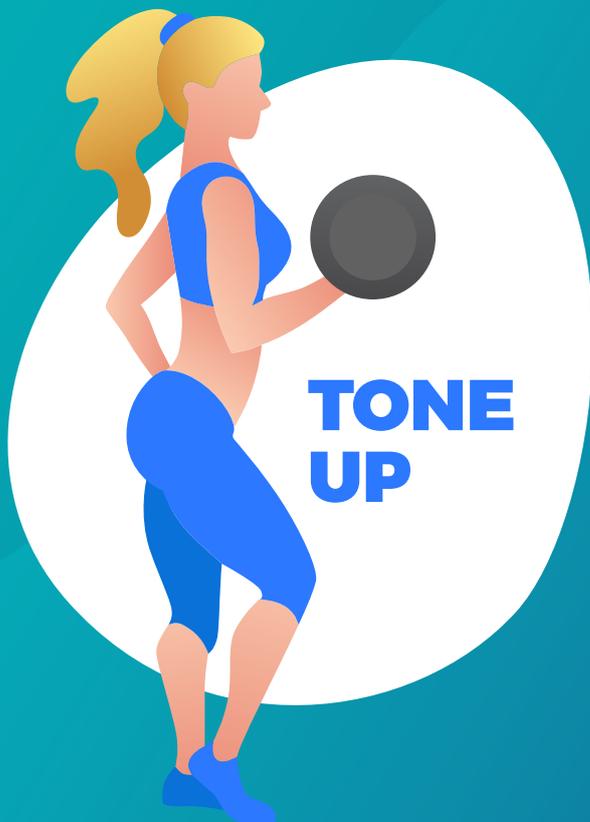


# Midlife Exercise Guide

AgeAmazing  
rejuvage

Your plan for getting fit,  
healthy and energised



**40+ 50+  
& BEYOND**

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# Midlife Exercise Guide

## “If you don’t take care of your body, your body won’t take care of you”

It is no secret that staying active helps you look and feel great whilst ensuring you stay flexible and strong.

Research shows that the right exercise regime, including resistance training, can actually reverse the ageing process. With the average person losing 5lbs of muscle mass and gaining 10lbs of fat each decade, the motivation to do more could not be bigger.

We suggest doing a mix of anaerobic, resistance and HIIT training, while incorporating yoga stretches to increase your flexibility. This way you will fight the effects of ageing and stay physically fit and flexible.

### The Ideal Workout Week

A combination of exercises is the best way to ensure you both burn fat, stay fit and build strength.

We recommend doing a mix of these routines each week:

- **Strength Training**
- **Cardio Training**
- **HIIT**
- **Stretching / Yoga**

We recommend trying 15 to 20 minutes of these exercises daily and mix up the exercises you try with some of our suggested activities. So let’s start incorporating these into your daily routine.

Whatever you want to achieve through working out, this plan has an exercise for you. If you are looking to tone and increase your strength try our strength exercises. To lose weight, try cardio and our HIIT plan. For stretching and increasing muscle activity there are plenty of yoga poses to try.

#### Top tip

Why not try the Fitbit app? You don’t need to have a Fitbit, as the phone counts your steps, tracks your calories and records health information!



# Top Tips for Being Active

## 1. Set yourself realistic goals

Write them down and track your results. This not only gives you something tangible to work towards, but the sense of achievement seeing it keeps you motivated and provides a sense of achievement.

## 2. Choose a mix of exercises

Aerobic and cardio is good for speeding up your heart rate, building better heart health, increasing metabolism and reducing stress. Flexibility training will help increase the range of motion in your joints and keep you flexible as your tendons and ligaments age. Strength and resistance training, will improve your muscle strength and functionality and boost your energy levels!

## 3. Be patient

Exercise moderately two or three times a week to start with, to build up your strength. As you get stronger you'll be able to see more results, but give yourself the time to achieve them.

## 4. Don't just use the gym!

Exercising in the gym can be expensive and it's easy to lose motivation. Why not try running or cycling outside every so often to give yourself a change of scenery? Try out different sports like hiking, rock climbing or zumba to find new fun ways to exercise.

## 5. Try a class or group to work out with

Try taking a class at your local gym or joining a group. Working out with other people will help keep you motivated, and making it a social activity will make you want to go back again!

## 6. Walk and think active

Being active and walking everyday is one of the easiest ways to stay healthy. Walking 10,000 steps a day and being more active, like taking the stairs, will benefit your mind and body.



# Positive Ageing Activities

## Yoga

Yoga is excellent for improved mental well being, strength and flexibility. Hatha Yoga is a simple version for people of all ages and body types and includes light stretching, simple breathing exercises and meditation techniques. For those looking to push themselves try Bikram Yoga, which is performed at a greater pace in 40-degree heat to increase intensity.



