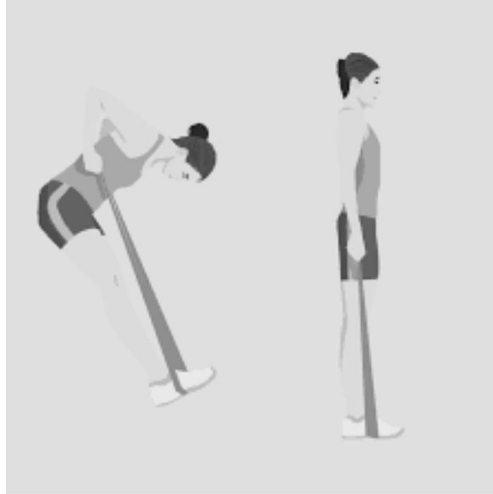
Start on a standing position in front of a barbell.

Hold the barbell with an overhand grip.

Contact your traps and lift the barbell to a waist height as you stand right up.

Hold for 10-30 seconds and put down the barbell back to the starting position to complete a rep.

28: Elastic teaser



The elastic teaser is an exercise that uses a resistance band to build muscle and core strength. One of the best things about this exercise is that you can do it almost anywhere: from your office, your hotel room, to your living room.

How to perform

Start by lying down on the floor face up with legs together. Wrap your resistance band around the soles of your feet, and hold one end of the band in each of your hands, arms by sides.

Contract your abs, pull on the band using both of your arms, and lift yourself into a V- sit position.

Hold onto the V-sit position for 10-15 seconds, and then slowly return to the starting position to complete one rep.

Intermediate strength training schedule

Here is a week’s 10-minute intermediate training schedule that you can use.

DAYS	WARM-UP EXERCISES	BODYWEIGHT EXERCISES	COOLDOWN EXERCISES
MONDAY	Jump rope- 30	Bicep curl 10	Hamstring and

	seconds Arm circles- 30 seconds	reps, 2 sets Leg curl 10 reps, 2 sets Dumbbell overhead 10 rep, 2 sets Barbell shrug 3 rep, 2 sets Elastic teaser 4 rep, 2 sets Rest for 30 seconds in between every rep	calf stretch- 30 seconds Shoulder stretch- 30 seconds Biceps stretch- 30 seconds Back stretch- 30 seconds
TUESDAY	Resting day		
WEDNESDAY	Jump rope-30 seconds Walkout-30 seconds	Bicep curl 10 reps, 2 sets Leg curl 10 reps, 2 sets Dumbbell overhead 10 rep, 2 sets Barbell shrug 3 rep, 2 sets Elastic teaser 4 rep, 2 sets	Hamstring and calf stretch- 30 seconds Shoulder stretch- 30 seconds Biceps stretch- 30 seconds Wrist stretch- 30 seconds

		Rest for 30 seconds in between every rep	
THURSDAY	Resting day		
FRIDAY	Jump rope- 30 seconds Arm circles- 30 seconds	Bicep curl 10 reps, 2 sets Leg curl 10 reps, 2 sets Dumbbell overhead 10 rep, 2 sets Barbell shrug 3 rep, 2 sets Elastic teaser 4 rep, 2 sets Rest for 30 seconds in between every rep	Hamstring and calf stretch- 30 seconds Shoulder stretch- 30 seconds Biceps stretch- 30 seconds Back stretch- 30 seconds
SATURDAY	Resting day		
SUNDAY	Resting day		

Follow this schedule for another two months or until you feel like you need to challenge yourself a bit more. As you follow this schedule, you can also spice it up by incorporating the exercises you did in the beginner's stage,

but this time, do them using weights. For example, you can do a squat, plank, burpee, and deadlift with a dumbbell to add some intensity. You can schedule that to occur ones in a week for two weeks a month.

Stage 3: The advanced stage

In this stage, you will add a couple of exercises to your routine. These new exercises will give you new ways to strengthen your muscles. In short, you will add more intense exercises into your workouts to grow your muscles further.

