

STRENGTH TRAINING PROGRAM FOR OVER 50 PDF

Thank you for downloading our Strength Training Program for Over 50 PDF!

This program uses a 4-day split over 7 days.

Always consult a fitness professional for advice if unsure about how to perform certain movements. If you've had past injuries, double check with a local physician that you are able to perform the movements included in this workout plan. Have fun and stay hydrated!

-- Mike
ThisIsWhyImFit.com

| BEGINNER PROGRAM | | | |
|---|---------------------|---------------------|---------------------|
| Day 1 | | | |
| LEGS & ARMS | Weeks 1-4 | Weeks 5-8 | Weeks 9-12 |
| Leg Press | 4 sets @ 10-12 reps | 4 sets @ 8-10 reps | 4 sets @ 6-8 reps |
| Leg Extensions | 2 sets @ 10-12 reps | 2 sets @ 8-10 reps | 2 sets @ 6-8 reps |
| Leg Curls | 4 sets @ 10-12 reps | 4 sets @ 8-10 reps | 4 sets @ 6-8 reps |
| Arm Curl machine | 3 sets @ 10-12 reps | 3 sets @ 8-10 reps | 3 sets @ 6-8 reps |
| Triceps machine or Cable Triceps Extensions | 3 sets @ 10-12 reps | 3 sets @ 8-10 reps | 3 sets @ 6-8 reps |
| Day 2 | | | |
| CHEST & SHOULDERS | Weeks 1-4 | Weeks 5-8 | Weeks 9-12 |
| Machine Chest Press | 4 sets @ 10-12 reps | 4 sets @ 8-10 reps | 4 sets @ 6-8 reps |
| Machine Chest Fly | 4 sets @ 10-12 reps | 4 sets @ 8-10 reps | 4 sets @ 6-8 reps |
| Overhead Press, machine | 4 sets @ 10-12 reps | 4 sets @ 8-10 reps | 4 sets @ 6-8 reps |
| Lateral Raise, machine | 4 sets @ 10-12 reps | 4 sets @ 8-10 reps | 4 sets @ 6-8 reps |
| Day 3 | | | |
| REST | | | |
| Day 4 | | | |
| BACK & CORE | Weeks 1-4 | Weeks 5-8 | Weeks 9-12 |
| Pull-Down machine | 4 sets @ 10-12 reps | 4 sets @ 8-10 reps | 4 sets @ 10-12 reps |
| Seated Row machine | 4 sets @ 10-12 reps | 4 sets @ 8-10 reps | 4 sets @ 10-12 reps |
| Reverse Fly machine | 3 sets @ 12-20 reps | 3 sets @ 10- 5 reps | 3 sets @ 8-12 reps |
| Crunches | 3 sets @ 12-20 reps | 3 sets @ 10-15 reps | 3 sets @ 8-12 reps |
| Day 5 | | | |
| AUXILIARY | Weeks 1-4 | Weeks 5-8 | Weeks 9-12 |
| Push Ups | 3 sets @ 12-20 reps | 3 sets @ 10-12 reps | 3 sets @ 12-20 reps |
| Bodyweight Squats | 3 sets @ 12-20 reps | 3 sets @ 10-12 reps | 3 sets @ 12-20 reps |
| Wall Slides | 3 sets @ 12-20 reps | 3 sets @ 10-15 reps | 3 sets @ 8-12 reps |
| Reverse Push Ups | 3 sets @ 12-20 reps | 3 sets @ 10-15 reps | 3 sets @ 8-12 reps |
| Day 6 | | | |
| REST | | | |
| Day 7 | | | |
| REST | | | |

