THE FIT & TRIM-STRONG SENIORS

6 Week: Pre-Beginner Program

Build muscle, improve strength and increase power using this proven formula.



START PROGRAM

Introduction – The Program

This program has been developed by an Exercise Physiologist to provide individuals at all fitness levels with a comprehensive exercise program that can be completed at home or wherever you feel most comfortable. It is designed to use your own body weight so very limited equipment is required.

The Pre-Beginner Program is designed for those who do not complete any regular exercise and have a very low fitness level. It will provide you with the basic fitness, flexibility and stability required to improve overall health and prepare you for the Beginner Program.

If you are unsure of your fitness level we strongly recommend that you consult your doctor.

To start, complete one session of the Pre-Beginner Program. If you find it too easy you may wish to move on to the Beginner Program.

IMPORTANT: Always consult a qualified medical professional before beginning any nutritional program or exercise program. The exercise suggestions are not intended to substitute for proper medical advice. Fit and Trim University assumes no responsibility for injuries suffered while practicing any exercise program. If you have any chronic or recurring conditions such as high blood pressure, neck or back pain, arthritis, heart disease etc., please seek your physician's advice before starting any new exercise program.

Benefits of Physical Exercise

This exercise program is tailored to improve both cardiovascular and musculoskeletal endurance and fitness. Exercise programs should contain both light resistance exercises and exercises that will increase heart rate at a safe level, according to your fitness.
Increasing your muscle mass helps with the breakdown of fats and the regulation of glucose levels in the blood stream. It also boosts metabolism, so even after you finish exercising your body will continue to burn fat.

By completing 30 minutes of moderate exercise per day you can:

- Reduce your risk of heart attack and heart disease.
- Reduce your risk of stroke.
- Achieve and manage a healthy body weight.
- Lower your blood cholesterol.
- Lower the risk of type 2 diabetes.
- Lower the risk of some cancers, including colon cancer.
- Reduce feelings of stress, anxiety and depression.
- Lower your blood pressure for those who have hypertension (high blood pressure).
- Strengthen your bones, muscles and joints, lowering the risk of osteoporosis.



What to Expect

How you should feel?

The exercises should feel challenging, but comfortable to complete. If you feel short of breath, stop exercising for a minute or two, regain your breath and then you should be able to continue. If you remain short of breath and/or are concerned, consult your doctor before continuing.

Your muscles may feel tired or even sore after carrying out the exercises in the program – this is normal! You are simply using muscles in a way you may not be used to. If you feel severe discomfort or you believe the pain is not muscular, consult your doctor immediately.

What results can you expect?

Commitment is Key!

The results you can expect from this program will reflect your commitment to the program. Ensure you carry out the full program three times a week for the full six weeks.

You should also eat a balanced diet while carrying out this program. This will ensure you have the energy levels and nutritional balance to gain the full benefits.

Before you Begin - Do's and Don'ts

This exercise program is designed to be completed at least three times a week with the intention to increase to daily for six weeks. The program can be completed at home, at your local park, or at a gym, wherever you feel most comfortable. Each session should take around 30 minutes to complete – if you complete the program in less time, repeat the resistance/cardiovascular section.

Once you have completed one fitness level program, or if the program becomes too easy, you may progress to the next level. The levels are as follows:

1. **Pre-Beginner**
2. **Beginner**
3. **Intermediate**
4. **Advanced**

All programs include the following components:



How to Use this Program

Flexibility

Stretching before and after you exercise is important, is helps to:

- Reduce muscle tension.
- Increase your range of motion.
- Prevent injuries to muscles and joints.
- Reduce your risk of back problems.
- Promote circulation.
- Reduce muscle soreness.

Improving flexibility makes exercising and everyday tasks easier by enhancing mobility in your joints and muscles.

Resistance/ Cardiovascular

Resistance exercise improves muscles strength and tone, which helps protect your joints from injury. It also increases your muscle to fat ratio – when you gain muscle your body will continue burning fat even when you are resting.

Cardiovascular training (or 'cardio' for short) has many benefits. It is the key to weight loss and it also helps to:

- Strengthen your heart and lungs, and increase bone density
- Improve sleep and reduce symptoms of stress, anxiety and depression



Cool Down

It is important to cool down, especially after vigorous exercise. The body needs time to slow down and it aids in recovery – meaning you won't wake up as sore tomorrow. Repeat the stretch compontent of the program to cool down and do a slow walk.

How Do I Track My Progress?

Tracking your progress is easy!

Weight: Monitor your weight by weighing yourself on a fortnightly basis and record it on the tracking sheet provided.