## Walking

Walking gives you an endorphin boost and doing the activity for just 30 minutes a day helps prevent diabetes, obesity, lowers risk of cancer and helps to control blood pressure. It's an easy way to get out and gain a vitamin D boost for the day while being one of the most convenient and easiest forms of exercise to maintain.



## Cycling

Cycling is a fun way to improve your fitness and get outside. Cycling has many variations from mountain, road or even BMX and its popularity is growing every day. A 45-minute spinning class can boost the production of compounds that protect our DNA, keeping our cells younger and healthier. It is incredibly effective at improving your cardiovascular health with an hour of road cycling burning up to 844 calories.



# HIIT Routine

## Jumping Jacks

Stand straight with your arms by your side and feet together.

Jump, expanding your legs so they are shoulder width apart while raising your arms outwards above your head.

Jump back to first position.

## Sit Ups

Lie on the floor, place your hands behind your head and lift your shoulders, keeping the tension on your abdomen.

## Press Ups

Revisiting one of our favorites.

Get into a high planking position, using the tips of your toes and hands for support.

Lower your body and use your arms to push yourself back up.

## Sumo Squats

Put your feet out wide, further than your hips, keep your back straight and chest out while looking forward.

Lower yourself until thighs are almost parallel with the floor and then rise.

## Cool Down

For a quick cool down after the strenuous exercise follow the same movements as the warm up to avoid injury and aid recovery.

- Calf stretches
- Quad stretches
- Shoulder roles
- Toe touches

# HIIT Routine

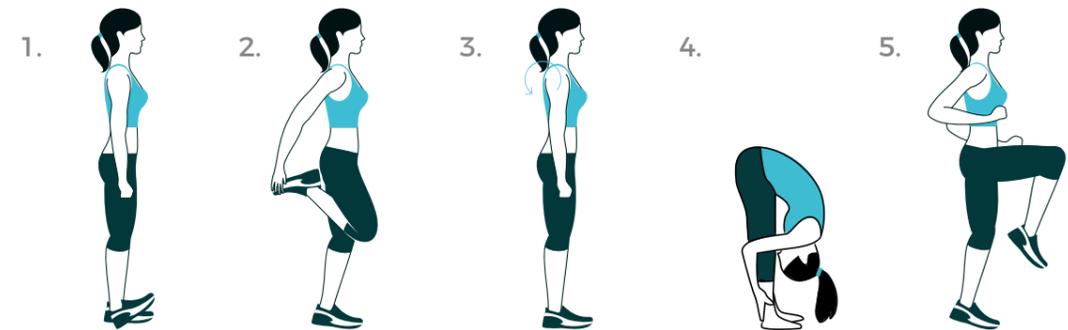
Human growth hormones are produced during short intense bursts of cardio workouts of high intensity interval training (HIIT). This will improve skin elasticity, collagen production and organ health. HIIT workouts are great because they cut your workout in half, while burning maximum calories.

**Warm Up: 3 minutes, Workout: 20 minutes, Cool Down: 3 minutes**

Each exercise lasts 30 seconds followed by a 45 second rest after each exercise. Push yourself and aim to do as many of each exercise as you can before time is up.

## Warm Up

1. **Calf stretches:** keep your leg straight and raise the front of your foot upwards, do so for each leg, hold for 30 seconds then repeat on the other leg.
2. **Quad Stretches:** Bring your foot up behind the buttocks and hold with hand. Hold for 30 seconds before swapping legs.
3. **Roll your shoulders** for a few rotations until they feel relaxed.
4. **Toe Touches:** Keep your feet wide apart, put your arms out straight and bend forward, while keeping arms straight to touch the opposite foot. Repeat with both sides in a fluent motion for 30 seconds.
5. **Gently jog on the spot** for 40 seconds to increase your heart rate.



## Top HIIT Workouts

Try The Body Coach, Joe Wick's or Fitness Blender's home HIIT workouts! 20 minute workouts on YouTube, that you can do without any equipment



