

STRONG AFTER 50

YOUR 30 DAY STARTER GUIDE TO FITNESS



FIT_{WITH} LADYK

Aging happens to us all, whether we like it or not.

If you've been thinking about becoming stronger, moving with ease, or simply feeling better in your body, you've already taken an important first step.

At some point, we all realise the need to build a body that supports us for life—with stronger bones and resilient muscles.

The good news! You don't need a gym membership, expensive equipment, or a background in fitness to get started. All you need is a little time, a positive attitude, and a willingness to begin.

Whether your goal is to improve bone density, prevent osteoporosis, build lean muscle, or simply regain confidence in your daily movement, my goal is simple: to help you get stronger, fitter, and feel fabulous.



A Little About Me

I'm Katherine, also known as LadyK.

True story: I received a title for my 50th birthday—but that's a story for another day!

I've loved fitness for most of my life, but I didn't start strength training in a gym until I turned 50.

It wasn't until I reinvented myself and completed my Certificate III and Certificate IV in Fitness that I truly committed to helping others achieve their health and fitness goals.

Today, my passion is inspiring women to discover just how strong, capable, and confident they can be—no matter their age or where they're starting from.

I believe every woman deserves to feel Strong, Fit, and Fabulous.

You don't have to be perfect.

You just have to start.

This starter guide will take you through a full body workout: 9 easy exercises. Step by step. No floor work.

And a plan to increase your strength and movement over 4 weeks. We use light dumbbells, if you don't have them, that is perfectly ok to do the exercises without.

As you work through these exercises, listen to your body. Move at a pace that feels comfortable, breathe naturally, and rest whenever you need to. Every person starts from a different place, and that's completely okay.

Before You Begin: Wear comfortable clothing and supportive shoes, have a chair or sturdy bench nearby if needed, keep a bottle of water handy, and stop if you experience pain, dizziness, or feel unwell. If you have a medical condition or concerns about starting exercise, check with your healthcare professional before beginning.

REPS AND SETS

The first thing you will have to familiarise yourself with is what are **Reps and Sets**.

You will hear this language used all the time in relation to an exercise.

A rep (repetition) is one completion of an exercise movement performed. For example: 1 x bicep curl.

A set is a series of reps performed back to back... 10 x bicep curls is 1 set of bicep curls.

So you may hear a trainer say to do 3 sets of an exercise.

Rest interval

A rest interval is time spent resting between sets that allow muscles to recover. The rest period between sets in this workout, I suggest take 30 seconds to a minute.

LET'S WARM UP

Prior to commencing any weight training session, you must warm up your muscles. This means getting the body lightly moving, which in turn, moves the blood to your muscles and loosens up your joints.

This is also important for those living in cooler climates or exercising early in the morning.

If we neglect this part, you could run the risk of injury. Especially at our age!

Doing some light cardio, dynamic stretching or a light set of the exercise will warm up your muscles and get your body ready for the session.

If you have an existing health condition, work out what is right for you and stay within your limits.



DYNAMIC STRETCHES

These are a few dynamic stretches to maximise your flexibility and prepare your muscles for the workout ahead.

Arm circles

Arm circles, going from small circles to a full range of motion. Spend 15 seconds in a forward motion, then 15 seconds in a backwards movement.

Round the world - stand with your hands crossed in front. Raise your arms out and bring up above your head. Stretch and bring the arms back down. Repeat 3 times.

Leg swings

Support yourself on a wall or equipment. Swing one leg forward and then swing the leg behind you. Keeping the movement controlled. Do this 10 times and repeat on the other leg. Try side to side as well.

Mini squats

Stand with your feet about shoulder-width apart, and your toes pointing slightly outward.

Inhale, lightly brace your core, and do 10 mini squats, lightly pulse up and down

LET'S DO THIS

Follow this easy guide. Set out over 4 weeks, you can do the exercises two or three times a week, depending how your body is feeling.

Each week you will gradually increase the reps and then sets. This is the way we get our body stronger and mobile.

Choosing your dumbbell weight

Everybody is different, and each person has their own level of strength and resistance. Choose a weight that allows you to comfortably complete 8-12 repetitions while maintaining correct form. Many start with 1kg and work from there. If you don't have dumbbells, try full water bottles or food tins.

WATCH THE VIDEO

If you want to work out with me, I made a YOUTUBE video of this Beginners Full Body Workout. Watch it here

[Full Body Workout](#) 

For beginners, the main focus should be learning proper technique and staying consistent.

To get stronger and build muscle, it is important for you to do a little more than last time.