Here are some advanced exercises you can add to your routine:

29: Goblet squat



The goblet squat is good at building full-body strength. It helps tone your forearms, back, core, and to some extent, your shoulders and upper back muscles.

This exercise involves holding a kettlebell with both hands in front of your chest. Find a kettlebell size that you find comfortable.

How to perform

In a standing position, hold the kettlebell weight at your chest using both of your hands. Your feet should be hip-width to shoulder-width apart.

Gently drop your butt back and down while holding the kettlebell on your chest.

Hold for a few seconds and go back to the starting position.

30: Chest squeeze using med ball



This exercise is good for strengthening the upper body, including your arms and chest.

How to perform

Sit down on a chair, abs in, and your back straight.

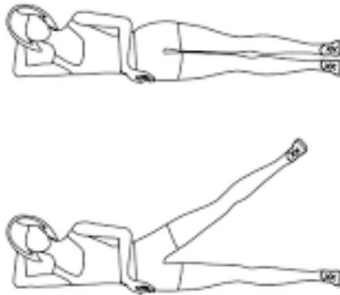
Hold a medicine ball (the size you are comfortable with, either 4 or 6-pounds) at chest level.

As you hold the medicine ball, your elbows should bend to the sides. Apply even tension on the ball.

Slowly and gently push the ball in front of you until your elbows are straight, making sure the medicine ball is at chest level.

Hold for a few seconds before you bend your elbows and return the ball to your chest.

31: Side leg lift



This exercise focuses on improving your balance and strengthening both of your legs. In this move, you will be using resistance bands.

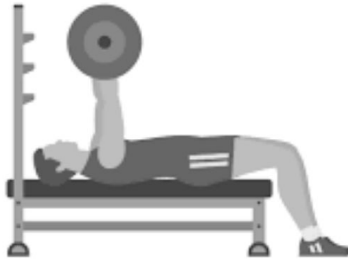
How to perform

Start by standing next to a wall or a chair for support. Put a resistance band around your ankles.

Lift your outer leg out to the side of the ground as you shift the weight to the other leg. Your feet should be parallel.

Try not to tilt the torso as you lift the leg. Hold for a few seconds and return your leg to the starting point. Repeat for several reps, and then change sides to do the same to the other leg.

32: Bench press



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The bench press is an upper-body workout for muscle development and strength. This exercise works on the chest, triceps, and shoulder muscles.

To perform this workout, you will need a barbell or dumbbells and a weight bench.

How to perform

Lie down on a weight bench, with butt, shoulders, and head flat on the bench and your feet flat on the floor. Align your eyes with the barbell rack upwards. Your back should have a slight natural bend or arch.

With your arms wider than shoulder-width apart, grab the bar using an overhand grip.

Gently remove the barbell out of the rack. Breathe in as you lower the bar to your chest, hold for a few seconds, one or two, exhale while you push the barbell back up to complete a rep. Repeat the exercise.

To finish, gradually move the bar upwards and backward until you contact the rack; at that point, lower the bar to the rack to rest. Remember that you should focus on the ceiling when doing the reps, not watching the bar go up and down.

Advance strength training schedule

When it comes to warm-up and cooldown exercises, you will use those shared in the former stages. Here is the schedule you should follow when in the advanced stage.

Here is a week's 10-minute advanced training schedule you can use.

DAYS	WARM-UP EXERCISES	BODYWEIGHT EXERCISES	COOLDOWN EXERCISES
MONDAY	Jump rope- 30 seconds Arm circles- 30 seconds	Goblet squat 10 rep, 2 sets Chest squeeze using med ball 10 rep, 2 sets Side leg lift 10 rep, 2 sets Bench press 10 rep, 2 sets Rest for 30 seconds in between each rep	Hamstring and calf stretch- 30 seconds Shoulder stretch- 30 seconds Biceps stretch- 30 seconds Back stretch- 30 seconds
TUESDAY	Resting day		
WEDNESDAY	Jump rope-30 seconds Walkout-30 seconds	Goblet squat 10 rep, 2 sets Chest squeeze using med ball 10 rep, 2 sets Side leg lift 10 rep, 2 sets	Hamstring and calf stretch- 30 seconds Shoulder stretch- 30 seconds

