

# Over 50 Fitness Basics 2 – 4 Week Plan



Balanced Plan with all you need over 50 (Click on a routine to get to the video)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	<a href="#">30 Min Strength Circuit</a>	Rest Day (stretch, yoga, foam roll)	<a href="#">20 Min Low Impact Cardio</a>	<a href="#">10 Min Beg Cardio</a> & <a href="#">20 Min Upper Body Burn</a>	<a href="#">10 Min Lets Walk</a> & <a href="#">20 Min Lower Body Burn</a>	<a href="#">10 Min Dance Cardio</a> & <a href="#">10 Min Standing Core</a>	Long Cardio Day (Hike, Walk, Bike) or any cardio video
WEEK 2	<a href="#">30 Min Total Body Everything</a>	Rest Day (stretch, yoga, foam roll)	<a href="#">30 Min Low Impact HIIT</a>	<a href="#">Basic Strength Training</a>	<a href="#">30 Min Low Impact Cardio</a>	<a href="#">15 Min HIIT</a> & <a href="#">15 Min Pilates at Your Desk</a>	Long Cardio Day (Hike, Walk or Bike) or any Cardio video
WEEK 3	<a href="#">30 Min Strength Circuit</a>	Rest Day (stretch, yoga, foam roll)	<a href="#">20 Min Low Impact Cardio</a>	<a href="#">10 Min Beg Cardio</a> & <a href="#">20 Min Upper Body Burn</a>	<a href="#">10 Min Lets Walk</a> & <a href="#">20 Min Lower Body Burn</a>	<a href="#">10 Min Dance Cardio</a> & <a href="#">10 Min Standing Core</a>	Long Cardio Day (Hike, Walk, Bike) or any cardio video
WEEK 4	<a href="#">30 Min Total Body Everything</a>	Rest Day (stretch, yoga, foam roll)	<a href="#">30 Min Low Impact HIIT</a>	<a href="#">Basic Strength Training</a>	<a href="#">30 Min Low Impact Cardio</a>	<a href="#">15 Min HIIT</a> & <a href="#">15 Min Pilates at Your Desk</a>	Long Cardio Day (Hike, Walk or Bike) or any Cardio video