Blood Pressure: You can track your blood pressure if you have a blood pressure monitor at home. Otherwise many pharmacies provide free blood pressure checks. An ideal blood pressure is approximately 120/80mmHg. If your blood pressure is much higher or lower than this, consult your doctor immediately and do not start the program.

General Wellbeing: Your general wellbeing and how you feel is a great indicator of how well the program is working. You may start feeling like you have more energy, you are stronger, you're sleeping better and you may even feel happier on a day-to-day basis!

Tracker Sheet: We have included a tracker sheet where you can track your progress and tick off your exercises.

Before you Begin - Do's and Don'ts

Do

Speak to your doctor before starting this exercise program to check it is right for you.

Ensure you have appropriate enclosed footwear that provides you with comfort and support.

Ensure you drink enough water before, during and after physical exercise.

Tell a friend about your health and fitness goals. It is always easier to stay on track with a friend's support.

If you can't complete the exercise program daily, try to go for a 30-minute walk on the days you don't do the program.

DON'T

Do not start any exercise program without consulting your doctor first.

If you feel severe pain or discomfort while completing this program, stop the program immediately and consult your doctor.

Pledge

I, ..., pledge to undertake this program to the best of my ability.

I pledge to remember that progress takes time, and to be proud of the commitment I am making to my health.

Sign .....

Walking Styles

Walk

A walk should be at a slow pace. Your heart rate should be slightly elevated from resting, but intensity will be about 3 or 4 out of 10.

Power Walk

A power walk is a walk at a medium pace. Imagine you're late from your lunch break at work and need to get back to the office. Your heart rate should be elevated and intensity should be 5 or 6 out of 10.

Jog

A jog is a medium to fast pace. Imagine you need to get across the road at a set of traffic lights and the red man has just begun to flash. Your heart rate will have noticeably increased and intensity should be 7 to 8 out of 10.

Run

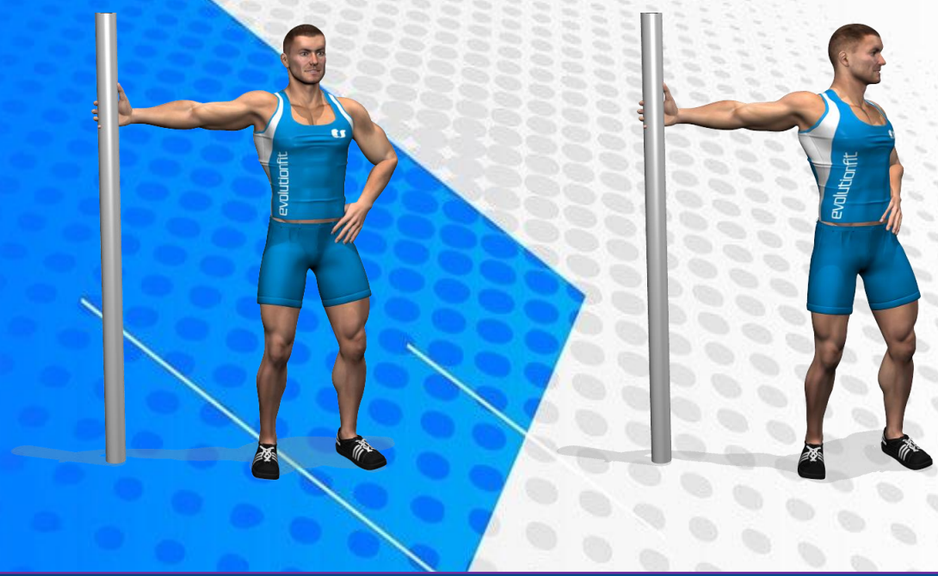
A run is a fast pace. Imagine a bus is approaching your stop and you are 100 meters away and you desperately need to catch it. Your heart rate will dramatically increase and the intensity will be 9 or 10 out of 10.

