

12-WEEK WORKOUT PLAN FOR WOMEN OVER 50

Day 1: Upper Body Strength

EXERCISE:	SETS	REPS
Dumbbell Chest Press	3	8-10
Dumbbell Shoulder Press or Lateral Raise	3	8-10
Lying Tricep Extension or Skull Crusher	3	8-10
Single Arm Back Row, Right	3	8-10
Single Arm Back Row, Left	3	8-10
Bicep Curl	3	8-10

Guided Video Option: 25-Minute Arms and Abs Workout

Day 2: Low-Intensity Cardio

EXAMPLES	DURATION
Power Walk, Cycling or Swimming	20-30 Minutes

Guided Video Option: 15-Minute Standing Cardio Workout

Day 3: Lower Body Strength

EXERCISE:	SETS	REPS
Goblet Squat	3	8-10
Reverse Lunge	3	8-10
Calf Raise	3	8-10
Deadlift	3	8-10
Glute Bridge	3	8-10
Dumbbell or Kettlebell Swing	3	8-10

Guided Video Option: 30-Minute Dumbbell Leg Workout

Day 4: Core, Mobility & Pilates

EXAMPLES	DURATION
Stretching, Mobility, Yoga/Pilates Class	15-20 Minutes

Guided Video Option: 10-Minute Mobility and Active Recovery

Day 5: Full Body Strength

EXERCISE:	SETS	REPS
Squat	3	8-10
Overhead Press	3	8-10
Deadlift	3	8-10
Bent Over Back Row	3	8-10
Lateral Lunge	3	8-10
Push-Up or Chest Press	3	8-10
Farmers Carry March	3	8-10

Guided Video Option: 30-Minute Full Body Strength Training

Day 6: Low-Intensity Cardio & Active Recovery

EXAMPLES	
Walk, Swimming, Bike Ride, Hiking	20-45 Minutes

Guided Video Option: 15-Minute Walking Workout

Day 7: Rest Day

EXAMPLES	
Light Stretching	5-10 Minutes

Guided Video Option: 8-Minute Hip Mobility