



## **50+ 5x/Wk Sample Workout**

Target HR Zone 100-130

### **Instructions:**

1. Each weight training or cardio workout should take approximately 30 min, combining for a total of 1hr.
2. Follow each weight training with its associated cardiovascular workout (weights 1st, ALWAYS). Weight training burns carbohydrates more efficiently, which allows the muscles the capacity to work harder. After the carbohydrates are expended (approx. 20 min into workout) your body will burn fat. Your body will burn fat most efficiently at a constant heart rate between 100 and 130, which can only be achieved while doing cardio.
3. Items lettered (A1, A2, B1, B2 ) are to be performed as a superset. For example, bring a dumbbell (choose a weight that is challenging to achieve designated repetitions) to the lat pull down machine, so you can perform A3, immediately after A2, with no rest in between (If A2 were lat pull down and A3 single arm dumbbell row).
4. With cardio, don't be concerned if HR exceeds fat burn zone as long as the approximate average remains within. If HR consistently exceeds target zone, reduce resistance first, then intensity, if needed.
5. Cardio on off days is optional. Interval training will burn carbohydrates rapidly, then you can maintain a constant HR to burn body fat. Items listed as 140BPM/110BPM should be alternated between every minute using the settings that generate each desired HR (trial and error is needed to understand the proper setting needed for each interval [HR's shouldn't be expected to stay at or return to original numbers]).







# Day 1

# Week 1-4

Warm - Up

Walk/ Elliptical

5 min

Exercise	Sets	Reps
Dec Cable Flys (In front of cables [tension behind]) 	3	15
A1-Dumbbell Incline Bench Press 	3	10
A3-Incline Single Dumbbell Center Press (DB Parallel W/ Body) 	3	15
B1- Leg Press 	4	25
B2-Wall Sit 	4	30 sec
B3-Plank On Hands with Knee Tuck 	4	15

Post Workout Cardio	Intensity	Duration
Interval Treadmill	Incline 10: 145 BPM/100BPM	1min on/1min off=15min
Elliptical	Incline 8: 110BPM	15min

<b>Day 2</b>		<b>Week 1-4</b>
Warm - Up	Walk/ Elliptical	5 min

←----- Focus on Shoulder Blade Retraction ----->

Exercise	Sets	Reps
<b>A1-Seated Cable Row</b> 	3	15
<b>A2-1 Arm Single Dumbbell Row</b> 	3	12
<b>Lat Pull Down</b> 	3	15
<b>B1-Leg Curl</b> 	4	15
<b>B2-Lying Floor Bridge</b> 	4	15 (2sec Hold @ top of ROM)
<b>B3-Side Plank</b> 	4	20sec/side

Post Workout Cardio	Intensity	Duration
Stair Mill	level 5	15min
Arc Trainer	Incline 10; Resist 25	15min


**Day 3**


**Week 1-4**

Warm - Up







Walk/ Elliptical

5 min

Exercise	Sets	Reps
<p>A1-Rear Delt Pull (Standing, Using Double Cables)</p> 	3	15
<p>A2-Dumbbell (Side) Lateral Raise</p> 	3	10
<p>B1-Single DB or Plate Raise</p> 	3	12
<p>B2-Dumbbell Overhead Extension (Same DB as previous Ex)</p> 	3	20
<p>Standing Cable Rope Grip Extension</p> 	4	15
<p>Standing Split Stance Squat (Preferably Weighted)</p> 	4	15/Side

Day 3		Week 1-4
Bird Dog (Hold Flex in Abdomen [On All 4's, Opposite hand and Leg Extended]) 	2	8/side

Post Workout Cardio	Intensity	Duration
Stair Mill	Level 7	15min
Arc Trainer	Incline 10; Resist 30	15min

Day 4	Week 1-4	
Exercise	Sets	Reps
<p>A1-Single Dumbbell Preacher Curl</p> 	3	15
<p>A2-Standing Double Dumbbell Hammer Curl (Heavier DB's Than Previous EX)</p> 	3	10
<p>Rope Grip Cable Curl</p> 	4	AMRAP
<p>B1-Swiss Ball Crunch</p> 	3	20
<p>B2-Swiss Ball Plank</p> 	3	30 Sec
<p>B3-Swiss Ball Knee Tuck Plank</p> 	3	15/side (Alternating)

Post Workout Cardio	Intensity	Duration
Interval Treadmill	Incline 10: 145 BPM/ 115 BPM	1 min on/1 min off=20min
Treadmill	Incline 8: 110 BPM	10 min

Day 5		Week 1-4
Exercise	Sets	Reps
Option 1: Rest		
Option 2: 45 Min Interval Training (Choose your own Cardio Equip)	A-160 BPM / 110 BPM B-120 BPM	A-25min B-20min