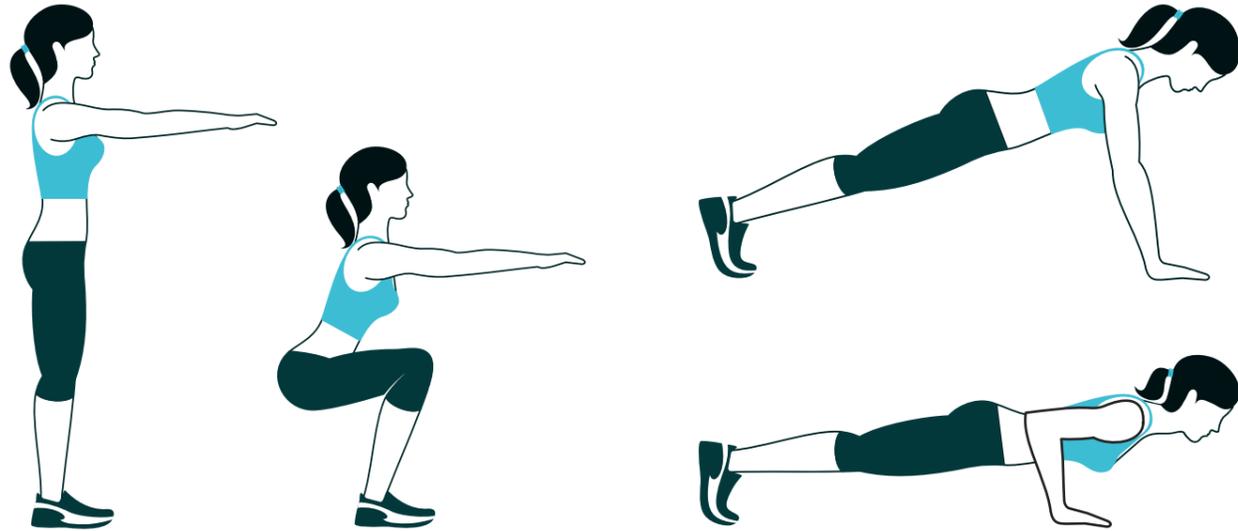
20 Minute Fat Burning HIIT Workout | The Body Coach x...



Low Impact Cardio Workout for Beginners - Feel Good...

# Strength Exercises

Resistance training helps you age well, increases bone density, improves balance, reduces risk of osteoporosis, helps cognitive function and the extra muscle mass helps protect your joints from injury! Try and include these strength exercises twice a week for 15 minutes.



## Squat

The squat is a classic exercise and one a good leg workout can't be without. The squat is one of the most effective movements you can do working thighs, quads, hamstrings and glutes.

The exercise is simple enough, but getting the perfect form is tricky.

Utilise those enormous mirrors in the gym, and when squatting ensure your back is slightly arched, toes pointed forwards with feet shoulder-width apart for balance.

Once you've mastered form with bodyweight squats add some resistance, enough so that you find a 10 - 12 rep range challenging.

## Press Ups

The easy do-at-home exercise which incorporates chest, triceps and shoulders.

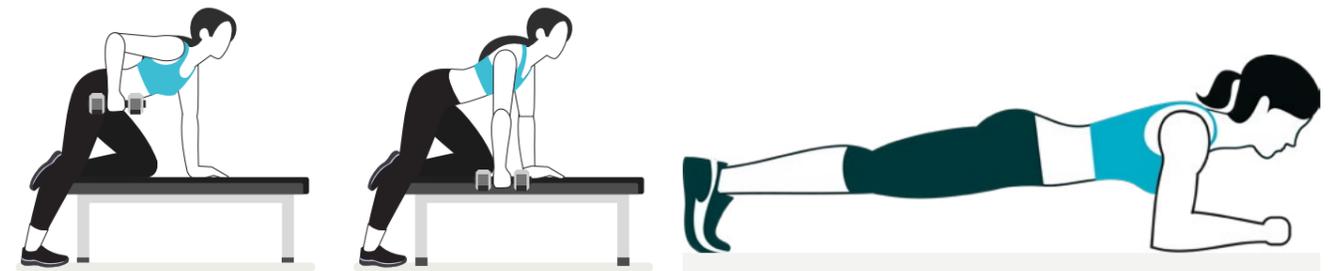
Get into a high planking position, using the tips of your toes and hands for support. Lower your body and use your arms to push yourself back up.

As this is a body weigh exercise, we suggest doing as many as 10 - 20 reps for as many sets as possible until failure.

Most female beginners need to do this with knees on floor.

A mistake often made is people tend to stick out their elbows, rather than tucking them in so they don't go past the wrist. This takes the tension off your elbows and incorporates more of the chest and shoulder muscles into the exercise.

# Strength Exercises



## Dumbbell Row

The back is one of those tricky areas to workout with bodyweight alone, you'll need dumbbells if you want to do this one at home.

Rows are a solid back exercise, working the main muscle groups of the upper back.

Place your right leg on a flat bench and bend your back until parallel with the bench, using your right hand for support.

Lower the resistance to the floor and lift towards your body. Repeat the exercise for each side, concentrating on squeezing your back muscles.