The Program

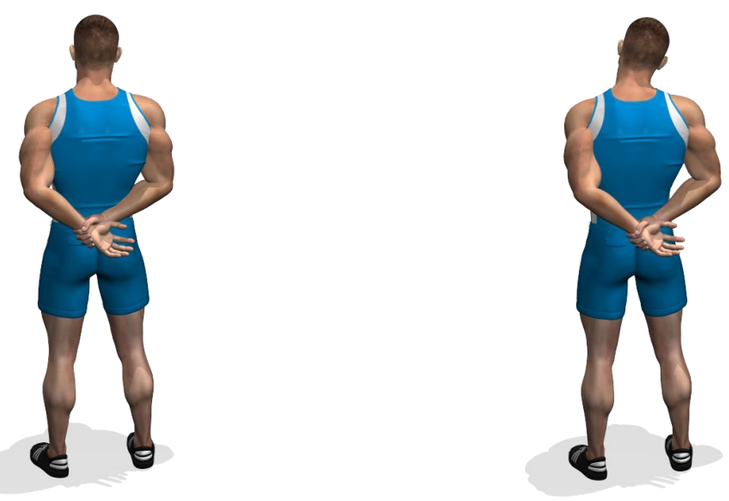
Benefit: Increased Flexibility

Hold each Stretch for 20-30 seconds x 2

Standing Chest Stretch



Shoulder Stretch



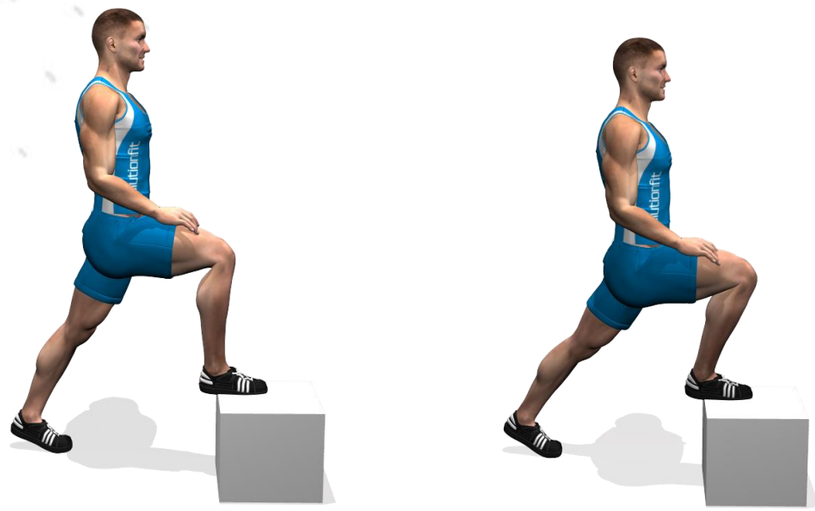
Benefit: Improved Mobility

Hold each Stretch for 20-30 seconds x 2

Standing Hamstring Stretch



Standing Hip Flexor & Calf Stretch



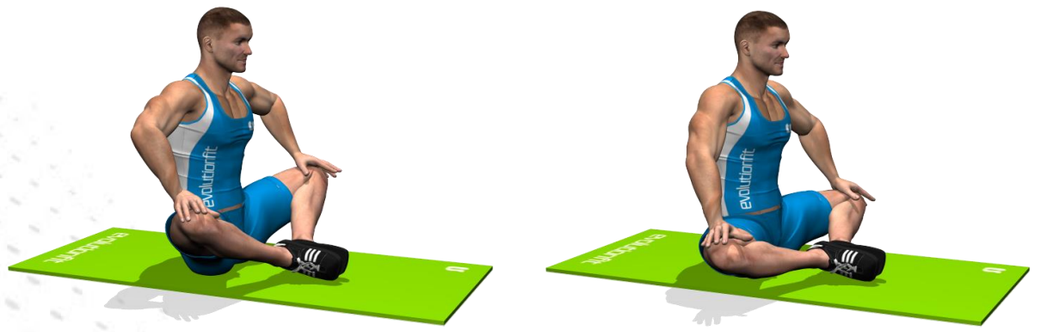
Benefit: Injury Prevention

Hold each Stretch for 20-30 seconds x 2

Thigh Stretch



Seated Groin Stretch



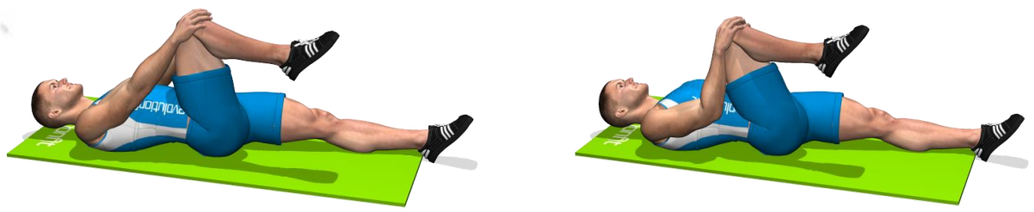
Benefit: Improved Circulation

Hold each Stretch for 20-30 seconds x 2

Lying Abdominal Stretch



Hip and Lower Back Stretch



Benefit: Improved Strength

Back Rotations

(15 rotations)

Gently swing your body left to right, stretching and warming up your back.





Superman Reach

(hold for 15 seconds per arm)

With your feet shoulder width apart, reach one arm above your head while holding the other one down. You should feel a stretch along the side of your body.





