

# Over 50 Fitness Basics 1 – 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
<b>WEEK 1</b>	<a href="#">30 Min Total Body Strength</a>	Rest Day (stretch, yoga, foam roll)	<a href="#">20 Min Low Impact HIIT</a>	<a href="#">30 Min Total Body Strength</a>	<a href="#">20 Min Low Impact HIIT</a>	<a href="#">Pilates Basics</a>	Long Cardio Day (Hike, Walk, Bike) or <a href="#">Cardio and Core</a>
<b>WEEK 2</b>	<a href="#">Basic Strength Training</a>	Rest Day (stretch, yoga, foam roll)	<a href="#">15 Min HIIT</a> <a href="#">15 Min Cardio and Tone</a> (light weights)	<a href="#">Basic Strength Training</a>	<a href="#">30 Min Low Impact Cardio</a>	<a href="#">ABSolutely Pilates</a>	Long Cardio Day (Hike, Walk or Bike) or any Cardio video
<b>WEEK 3</b>	<a href="#">30 Min Total Body Strength</a>	Rest Day (stretch, yoga, foam roll)	<a href="#">20 Min Low Impact HIIT</a>	<a href="#">30 Min Total Body Strength</a>	<a href="#">20 Min Low Impact HIIT</a>	<a href="#">Pilates Basics</a>	Long Cardio Day (Hike, Walk, Bike) or <a href="#">Cardio and Core</a>
<b>WEEK 4</b>	<a href="#">Basic Strength Training</a>	Rest Day (stretch, yoga, foam roll)	<a href="#">15 Min HIIT</a> <a href="#">15 Min Cardio and Tone</a> (light weights)	<a href="#">Basic Strength Training</a>	<a href="#">30 Min Low Impact Cardio</a>	<a href="#">ABSolutely Pilates</a>	Long Cardio Day (Hike, Walk or Bike) or any cardio video