



FOREVER FIT

60

**SIMPLE BUT EFFECTIVE
WORKOUT PLAN FOR PEOPLE
60+**

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1 & 2. Mobility & Flexibility

Stretch for 2 rounds. It should only take about 5 minutes but extend the time as necessary. The goal is to hold each stretch for 10 to 30 seconds. Stretching helps loosen up the muscles.

Walk in place (1 minute): Get the blood flowing

Overhead Side Stretch each side (30 sec each)

<https://youtu.be/MFCI9KQZQjs>

Shoulder Stretch (30 sec)

<https://youtu.be/XMsBC9-vSDs>

Triceps stretch (30 sec)

<https://youtu.be/xxWuioswXn0>

Hamstrings stretch (30 sec)

https://youtu.be/BnM8be40_zo

Calf Stretch (30 sec)

<https://youtu.be/mkm4NVUmHS4>

Supine Knee to Chest (30 sec)

<https://youtu.be/SngJLIxzm>

To be done at the beginning of each exercise day. This should be done everyday even when not working out

3. Cardio

20 Minutes of Cardio should follow your stretching. The cardio can be of your choice.

20 Minute Walk

20 Minute Jog

20 Minutes Doing a physical activity

20 Minutes on Cardio Machine

Makes sure that the cardio you choose to do is at a moderate level. You still have resistance training to do.

4 & 5 Agility

This part of the workout is to be done right after cardio.

If you are too tired let this section be your cardio.
The choice is yours remember the goal is activity.
We do not want you to over do it.

Agility:

10 Single Leg Hops

10 Medicine Ball Throws. If you do not have a medicine ball. An old back pack with items in it could work

10 heel walks

Walk in a straight line one foot after another.

Make sure to consult with your physician before you start.

6. Resistance Training

The Resistance training will include an Upper & Lower Body Workout. The Upper Body Workout is to be done on one day and the Lower Body Workout is to be done a separate day. Make sure to rest at least 2 days between each workout day. On your rest days you can do Cardio and Stretching.

Upper:

Pushups 3 rounds of 12 each

Bench Press (Dumbbell) 3 rounds of 12 each

Lateral pulldown 3 rounds of 12 each

Dumbbell rows 3 rounds of 12 each

Military Press 3 rounds of 12 each

Lower:

Dumbbell shoulder Squat 3 rounds of 12

Step-ups 3 rounds of 12 each

Forward Lunge 3 rounds of 12 each

If unable to do dumbbell workout do bodyweight workout. Slowly increase weight to your at a comfortable weight for you to workout with

Conclusion

This workout routine was created with beginners in mind. People 60+ who want to stay active and fit. If you are looking to really push yourself.

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Thank You

Always consult your physician before you start any fitness program.

