



MyBestYears

7-Day Strength Plan for People Aged 50+

Day 1: Lower Body Strength

1. Squats

How to Do It: Stand with feet shoulder-width apart. Slowly lower your hips down and back, like you're sitting in a chair. Keep your chest up and knees behind your toes. Push through your heels to return to standing.

Benefit: Squats strengthen the legs, hips, and glutes. They help improve balance and mobility, essential for walking, climbing stairs, and standing up from a chair.

Repeat 2 times (or work up to this over a period of 3-4 weeks).

1. Lunges

How to Do It: Step one foot forward and bend both knees to 90 degrees. The back knee should hover just above the ground. Push off the front foot to return to standing. Repeat on the other side.

Benefit: Lunges target the legs, glutes, and core. They also improve coordination and unilateral leg strength, which is key for balance.

Repeat 2 times (or work up to this over a period of 3-4 weeks).

1. Wall Sit

How to Do It: Slide down a wall until your knees are bent at a 90-degree angle. Hold this position for 30 seconds to 1 minute.

Benefit: Wall sits engage the quads, hamstrings, and glutes, improving endurance and strength in the lower body.

Repeat 2 times (or work up to this over a period of 3-4 weeks).

Day 2: Upper Body Strength

1. Push-ups

How to Do It: Start in a plank position with hands slightly wider than shoulder-width apart . Lower your body toward the floor by bending your elbows, then push back up to the starting position.

Benefit: Push-ups target the chest, shoulders, and triceps. This is a great compound exercise for the upper body.

Repeat 2 times (or work up to this over a period of 3-4 weeks).

1. Modified Push-ups (Knee Push-ups)

If the plank style push up described above is too difficult then use this modified push up and work towards the plank over a period of a few weeks.

How to Do It: Perform the push-up with your knees on the ground. This reduces the intensity but still activates the chest and arm muscles.

Benefit: Modified push-ups offer a lower-impact version for those with less upper body strength but still work the same muscle groups.

Repeat 2 times (or work up to this over a period of 3-4 weeks).

1. Triceps Dips (using a sturdy chair)

How to Do It: Place your hands on the edge of a sturdy chair or bench, keeping your feet flat on the floor. Lower your body by bending your elbows, then push back up to straighten your arms.

Benefit: Triceps dips target the triceps, shoulders, and chest, improving arm strength and stability.

Repeat 2 times (or work up to this over a period of 3-4 weeks).

Day 3: Core Strength

1. Plank

How to Do It: Start in a forearm plank position, keeping your body in a straight line from head to heels. Hold this position for 20–30 seconds.

Benefit: Planks are excellent for strengthening the core muscles, including the abs, lower back, and glutes, which help improve overall stability.

Repeat 2 times (or work up to this over a period of 3-4 weeks).

1. Glute Bridges

How to Do It: Lie on your back with knees bent and feet flat on the floor. Lift your hips toward the ceiling while squeezing your glutes, then slowly lower back down.

Benefit: Glute bridges strengthen the glutes, lower back, and core. This exercise also improves posture and hip mobility.

Repeat 2 times (or work up to this over a period of 3-4 weeks).

1. Dead Bug

How to Do It: Lie on your back with your arms extended toward the ceiling and knees bent at a 90-degree angle. Slowly lower your right arm and left leg towards the floor while keeping your back flat. Return to the starting position and repeat with the other side.

Benefit: This exercise targets the core and helps with coordination and balance.

Repeat 2 times (or work up to this over a period of 3-4 weeks).

Day 4: Full-Body Strength

1. Bodyweight Squat to Reach

How to Do It: Perform a regular squat, but at the top, reach both arms overhead. This combines lower body strength with shoulder mobility.

Benefit: This exercise strengthens the legs, glutes, and shoulders while improving flexibility and overall body coordination.

Repeat 2 times (or work up to this over a period of 3-4 weeks).

1. Standing Calf Raises

How to Do It: Stand tall with feet shoulder-width apart. Raise your heels off the ground, standing on your toes, then slowly lower back down.

Benefit: Calf raises target the calf muscles and help improve balance and stability, important for walking and standing.