STRENGTH TRAINING PROGRAM FOR OVER 50 PDF

| INTERMEDIATE PROGRAM | | | |
|--|---------------------|---------------------|---------------------|
| Day 1 | | | |
| LEGS & ARMS | Weeks 1-4 | Weeks 5-8 | Weeks 9-12 |
| Hex Bar or DB VMO Heel Elevated Squats | 4 sets @ 10-12 reps | 4 sets @ 8-10 reps | 4 sets @ 6-8 reps |
| "Halting" RDLs (don't lock out and don't touch the ground between reps) | 2 sets @ 10-12 reps | 2 sets @ 8-10 reps | 2 sets @ 6-8 reps |
| Romanian Deadlift (RDL) | 3 sets @ 10-12 reps | 3 sets @ 8-10 reps | 3 sets @ 6-8 reps |
| Biceps Curls (Cable, DB, or BB) | 3 sets @ 10-12 reps | 3 sets @ 8-10 reps | 3 sets @ 6-8 reps |
| Triceps extensions (Cable, DB, or EZ Curl) | 3 sets @ 10-12 reps | 3 sets @ 8-10 reps | 3 sets @ 6-8 reps |
| Day 2 | | | |
| CHEST & SHOULDERS | Weeks 1-4 | Weeks 5-8 | Weeks 9-12 |
| Machine Chest or BB Bench Press | 4 sets @ 10-12 reps | 4 sets @ 8-10 reps | 4 sets @ 6-8 reps |
| Seated Smith Machine Bench Press or DB Press (Utility or Adjustable Bench) | 4 sets @ 10-12 reps | 4 sets @ 8-10 reps | 4 sets @ 6-8 reps |
| Seated Incline Smith Machine Overhead Press (Adjustable Bench set high) | 4 sets @ 10-12 reps | 4 sets @ 8-10 reps | 4 sets @ 6-8 reps |
| Cable Side Laterals | 4 sets @ 10-12 reps | 4 sets @ 8-10 reps | 4 sets @ 6-8 reps |
| Day 3 | | | |
| REST | | | |
| Day 4 | | | |
| BACK & CORE | Weeks 1-4 | Weeks 5-8 | Weeks 9-12 |
| Lat Pull-Downs or Pull-ups | 4 sets @ 10-12 reps | 4 sets @ 8-10 reps | 4 sets @ 10-12 reps |
| Seated Row Machine or Seated Cable Row | 4 sets @ 10-12 reps | 4 sets @ 8-10 reps | 4 sets @ 10-12 reps |
| "Kelso" Shrugs (Cable or DB) | 3 sets @ 12-20 reps | 3 sets @ 10-15 reps | 3 sets @ 8-12 reps |
| Cable Reverse Flyes or Reverse Fly Machine | 3 sets @ 12-20 reps | 3 sets @ 10-5 reps | 3 sets @ 8-12 reps |
| Crunches or Sit-Ups with a Twist | 3 sets @ 12-20 reps | 3 sets @ 10-15 reps | 3 sets @ 8-12 reps |
| Day 5 | | | |
| AUXILIARY | Weeks 1-4 | Weeks 5-8 | Weeks 9-12 |
| DB Flat Bench | 3 sets @ 12-20 reps | 3 sets @ 10-12 reps | 3 sets @ 12-20 reps |
| Rear Foot Elevated Squats (Bulgarian Split Squats) | 3 sets @ 12-20 reps | 3 sets @ 10-12 reps | 3 sets @ 12-20 reps |
| DB Lu Raises or "Y" Raises or Plate Raises | 3 sets @ 12-20 reps | 3 sets @ 10-15 reps | 3 sets @ 8-12 reps |
| Lat Pull-Downs or Pull-ups | 3 sets @ 12-20 reps | 3 sets @ 10-15 reps | 3 sets @ 8-12 reps |
| Hammer Curls | 3 sets @ 12-20 reps | 3 sets @ 10-15 reps | 3 sets @ 8-12 reps |
| Triceps extensions (Cable, DB, or EZ Curl) | 3 sets @ 12-20 reps | 3 sets @ 10-15 reps | 3 sets @ 8-12 reps |
| Day 6 | | | |
| REST | | | |
| Day 7 | | | |
| REST | | | |