FIT AND TRIM UNIVERSITY

AGING STRONG SERIES · ACTIVE-AGERS [MEN]

FOR MEN 50+

Strong After 50

First 30 Days

Your 30-day plan, week by week

3 workouts a week · About 30 minutes each · Printable plan

WEEK 1	WEEK 2	WEEK 3	WEEK 4
Baseline	Build	Add load	Test

Coach Naajiy Q. Asaad

Retired U.S. Army Sergeant First Class · Founder, Fit and Trim University

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WELCOME

Report for Duty

For the next 30 days, you'll train **3 times a week** for **about 30 minutes**, eat **protein at every meal**, and walk most days. That's the whole mission.

Starting around middle age, men lose a little muscle and strength every year unless they train for it. That's the strength you use to carry groceries, get up off the floor, play with grandkids and stay out of the doctor's office. The good news: muscle responds to training at any age.

I spent my career in the Army training people to perform under pressure. The lesson that matters most here is simple: **basic training comes first**. You don't start with the heaviest weight. You start with good form, build a base, then add load on a schedule. That's exactly how this plan works.

Show up three times a week. Follow the rules for moving up. Retest on Day 30 and see what changed.

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Your 30-day plan, week by week

Week	Mission	What you do
Week 1	Baseline and foundation	Take your Strength Check and learn the core movements with light weight.
Week 2	Build the base	Add sets and reps while you lock in good form.
Week 3	Add load	Increase the weight safely, using clear rules for when to move up.
Week 4	Test and plan ahead	Retest your Strength Check and see where to go next.

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PART 1

How the Plan Works

Every workout trains the **five movement patterns** that keep a man strong and capable for life. Train all five and you've covered the whole body.

Pattern	Real life	In this plan
Squat	Getting up from a chair, the floor or the car	Goblet box squat, split squat
Hinge	Picking things up safely; protecting your back	Romanian deadlift, glute bridge
Push	Pushing yourself up off the floor; pushing a door	Incline push-up, floor press, shoulder press
Pull	Pulling, lifting, good posture	One-arm row, bent-over row, band pull-apart
Carry and core	Carrying bags, luggage, grandkids; balance	Farmer's carry, dead bug, bird dog, side plank

Your weekly schedule

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Workout A + walk	Walk + mobility	Workout B + walk	Walk + mobility	Workout C + walk	Active fun	Rest

Any three days work. Just leave at least one day between strength workouts.

How hard should it feel? The effort scale

Effort (1–10)	How it feels	Reps left in the tank
5–6	Comfortable; you could chat	5 or more
7	Working, but in control	About 3
8	Hard; form still clean	About 2
9–10	Grinding or failing	0–1: **stay out of this zone**

The rule for this plan: most sets land at effort 6–8. Finish every set knowing you could do 2 or 3 more good reps. Strength comes from consistent work, not from grinding.

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PART 2

Before You Start

Safety first

Talk with your physician before starting if any of these apply to you:

- Heart disease, high blood pressure, or diabetes
- A joint replacement, recent surgery, or a recent injury
- Chest pain, dizziness or unusual shortness of breath during activity
- Any condition your doctor is treating or monitoring

Stop right away if you feel chest pain, pressure, dizziness, sharp or joint pain, or unusual shortness of breath. Muscle soreness a day or two after training is normal. Sharp pain is not.

What you'll need

- **At home:** a pair of adjustable dumbbells or 2–3 pairs (for example 10, 20 and 30 lb), a sturdy chair or bench, and a resistance band
- **At the gym:** dumbbells, a bench and a cable or band station
- A step or bottom stair with a railing
- A notebook or this guide's load log, and a timer on your phone

No equipment yet? Start Week 1 with bodyweight and a band. Get dumbbells before Week 3, when you start adding load.

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PART 2, CONTINUED

Your Day 1 Strength Check

This is your baseline. Do it before your first workout, write down your numbers, and repeat it on Day 30.

1. **30-second chair stand.** Arms crossed over your chest. Stand up fully and sit back down as many times as you can in 30 seconds.
2. **Push-up test.** Do as many good push-ups as you can in a row. Use the floor, a bench or a counter, and write down which one so you retest the same way.
3. **Single-leg balance.** Near a wall for safety, lift one foot and hold, up to 30 seconds. Test each side.
4. **Farmer's hold.** Hold a pair of dumbbells at your sides, standing tall, up to 60 seconds. Choose a weight that feels heavy but safe, and write it down.
5. **How you feel.** Rate your energy, sleep and confidence from 1 (low) to 10 (great).