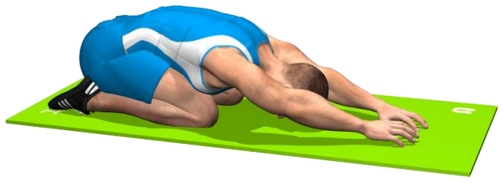
Benefit: Improved Endurance

Child's Pose

(hold for 15 seconds)

Kneel on the floor and sit on your heels. Separate your knees to hip-width and touch your big toes together. Stretch your arms overhead with palms on the ground.





Walking

15 minutes

Walking at a pace that is comfortable for you. You can walk around the block, or just to the end of the street and back.

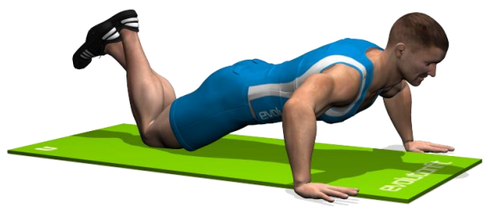




Benefit: Improved Sleep Pattern

Modified Push-Ups

Lay face-down on the floor with your hands shoulders-width apart. Lower your body as close to the floor as you can while keeping your back straight. Don't worry if you can't get too close to the floor on your first few attempts, it won't take you long to build up your strength.





Bodyweight Squats

Sit on a chair or bench and stand without using your hands.





Remember to cool down after exercise!



Track Your Progress

The attached training log is a self-guided exercise assistant that allows for progression, and includes an intensity indicator and a short, hard exercise list. Along the top portion of the sheet you will see Weeks, Reps and Intensity. Use this as a guide as to what week you are up to and the amount of times you are aiming to repeat the exercises. The information bar on the left -hand side will give you any other information needed to complete the exercise.

The progressive nature of this exercise program allows for you to get fitter and stronger. Each week you should increase the amount of times you complete the exercise. Please see the Plan boxes to see where you are up to.

If you require a weight set (dumbbells) to make the exercises harder, a simple home solution is to fill a 2L milk carton with sand to the desired weight.

Training Log

Pre-Beginner

Name:

Date:

Key

Reps: the number of times you repeat each exercise.

REVIEW PROGRESS AFTER WEEK 6

Exercises			Week →	1			2			3			4			5			6		
			Session →	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
Flexibility	Calf stretch	15 sec hold per leg																			
	Slow leg swings	15 swings per leg																			
	Back rotations	15 rotations																			
	Superman reach	15 sec hold per side																			
	Two arm extension	15 sec hold																			
Cardio	Walking	5 mins																			
Resistance	Calf raises	Weeks 1 & 2 = 10 reps Weeks 3 & 4 =15 reps Weeks 5 & 6 = 20 reps																			
	Wall push-ups																				
	Sit to stand																				
Repeat Cardio																					
Repeat Resistance																					
Cool Down	Slow walk	5 mins																			
	Calf stretch	15 sec hold per leg																			
	Slow leg swings	15 swings per leg																			
	Back rotations	15 rotations																			
	Superman reach	15 sec hold per side																			
	Two arm extension	15 sec hold																			
Weight in Kg																					

