

Fit Over Fifty

Admittedly, for YEARS my own mother has kindly asked me to write a sensible workout that is for late beginners, and easy to perform in the confines of the home. ALL of these exercises can be performed at home. Do this workout twice a week, and ramp up your time to control intensity/difficulty. Also add resistance by using soup cans, soda bottles, milk/water jugs, etc. As a reference, a gallon of milk weighs almost 8.5lbs. A liter of water, a little over 2lbs.

GROUP WARM-UP		Sets	Time	Notes
Foam Roll	Choice	2		Use a soup can, tennis ball, etc.
Stretch	Choice	2		

CORE/BALANCE/PLYOMETRIC		Sets	Reps	Notes
Floor Bridge		2	20	Pelvis to ceiling while on your back.
Knees to Chest		2	20	Bring knees to chest while on your back. Keep the small of your back flat on the ground.
Crunches		2	20	Bring arms to ceiling at 45deg. angle.

CIRCUIT		Sets	Time	Tempo	Notes
Station 1	Couch Squats	1-3	20-30 seconds	Controlled	Hold on to the back of the couch, and perform squats.
Station 2	Modified Push-ups	1-3	20-30 seconds	Controlled	Perform with your weight distributed between the knees and hands.
Station 3	Side-to-Side Lunge	1-3	20-30 seconds	Controlled	
Station 4	Bent-over Row	1-3	20-30 seconds	Controlled	Use soup cans, milk jugs, soda bottles, etc.
Station 5	Sagittal Jump	1-3	20-30 seconds	Controlled	Jump, with both feet, forward and back, over an imaginary line. These are very small jumps.
Station 7	Couch Shoulder Press	1-3	20-30 seconds	Controlled	Use soup cans, milk jugs, soda bottles, etc.
Station 7	REST	1-3	2 minutes		If you need a sip of water, this would be the time to drink some.

For more workouts or information visit:

<http://fitness-for-everyone.com>

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