Test	Day 1	Day 30
Chair stands (30 sec)		
Push-ups (version: _____)		
Balance, right leg (sec)		
Balance, left leg (sec)		
Farmer's hold (sec @ ____ lb)		
Energy (1–10)		
Sleep (1–10)		
Confidence (1–10)		

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PART 3

The 30-Day Training Plan

Three full-body workouts, rotated each week. Each takes about 30 minutes, including the warm-up and cool-down.

Every workout: warm-up (5 minutes)

- March or walk in place, 1 minute
- Arm circles forward and back, 10 each
- Hip hinges with hands on hips, 10
- Bodyweight box squats, slow, 8
- Band pull-aparts or wall slides, 10
- One light warm-up set of the first exercise

Workout A

Exercise	Pattern	Sets × reps
Goblet box squat	Squat	See weekly targets
Incline push-up	Push	See weekly targets
One-arm dumbbell row	Pull	See weekly targets, each arm
Glute bridge	Hinge	See weekly targets
Dead bug	Core	2 × 6 each side

Workout B

Exercise	Pattern	Sets × reps
Dumbbell Romanian deadlift	Hinge	See weekly targets
Seated dumbbell shoulder press	Push	See weekly targets
Step-up	Squat	See weekly targets, each leg
Band pull-apart	Pull	2 × 15
Side plank (from knees or feet)	Core	2 × 20–30 sec each side

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Workout C

Exercise	Pattern	Sets × reps
Supported split squat	Squat	See weekly targets, each leg
Dumbbell floor press	Push	See weekly targets
Bent-over two-arm row	Pull	See weekly targets
Farmer's carry	Carry	3 × 30–40 steps
Bird dog	Core	2 × 6 each side

Weekly targets

Week	Sets × reps	Effort	Rest	Focus
Week 1 Days 1–7	2 × 10	5–6	60–90 sec	Strength Check on Day 1. Light weight; learn every movement.
Week 2 Days 8–14	3 × 10	6–7	60–90 sec	Add a set. Same weight unless it feels easy (effort 5 or less).
Week 3 Days 15–21	3 × 8–12	7–8	90 sec	Pick a weight you can lift 8 times; follow the rules for moving up.
Week 4 Days 22–30	3 × 8–12, then 2 × 10	7–8, then 6	90 sec	Two normal workouts, then one lighter workout. Retest on Day 30.

Tempo: lower each rep in about 3 seconds, lift in 1–2 seconds, and breathe out as you lift. Never hold your breath and strain.

Every workout: cool-down (3–5 minutes)

- Hamstring stretch on a step or bench, 30 seconds each leg
- Doorway chest stretch, 30 seconds
- Standing quad stretch holding a chair, 30 seconds each leg
- Slow deep breathing, 1 minute

PART 4

When to Move Up

Week 3 is where you add load. Moving up too fast is the most common way men over 50 get hurt, so this plan uses a simple, proven method: **double progression**.

Double progression in 3 steps

1. **Start at 8.** Choose a weight you can lift for 8 clean reps at effort 7–8.
2. **Add reps first.** Each workout, try to add a rep or two, staying under effort 8.
3. **Then add weight.** When you hit **12 reps on all 3 sets** with clean form, increase the weight next time by the smallest step and go back to 8 reps.

Exercise type	Smallest step up
Upper body (presses, rows)	2.5–5 lb per dumbbell
Lower body (squats, deadlifts, step-ups)	5–10 lb per dumbbell
Carries	5–10 lb per hand, or 10 more steps

Green light, red light

MOVE UP WHEN

- You hit 12 reps on all 3 sets
- Your form stayed clean on the last reps
- Effort stayed at 8 or below
- Nothing hurt during or the next day

HOLD OR BACK OFF WHEN

- Form breaks down near the end of a set
- You feel joint pain (not muscle effort)
- You slept badly or feel run down
- A set hits effort 9 or 10

Backing off is part of the plan. If two workouts in a row feel much harder than the one before, drop the weight about 10% and build back up. That's not failure. That's how you stay in the fight for decades.

