



Get Stronger Over 50

(Click on a routine and it will take you right to the video)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	20 Min Low Impact HIIT 30 Min Total Body Strength (Heavy weights)	Rest Day	Challenge Your Balance	Foam Roll Lower Body And Foam Roll Upper Body And 15 Min Full Body Stretch	20 Min Low Impact HIIT 30 Min Total Body Strength (Heavy weights)	Rest Day	Long Walk, Hike or Bike
WEEK 2	30 Minute Total Body Everything	Rest Day	Four Course Workout	Foam Roll Lower Body And Foam Roll Upper Body And 15 Min Full Body Stretch	20 Min Low Impact HIIT 30 Min Total Body Strength (Heavy weights)	Rest Day	Long Walk, Hike or Bike
WEEK 3	15 Min Low Impact HIIT 30 Min Strength Building Circuit (heavy weights)	Rest Day	Challenge Your Balance	Foam Roll Lower Body And Foam Roll Upper Body And 15 Min Full Body Stretch	Absolutely Pilates	Rest Day	Long Walk, Hike or Bike
WEEK 4	30 Minute Total Body Everything	Rest Day	20 Minute Killer Legs And Tank Top Arm And 10 Minute Abs	Foam Roll Lower Body And Foam Roll Upper Body And 15 Min Full Body Stretch	Pilates with the Band	Rest Day	Long Walk, Hike or Bike