		Bench press 10 rep, 2 sets Rest for 30 seconds in between each rep	Biceps stretch- 30 seconds Wrist stretch- 30 seconds
THURSDAY	Resting day		
FRIDAY	Jump rope- 30 seconds Arm circles- 30 seconds	Goblet squat 10 rep, 2 sets Chest squeeze using med ball 10 rep, 2 sets Side leg lift 10 rep, 2 sets Bench press 10 rep, 2 sets Rest for 30 seconds in between each rep	Hamstring and calf stretch- 30 seconds Shoulder stretch- 30 seconds Biceps stretch- 30 seconds Back stretch- 30 seconds
SATURDAY	Resting day		
SUNDAY	Resting day		

This three-part program represents a clear path to strength training. If you follow it diligently, you will transform yourself from not exercising to a point where you are exercising the right way, and your muscles are growing continuously.

Step 6: Eat healthily

This might come as a surprise to you, but building muscles and strength requires you to do more than just working out. It requires you to eat the right food in the right amounts. That is because gaining muscles depends on a diet as much as it does on a regular workout routine.

Let me break it down for you.

The truth, as you heard earlier, is that you will build muscles outside the gym. When you strength train, the exercises usually break down the muscle tissues, and only by resting do the tissues recover by rebuilding into bigger and stronger ones.

For your body to create that new muscle tissue, you have to have the right amount of nutrients in your body, and that's where food comes in.

What you eat and how much you eat are essential in the construction of your muscles. Therefore, it is important to know what you need to do concerning meals to make the most gains in your muscle mass.

The truth is that you will need to do two things:

1. Know the amount of calorie intake for muscle gain

When you are building muscles, your body usually requires more fuel than it needs to maintain your body. That extra fuel or calories go towards muscle development, which helps your muscles grow efficiently. And it is why you find yourself struggling to build muscles when working out because you don't eat enough calories for efficient muscle development.

If that's the case, how many calories should you eat on top of the calorie your body requires to maintain body composition? The best thing to do is eat 250-500 calories above your normal calorie intake when exercising.

For example, if your normal calorie requirement is 2,200, you will add 300 calories and start eating 2,500 calories per day.

However, before adding the extra calories to your meal plan, you will need to know how many calories your body needs per day.

Do that using the calorie calculator in the link below.

<https://www.freedieting.com/calorie-calculator>

2. Know what amount of each macronutrient to take

For efficient muscle gain, you should take meals with the following macronutrient ratios: 40% protein, 25% fat, and 30% carbohydrate.

Let's assume you have found out your calorie intake is 2,500, and you have added 300 calories required for muscle gain to have a daily intake of 2,800 calories.

Here is how your daily intake will look in terms of calories.

Protein-----40% of 2,800= 1,120 calories per day.

Carbohydrate -----35% of 2,800= 980 calories per day

Fat-----25% of 2,800 = 700 calories per day.

As you can see, your meals will be high in protein. That is mainly because getting adequate protein is essential to muscle gain. Muscle tissues are mostly protein-based, making protein a dietary building block for muscle growth.

Carbohydrates are also essential; after all, to work out, you will need energy, which is what carbohydrates know how to provide best.

Fat is also important as it provides your body with a backup fuel option.

For optimum muscle gain, you need to eat 250-500 more calories. Additionally, focus on eating a meal high in protein, moderate in carbohydrate, and slightly low in fat.

That is the path to implementing a strength training routine in your life that will help you gain strength, flexibility, and endurance. The next chapter will highlight some tips to help you succeed in strength training.

Chapter 5: Strength Training Tips For Seniors

As a strength training beginner, implementing a new workout will naturally seem anything but simple to you, which is perfectly fine.