Never miss twice. Life gets in the way. Missing one workout is normal. Missing two in a row is how habits die. If you miss one, the next one is non-negotiable, even if it's just the warm-up and one exercise.

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PART 5

Exercise Library

Each exercise has the how-to, one key cue, and an easier and harder version. Start with the version you can do with clean form.

Goblet box squat

Hold one dumbbell at your chest. Sit back to a bench or chair, touch lightly, then stand.

Cue: Knees track over toes; chest proud

EASIER	HARDER
No weight; higher seat	Heavier dumbbell; lower seat

Incline push-up

Hands on a bench or counter, body in a straight line. Lower your chest to the edge, then press away.

Cue: Squeeze your glutes; body stays straight

EASIER	HARDER
Higher surface or the wall	Lower surface, then the floor

One-arm dumbbell row

One hand and knee on a bench. Pull the dumbbell to your hip, then lower.

Cue: Lead with the elbow; don't twist

EASIER	HARDER
Lighter weight	Heavier weight; pause at the top

Glute bridge

Lie on your back, knees bent. Drive through your heels to lift your hips, then lower.

Cue: Squeeze glutes at the top; ribs down

EASIER	HARDER
Smaller range	Dumbbell on hips, or one leg

Dead bug

On your back, knees over hips, arms up. Lower one arm and the opposite foot, then return.

Cue: Low back stays pressed to the floor

EASIER	HARDER
Move legs only	Straighten the leg further

Dumbbell Romanian deadlift

Stand tall, dumbbells in front of thighs. Push hips back, slide weights to mid-shin, then stand.

Cue: Hips back, flat back, soft knees

EASIER	HARDER
Shorter range, lighter weight	Heavier weight; 3-second lowering

Seated shoulder press

Sit tall, dumbbells at shoulders. Press overhead, then lower to the shoulders.

Cue: Ribs down; don't arch your back

EASIER	HARDER
One arm at a time	Standing, heavier weight

Step-up

Holding a rail or dumbbells, step onto a stair or box, stand tall, step down slowly.

Cue: Push through the whole front foot

EASIER	HARDER
Lower step; hold the rail	Higher step; hold dumbbells

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Band pull-apart

Hold a band at shoulder height, arms straight. Pull it apart to your chest, then return.

Cue: Shoulders down, away from ears

EASIER
Lighter band; hands wider

HARDER
Pause 2 seconds at the chest

Side plank

On your side, elbow under shoulder. Lift your hips into a straight line and hold.

Cue: Hips high; don't sag

EASIER
From the knees

HARDER
From the feet; top leg raised

Supported split squat

One foot forward, one back, hand on a chair. Lower the back knee toward the floor, then rise.

Cue: Front knee over the ankle; stand tall

EASIER
Shorter range

HARDER
Dumbbells, no support

Dumbbell floor press

On your back, knees bent. Lower the dumbbells until elbows touch the floor, then press.

Cue: Elbows about 45° from your body

EASIER
Lighter weight

HARDER
Heavier weight; slow lowering

Bent-over two-arm row

Hinge forward with a flat back, dumbbells hanging. Row both to your ribs, then lower.

Cue: Flat back; squeeze shoulder blades

EASIER
Chest on an incline bench

HARDER
Heavier weight; pause at the top

Farmer's carry

Hold a heavy dumbbell in each hand and walk tall with short, steady steps.

Cue: Shoulders back; don't lean

EASIER
Lighter weight; fewer steps

HARDER
Heavier weight; one hand only

Bird dog

On hands and knees, reach one arm forward and the opposite leg back, then return.

Cue: Hips level; move slowly

EASIER
Arm only or leg only

HARDER
Hold 3 seconds at full reach

Knees, back or shoulders complaining? Use the easier version, shorten the range, and keep the effort at 6. If pain continues or gets worse, stop that exercise and check with your doctor or a physical therapist.

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PART 6

Fuel and Recover

Training is the signal. Protein, walking and sleep are what let your body answer it. After 50, muscle needs more protein to respond to training, so this matters more than ever.

Protein at every meal

Aim for about **30–40 grams of protein at each meal**, three times a day. Breakfast is where most men fall short. If you have kidney disease or your doctor limits your protein, follow their advice.