THE PROGRAM

EXERCISE	WEEK 1		WEEK 2		WEEK 3		WEEK 4	
SIT TO STAND OR BODY SQUAT	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS
	2	8	3	8	3	10	3	12
CALF RAISE	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS
	2	8	3	8	3	10	3	12
GLUTE KICK BACK	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS
	2	8	3	8	3	10	3	12
SHOULDER PRESS	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS
	2	8	3	8	3	10	3	12
LATERAL RAISE	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS
	2	8	3	8	3	10	3	12
BICEP CURL	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS
	2	8	3	8	3	10	3	12
TRICEP KICK BACK	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS
	2	8	3	8	3	10	3	12
STANDING CORE CRUNCH	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS
	2	8	3	8	3	10	3	12
STANDING DUMBBELL TWIST	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS
	2	8	3	8	3	10	3	12

EXERCISE GUIDE



BODY SQUAT

Stand with your feet about shoulder-width apart, and your toes pointing slightly outward.

Inhale, lightly brace your core, push your hips back and squat down as deep as possible. Aim for your thighs to be parallel to the floor.

Reverse the movement and return to the starting position. Exhale on the way up.

SIT TO STAND Sit upright on a chair, forward on the seat. Place your feet between hip-width and shoulder-width apart and flat on the floor. Stand up from the chair. Sit down on the chair to resume the starting position.



CALF RAISE

Stand with your toes and balls of feet on a step.

Lift your heels until you feel the calf muscle stretch and then lower your heels back down as far as you can feel a good stretch.



GLUTE KICKBACK

Stand with feet hip width apart.

Lift one foot from the ground, bending the knee to a 90 degree angle, with foot flexed.

With the core engaged and glutes squeezing, press the foot backwards in small movements.

Return to the ground and repeat this movement.

Perform all reps on the same side before switching.



SHOULDER PRESS

Hold a dumbbell in each hand, palm facing forward. Sit on a bench that has back support. Raise the dumbbells to shoulder height. Hold the dumbbells at a slight angle forward.

Now, exhale and push the dumbbells upward until they touch at the top.

Then, after a brief pause at the top contracted position, slowly lower the weights back down to the starting position while inhaling.

Repeat for desired amount of reps



LATERAL RAISE

Hold a pair of dumbbells in almost straight arms hanging by your sides.

With control, lift the dumbbells out to your sides until your upper arms are horizontal. Keep your hands slightly turned, as if you are pouring a jug of water.

Lower the dumbbells with control.

Repeat for desired reps



BICEP CURL

Hold a pair of dumbbells in an underhand grip (palms facing forward), arms hanging by your sides.

Curl the dumbbells up towards your shoulders by only moving your forearms.

Don't let your upper arms travel back during the curl. Keep them at your sides or move them slightly forward.

Reverse the movement and lower the dumbbells back to the starting position.



TRICEPS KICK BACK

Hold a dumbbell palm facing your body. Bend your knees slightly and lean forward at the hips until your back is almost parallel to the floor.

Keep your upper arm close to your side, with the elbow bent at about 90 degrees. Extend your arm straight back by straightening your elbows. Only your forearms should move.

Squeeze your triceps at the top of the movement.

Lower the dumbbell back to the starting position.



STANDING CORE CRUNCH

Stand up straight with a single weight between both hands. Press the weight up overhead with arms fully extended.

Activate the core for balance and stability. Slowly lift one knee up alternating knees as high as you can lift them.

This entire movement should be slow and controlled in order to work the core muscles.



STANDING DUMBBELL TWIST

Hold a dumbbell from the middle, straight out in front of you between both hands.

Keeping your arms fully extended, twist your torso to bring the dumbbell to one side of your body.

Slowly return to the starting position.

Repeat on the other side.

That's one rep.

COOL DOWN

Spend 5 mins doing static stretches to relax your muscles, reduce heart rate and minimise soreness

Overhead Tricep stretch

Standing upright with your feet shoulder width apart, raise your right arm and bend it behind your head, your hand resting between your shoulder blades.

Place your left hand on your right elbow and gently pull it backwards. You will feel a great stretch in your triceps and under arm.

Hold for 10 seconds and then repeat on the other side.

Quadriceps stretch – Standing, hold your ankle and pull your heel to your glutes. Hold and stretch for 15 seconds. Repeat on the other leg.

Hip Flexor stretch– Half kneel, one knee forward, the other leg on the floor behind. Hands on your kneeling thigh, lean forward and hold the stretch for 15 seconds. Repeat on the other side.

Round the world – stand with your hands crossed in front. Raise your arms out and bring up above your head. Stretch and bring the arms back down. Repeat 3 times.

STAY IN TOUCH

I'm here to support you every step of the way. Feel free to reach out with any questions or feedback. Don't forget to click the icons below to follow me on social media for daily inspiration, tips, and updates through FitwithladyK

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