

# LIVE BETTER FOR LONGER ROUTINES

## Novice Workouts MEN AGED 40-50

LONGEVITY  
PERFORMANCE  
COACHING



Perform, feel and look better every day

**12 weeks**

**3 Phases**

**2 Combined Resistance and  
Cardio sessions a week**

**1 Walking endurance  
session a week**



# Phase 1: Weeks 1-4

## Twice a week

### Warmup

Exercise	Sets	Reps	Rest
1A Body weight squat	2	10	15 secs
1B Child pose	2	3	10 secs
1C Cross leg stretch	1	2	10 secs
1D Static hip flexor stretch	1	2	10 secs
1E Forward fold hold	1	2	10 secs
1F Superband pull apart	2	10	10 secs

### Resistance

Exercise	Sets	Reps	Rest
1A Goblet squat	3	10-12	15 secs
1B Push up	3	10-12	15 secs
2A Dumbbell thruster	3	10-12	15 secs
2B Dumbbell single arm row	3	10-12	10 secs
3A Plank	3	30 sec hold	10 secs
3B Reverse crunch	3	10	10 secs

### Cardio

Exercise (Do either session 1 or 2)	Reps	Rest	Progression
Session 1 Treadmill walk fast for 2 minutes on 2% incline	3	Slow walk 2 minutes	Add rep each week
Session 2 Cycle fast for 1 minute	5	Slow cycle 1 minute	Increase distance

## Once a week 5km Speed Walk



# Phase 2: Weeks 5-8

## Twice a week

### Warmup

Exercise	Sets	Reps	Rest
1A Body weight squat	2	10	15 secs
1B Child pose	2	3	10 secs
1C Cross leg stretch	1	2	10 secs
1D Static hip flexor stretch	1	2	10 secs
1E Forward fold hold	1	2	10 secs
1F Superband pull apart	2	10	10 secs

### Resistance

Exercise	Sets	Reps	Rest	Progression
1A Dumbbell forward lunge	3	10-12	15 secs	Increase Dumbbell weight when 12 reps achieved on all sets
1B Dumbbell benchpress	3	10-12	15 secs	
2A Dumbbell reverse lunge	3	10-12	15 secs	
2B Dumbbell single arm row	3	12-15	10 secs	
3A Plank	3	45 sec hold	10 secs	
3B Reverse crunch	3	15	10 secs	

### Cardio

Exercise (Do either session 1 or 2)	Reps	Rest	Progression
Session 1 Treadmill run for 1 minute on 1% incline	4	Slow walk 2 minutes	Add rep each week
Session 2 Cycle at pace that you can still talk for 15 mins	2	Slow cycle 2 minutes	Increase distance

## Once a week 7.5km Speed Walk



# Phase 3: Weeks 9-12

## Twice a week

### Warmup

Exercise	Sets	Reps	Rest
1A Body weight squat	2	10	15 secs
1B Child pose	2	3	10 secs
1C Cross leg stretch	1	2	10 secs
1D Static hip flexor stretch	1	2	10 secs
1E Forward fold hold	1	2	10 secs
1F Superband pull apart	2	10	10 secs

### Resistance

Exercise	Sets	Reps	Rest	Progression
1A Dumbbell thruster	3	10-12	15 secs	Increase Dumbbell weight when 12 reps achieved on all sets
1B Dumbbell benchpress	3	10-12	15 secs	
2A Dumbbell box step up	3	10-12	15 secs	
2B Dumbbell single arm row	3	12-15	10 secs	
3A Dead bug	3	10	10 secs	
3B Hollow hold	3	5	10 secs	

### Cardio

Exercise (Do either session 1 or 2)	Reps	Rest	Progression
Session 1 Treadmill run for 2 minutes on 1% incline	4	Slow walk 2 minutes	Add rep each week
Session 2 Cycle at pace that you can still talk for 20 mins	2	Slow cycle 2 minutes	Increase distance

## Once a week 10 km Speed Walk



# LONGEVITY PERFORMANCE COACHING



Perform, feel and look better as you age

## Contact us



[nigel.issa@longevityperformancecoaching.com](mailto:nigel.issa@longevityperformancecoaching.com)



[www.longevityperformancecoaching.com](http://www.longevityperformancecoaching.com)