Food	Portion	Protein (approx.)
Chicken breast	5 oz cooked	40 g
Lean beef or bison	5 oz cooked	35 g
Salmon or white fish	5 oz cooked	32 g
Eggs + egg whites	3 eggs + 1/2 cup whites	30 g
Plain Greek yogurt	1 1/2 cups	30 g
Canned tuna	1 can (5 oz)	27 g
Lentils or black beans	1 cup cooked	15–18 g
Protein powder	1 scoop	20–25 g

Build your plate: protein the size of your whole hand, vegetables on half the plate, a fist of smart carbs (potatoes, rice, beans, oats or fruit) and a thumb of healthy fat.

Recovery basics

Habit	Daily goal	Why it matters
Walk	20–30 minutes	Heart health, blood sugar control and faster recovery between workouts
Sleep	7–9 hours	Muscle repair and testosterone production both happen during sleep
Water	8–10 cups	More on workout days and in hot weather
Alcohol	Keep it light	Heavy drinking slows muscle repair and wrecks sleep

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PART 7

Your 30-Day Tracker

Tick each box as you go: workout done, a walk, protein at all 3 meals, and 7+ hours of sleep.

#	Workout	Walk	Protein	Sleep	#	Workout	Walk	Protein	Sleep
1	☐ Check + A	☐	☐	☐	16	☐ Mobility	☐	☐	☐
2	☐ Mobility	☐	☐	☐	17	☐ B	☐	☐	☐
3	☐ B	☐	☐	☐	18	☐ Mobility	☐	☐	☐
4	☐ Mobility	☐	☐	☐	19	☐ C	☐	☐	☐
5	☐ C	☐	☐	☐	20	☐ Active	☐	☐	☐
6	☐ Active	☐	☐	☐	21	Rest	☐	☐	☐
7	Rest	☐	☐	☐	22	☐ A	☐	☐	☐
8	☐ A	☐	☐	☐	23	☐ Mobility	☐	☐	☐
9	☐ Mobility	☐	☐	☐	24	☐ B	☐	☐	☐
10	☐ B	☐	☐	☐	25	☐ Mobility	☐	☐	☐
11	☐ Mobility	☐	☐	☐	26	☐ C	☐	☐	☐
12	☐ C	☐	☐	☐	27	☐ Active	☐	☐	☐
13	☐ Active	☐	☐	☐	28	Rest	☐	☐	☐
14	Rest	☐	☐	☐	29	☐ A (light)	☐	☐	☐
15	☐ A	☐	☐	☐	30	☐ Retest	☐	☐	☐

Day 29 is a lighter workout (2 × 10 at effort 6) so you're fresh for your Day 30 retest.

Load log: the weight you used

Write the weight for each exercise once a week. Watching these numbers climb is the best motivation there is.

Exercise	Week 1	Week 2	Week 3	Week 4
Goblet box squat				
Incline push-up (surface)				
One-arm row				
Romanian deadlift				
Shoulder press				
Step-up				
Split squat				
Floor press				
Bent-over row				
Farmer's carry				

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PART 8

Day 30: Test and Plan Ahead

Repeat your Strength Check exactly as you did on Day 1, with the same push-up surface and the same farmer's hold weight, and fill in the Day 30 column. More chair stands, more push-ups, a longer balance or a longer hold all mean you're stronger.

Your next mission

	Keep going on your own	Get a plan built around you
Program	Active-Agers [Men] programs	**Aging Strong 90-Day Vitality Protocol**
Training	Structured plans to follow	Personalized to your body and goals
Nutrition	Guidance to follow	Adjusted as you progress
Joints and injuries	General modifications	Plan adapted around them
Form feedback	On your own	Video reviews from Coach Naajiy
Accountability	On you	Weekly check-ins
Start here	fitandtrimuniversity.com/active-agers-men	**fitandtrimuniversity.com/vitality-protocol**

Your starter counts toward coaching. Join the Aging Strong 90-Day Vitality Protocol within 30 days of your purchase and everything you spent on your order, including any add-ons, is credited toward your enrollment.

Not sure which path fits? Book a free 15-minute Strength Strategy Call. We'll go over your Day 30 numbers, any joints or health concerns, and the right next step.
Book your free call: tidycal.com/fitandtrimuniversity

A guide gives you the map. Coaching gives you a squad leader.

This program is for informational purposes only and is not a substitute for medical advice, diagnosis or treatment. Consult your physician before beginning any new exercise or nutrition program. Results vary by individual. © 2026 Fit and Trim University. All rights reserved.