## Planks

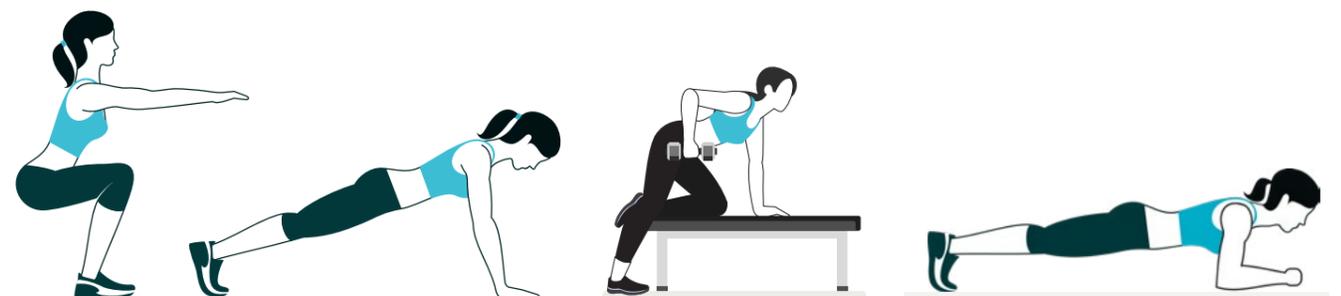
Core muscle endurance is just as important as strength in order to provide support to the lower back.

Planks are great for building core strength and endurance, and brilliant for helping posture and balance.

Get into the same position as a press up, this time bend your elbows and rest your weight on your forearms.

We recommend holding for 30 seconds - 2 minutes for around 3 reps (with a small break inbetween each rep).

## A Brilliant Mini Workout



# Yoga Poses to Improve Your Flexibility

Yoga is a great way to wind down, de-stress and stay flexible. We suggest incorporating a few positions at the end of your workout, whether it was HIIT, strength or anaerobic. It's a great way to relax after an intense period of exercise while improving flexibility.

**The sun salutation is a brilliant way to maintain good posture, keep joints strong and prevent back pain.**

1. Start standing upright and take a breath inward. Then lift your arms and hands into a prayer position while exhaling. Keep your weight balanced equally over both feet.
2. Breathe in as you lift your arms upwards and back, keeping your palms in the prayer position. Keep your biceps close to your ears, and feel your body stretching from your heels to your fingers.
3. Exhale as you bend forward from the waist, keeping your spine straight. Bring your hands to the floor and rest them beside your feet. (If necessary, bend your knees)
4. Breathe in and push your right leg back, stretching as far as possible. Bend your left leg and bring your right knee to the floor. Raise your chin and look up.
5. Breathe in and move your left leg back to your right leg. Your body should be in a straight planking position.
6. Exhale as you gently bring your knees to the floor. Rest your chin and chest on the floor and raise your hips and bum. Your hands, feet, knees, chest and chin should all touch the floor.
7. Now slide forwards and raise your chest. Keep your elbows bent and stretch your back so your ears and shoulders do not touch. Look up.
8. Exhale and lift your hips, as you lower your chest and head. Keep your arms straight so your body is in an upside down 'V' position
9. Breath in and bring your right foot forward in between your hands, your left knee should touch the floor. Raise your chin and look upward.
10. Exhale and bring your left foot forward, then straighten your legs and bend forward at the waist. Keep your palms on the floor by your feet.
11. Inhale and slowly raise your body upwards, moving your hands back into a prayer position and lifting them above and behind your head.
12. Exhale as you bring your arms down by your sides.



## Top Yoga Apps

Why not try these apps?



Daily Yoga



5 minute yoga



Down Dog

# Positive Exercise Essentials

You're almost good to go! Here are a few more items you may find useful as you begin your journey.



Workout Matt



Walking Shoes / Trainers



Adjustable Dumbbells



Epsom Salts / Dead Sea Salts



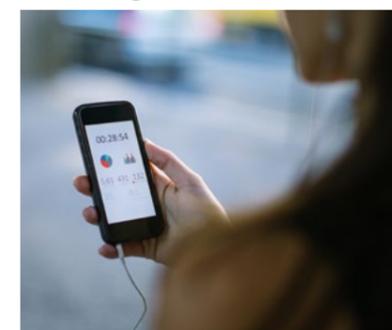
Progress Notebook



Water Bottle



A Buddy  
(help motivate each other)



Workout Apps



Supplements

You're now equipped with everything you need to age amazing! With consistent effort to exercise a little each day, you'll find yourself feeling and looking your best.

**“Success is the sum of small efforts repeated day in and day out”**

- Robert Coiller

# #AgeAmazing



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