Bonus Sample Meal Plan

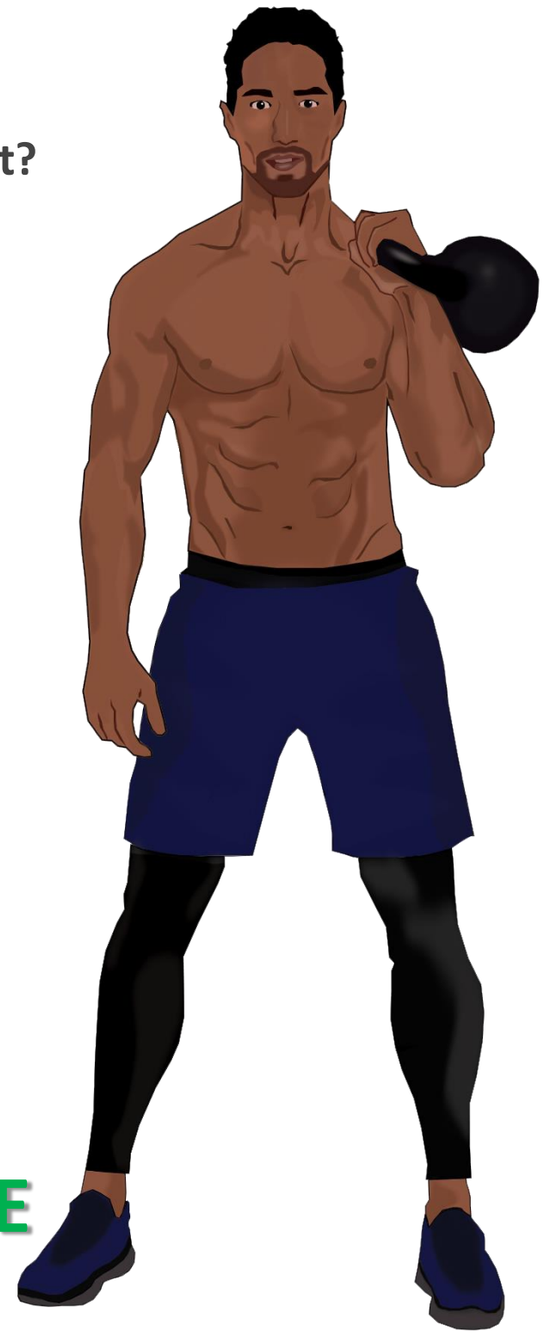
MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST (Ideally 30-60 min after waking)	Spinach Shakshuka	Cottage Cheese Fruit Bowl	Vanilla & Coffee Protein Smoothie	Avocado & Basil Tomatoes on Toast	Vanilla & Coffee Protein Smoothie	Cottage Cheese Fruit Bowl	Spinach Shakshuka
LUNCH (Ideally 3-4 hours after breakfast)	Leek & Pea Soup with Basil	Leftover Leek & Pea Soup with Basil	Avocado & Basil Tomatoes on Toast	Leftover Keto Tagliatelle with Pea Sauce & Ham	Warm Salmon & Quinoa Salad	Kale & Tofu Salad with Peanut Butter Dressing	Leftover Kale & Tofu Salad with Peanut Butter Dressing
SNACK (Ideally between lunch and dinner)	E.g. Vanilla & Coffee Protein Smoothie, Cherry Sorbet, chocolate & Sea Salt Nut Clusters	E.g. Vanilla & Coffee Protein Smoothie, Cherry Sorbet, chocolate & Sea Salt Nut Clusters	E.g. Vanilla & Coffee Protein Smoothie, Cherry Sorbet, chocolate & Sea Salt Nut Clusters	E.g. Vanilla & Coffee Protein Smoothie, Cherry Sorbet, chocolate & Sea Salt Nut Clusters	E.g. Vanilla & Coffee Protein Smoothie, Cherry Sorbet, chocolate & Sea Salt Nut Clusters	E.g. Vanilla & Coffee Protein Smoothie, Cherry Sorbet, chocolate & Sea Salt Nut Clusters	E.g. Vanilla & Coffee Protein Smoothie, Cherry Sorbet, chocolate & Sea Salt Nut Clusters
WORKOUT NUTRITION (If applicable)	**During:** Workout drink with 500ml of water **Post:** Banana with serving of protein powder	**During:** Workout drink with 500ml of water **Post:** Banana with serving of protein powder	**During:** Workout drink with 500ml of water **Post:** Banana with serving of protein powder	**During:** Workout drink with 500ml of water **Post:** Banana with serving of protein powder	**During:** Workout drink with 500ml of water **Post:** Banana with serving of protein powder	**During:** Workout drink with 500ml of water **Post:** Banana with serving of protein powder	**During:** Workout drink with 500ml of water **Post:** Banana with serving of protein powder
DINNER (Ideally 3-4 hours after snack or 60-120 minutes post workout)	Steamed Italian Meatballs with side of rice & veg *+ remaining macros as you see fit*	Leftover Steamed Italian Meatballs with side of rice & veg *+ remaining macros as you see fit*	Keto Tagliatelle with Pea Sauce & Ham *+ remaining macros as you see fit*	Bean Stew with potatoes *+ remaining macros as you see fit*	Leftover Bean Stew with potatoes *+ remaining macros as you see fit*	Meal Out – Enjoy!	Warm Salmon & Quinoa Salad *+ remaining macros as you see fit*

For more Healthy and Delicious Recipes and Meal Plans Click Here!

Congratulations!

Please don’t forget to take your final progress pictures and email them to me at FitandTrimCoach@gmail.com

Now that you are finished you are probably wondering what should you do next? Come visit my website FitandTrimUniversity.com and checkout all the other awesome fitness programs I have for you!



FUEL, TRAIN, REST, REVITALIZE

Fit and Trim University Strong Seniors Programs

For more information about my Strong Seniors Programs please visit:

Pre-Beginner

Beginner

Intermediate

Advanced

FUEL, TRAIN, REST, REVITALIZE

Notes

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