Exercising, let alone following a workout routine, is not easy. It comes with its challenges, one of which is not progressing in your strength gain efforts despite faithfully following your workout plan.

This chapter will help increase your chances of succeeding at strength training by providing you with top tips from experts on succeeding with a strength training workout.

Here are the tips.

(I) always use a weight you can handle

One of the greatest pieces of advice you can ever get as a senior doing strength training is to stick to weights you can handle.

It is pretty easy to go into training thinking you are starting where you left in your 20's and 30's in terms of weight. That is a recipe for a workout disaster because you will get injuries, which will be counterproductive to your journey.

What you need to do is to start from scratch. Use the starting barbell, curl bar, or dumbbell weight when you start strength training. Assess yourself and slowly adjust your weight upwards when you're comfortable and ready.

Doing this will help you progress swiftly without hiccups like injuries that may slow you down.

(II) Listen to your body

As you saw earlier, to efficiently gain muscle as a senior, you need to have a resting day in between your workout days.

Resting days help give your muscles the time to repair the tissues after the damage exerted by a strength training routine. Now, most of the time, this rule works out perfectly: you train today, recover tomorrow, and you feel rejuvenated to go again the day after. However, there are times when it doesn't work out well. At times, your muscles will feel sore even after a day of rest. That is where this tip comes into play.

Even though there is a rule about resting one day after your workout, the overarching rule in strength training should always be: *listen to your body*.

Your body is a good communicator. It tells you when you need a day off and when you don't. For instance, you can be very sore on your training day, which means your body says you need a rest day.

But does that you should rest every time you feel sore?

There is a difference between the level of body soreness that is okay for you to workout and one where you will need rest. To help you differentiate the two, use this trick:

Ask yourself how painful your soreness is and rate it from 1-10. If your pain is below 5, you can do your day's workout but if it's above 5, take a rest.

(III) Drink a lot of water

Remaining hydrated is a key part of involving yourself in a workout routine because when you train, you lose a lot of water. If you don't replace that loss, you can become dehydrated, which can cause dizziness and even cause fainting.

The best thing to do is to take at least the standard eight glasses of water per day.

(IV) Get enough sleep

Sleep is essential to building muscle and strength. To build strength successfully, you need to have at least 7 hours of sleep every day.

When you get enough sleep, you get well-rested, which reduces stress hormones like cortisol, noradrenaline, and adrenaline in your body which cause havoc in your muscles to cause muscle degradation.

(V) Keep a journal

A journal is critical when you are following a workout routine. That is because it helps you track your progress.

Before you start training, buy a journal and record your weight, muscle mass, and current general shape. Then, compare that with the records you will take after a month, three months, six months, etc.

A journal will also help you record the exercises you do and comments on which exercises work and which ones don't.

(Vi) Find support

Sticking to a strength training routine can sometimes be a challenge. You will have days where you feel like you don't want to work out.

To motivate yourself to stick to your workout, you can look for support by working out with a like-minded group of people. You can do that by joining social exercise groups in your area or joining a gym. You can also find a friend, a spouse, or a family member you can be working out with a couple of times a week.

Any of the above options will help encourage you to work out and always follow your workout plan because the people you are working out with will hold you accountable.

Conclusion

Strength is important, and you now have knowledge that will help you get strong and stay strong after your 40s.

In this comprehensive strength training guide, there is a lot to take in and a lot to do. That said, you need to keep it simple. Choose a strength training workout plan, stay consistent with it, and always try to progress.

Once you are consistent, it won't take long before you start feeling strong and seeing actual results. You will start moving around faster and much easier than you did. You will also notice that basic chores that once felt like a burden to complete are now much easier to execute.

What now remains is to take that courageous yet rewarding move of following the instructions you have received in this guide and start strength training today.

Good luck.

JULIA WARMAN

STRENGTH TRAINING FOR SENIORS

Step-by-step Guide To Strength Training
Past 40 for Men and Women