Repeat 2 times (or work up to this over a period of 3-4 weeks).

1. Superman

How to Do It: Lie face down on the floor with arms and legs extended. Lift your arms, chest, and legs off the floor as if you're flying like Superman. Hold for a few seconds, then lower back down.

Benefit: This exercise strengthens the lower back, glutes, and shoulders, improving posture and core strength.

Repeat 2 times (or work up to this over a period of 3-4 weeks).

Day 5: Active Recovery

Walking or Light Yoga

How to Do It: Spend 20–30 minutes walking at a brisk pace or doing gentle yoga stretches.

Benefit: Active recovery helps reduce muscle stiffness, improve flexibility, and promote blood circulation without putting strain on your muscles.

Repeat 2 times (or work up to this over a period of 3-4 weeks).

Day 6: Lower Body Strength

1. Step-ups (using a sturdy step or bench)

How to Do It: Step one foot up onto the bench, then follow with the other foot. Step down one foot at a time. Alternate leading legs.

Benefit: Step-ups target the quads, glutes, and hamstrings, improving leg strength and balance.

Repeat 2 times (or work up to this over a period of 3-4 weeks).

1. Side Lunges

How to Do It: Step out to the side and bend one knee while keeping the other leg straight. Push off the bent leg to return to the starting position.

Benefit: Side lunges engage the inner thighs, glutes, and quads, improving lateral mobility and balance.

Repeat 2 times (or work up to this over a period of 3-4 weeks).

1. Squat Pulses

How to Do It: Lower into a squat position and pulse up and down for 30 seconds. Focus on keeping your chest upright and knees behind your toes.

Benefit: Squat pulses activate the glutes, quads, and hamstrings, helping to build strength and endurance.

Repeat 2 times (or work up to this over a period of 3-4 weeks).

Day 7: Upper Body & Core Strength

1. Inchworms

How to Do It: Stand tall, then bend at the waist and walk your hands out to a plank position. Walk your feet toward your hands, then stand back up.

Benefit: Inchworms work the shoulders, core, and hamstrings, providing full-body engagement.

Repeat 2 times (or work up to this over a period of 3-4 weeks).

1. Side Plank

How to Do It: Lie on your side, stacking your feet one on top of the other. Lift your hips off the ground and hold for 20–30 seconds. Switch sides.

Benefit: Side planks target the obliques, shoulders, and glutes, strengthening the core and improving balance.

Repeat 2 times (or work up to this over a period of 3-4 weeks).

1. Bicycle Crunches

How to Do It: Lie on your back with your hands behind your head and knees bent. Bring your opposite elbow to the opposite knee while extending the other leg. Alternate sides in a pedaling motion.

Benefit: Bicycle crunches target the abs, especially the obliques, improving core strength and stability.

Repeat 2 times (or work up to this over a period of 3-4 weeks).

Tips for Success:

Consistency is Key: Stick to the plan and try to stay consistent to see the best results.

Form Over Speed: Focus on maintaining proper form for each exercise. This reduces the risk of injury and ensures maximum benefits.

Rest and Recovery: Take rest days as needed, especially if you're new to exercise. It's important to allow muscles time to repair and grow.

Stay Hydrated and Nourished: Fuel your body with proper nutrition, including adequate protein intake, to support muscle growth.

The Plank Position (for push-ups and core strength exercises)

Body Position: Lay facing the ground on a clean, soft surface

Body Alignment: The body must form a straight line from the head down to the heels, with the neck in a neutral position (looking slightly ahead of the hands, not down at the feet). In the modified version you will have your knees on the ground rather than your toes.

Arm Position: Hands are placed directly under the shoulders, or slightly wider, with arms fully extended and elbows packed tightly, not flared out. In the modified version you may rest on your elbows, as suggested in the Day 3, Core Strength, Plank exercise

Core Engagement: The core must be braced as if preparing to be punched, with the ribs tucked down towards the hips to avoid lower back arching.

Lower Body Tension: The glutes and quads must be squeezed, and the heels driven backward to maintain tension throughout the legs.

Shoulder Position: The shoulders should be stable and slightly pushed away from the floor (protracted), avoiding sagging between the shoulder blades.

