

# WEEK 1 - DAY 5

## FULL BODY COMPOUNDS

Total Body Strength | Age 38 Optimized | Body Recomposition (95kg -> 80kg)

|                        |                 |                         |
|------------------------|-----------------|-------------------------|
| Pre-Workout: 30-40 min | Main: 60-75 min | Post-Workout: 40-50 min |
|------------------------|-----------------|-------------------------|

### PRE-WORKOUT FOUNDATION PROTOCOL (30-40 min)

SCIENCE: At age 38, extended sport-specific warm-ups are CRITICAL. Research shows: 1) Reduces injury risk by 50%+, 2) Improves neural drive and force production, 3) Increases joint synovial fluid for better mobility. Never skip!

| Exercise                    | Sets x Reps        | Rest   | Age 38 Progression Notes          |
|-----------------------------|--------------------|--------|-----------------------------------|
| 1. PUSH-UPS (Full ROM)      | 3 x 12 = 36        | 30-45s | Chest to floor, protect shoulders |
| 2. PULL-UPS (Mixed Grip OK) | 3 x 5 = 15         | 60-90s | Dead hang, control eccentric      |
| 3. WEIGHTED SQUATS (Goblet) | 3 x 12 = 36 @ 12kg | 45-60s | Below parallel, knee health       |

#### FORM CUES (AGE 38 JOINT PROTECTION):

- Push-ups: Hands slightly wider than shoulders, elbows at 45deg (not 90deg flared)
- Pull-ups: Full dead hang, controlled descent (3s negative), vary grip weekly
- Squats: Sit back into hips FIRST, knees track toes, stop if knee pain

### MAIN WORKOUT (60-75 min)

SCIENCE: META-ANALYSIS (PMC5684266): Medium-High Weekly Set volume (5-10+ sets/muscle) produces 15-23% greater strength gains. Tempo 2-1-2 (slower) protects joints at 38. Rest: 2-3min compounds (ATP), 60-90s isolation (metabolic stress). BODY RECOMP: Compound lifts preserve muscle in caloric deficit.

| Exercise                | Sets | Reps/Tempo    | Rest | Technique Notes                     |
|-------------------------|------|---------------|------|-------------------------------------|
| Trap Bar Deadlift       | 4    | 6-8 @3-1-2    | 3min | Best deadlift variant for 38+ spine |
| Dumbbell Bench Press    | 3    | 10-12 @2-1-2  | 2min | Full ROM, stretch at bottom         |
| Front Squat (Goblet OK) | 3    | 10-12 @2-1-2  | 90s  | Upright torso, quad focus           |
| Seated Cable Row        | 3    | 10-12 @2-1-2  | 90s  | Posture correction day              |
| Standing OHP (DB)       | 3    | 10-12 @2-1-2  | 90s  | Core engaged, no back lean          |
| Bulgarian Split Squat   | 3    | 8 each @2-1-2 | 60s  | Glute/quad unilateral work          |
| Farmers Walk            | 3    | 30 sec        | 60s  | Grip + core + metabolic boost       |
| Plank Variations        | 3    | 45 sec        | 30s  | Front/Side/Front rotation           |

### POST-WORKOUT CARDIO (35-45 min)

SCIENCE: BODY RECOMPOSITION KEY: Post-workout LISS cardio maximizes fat oxidation without impairing muscle protein synthesis. At 95kg, walking burns ~85-95 kcal/km. This 3km adds ~270 kcal expenditure toward your 500-700 kcal deficit!

| Activity                | Distance | Target Pace  | Calories Burned |
|-------------------------|----------|--------------|-----------------|
| 1. Main Walk (Moderate) | 2.0 km   | 13-14 min/km | ~170-190 kcal   |
| 2. Recovery Walk (Easy) | 1.0 km   | 15-16 min/km | ~85-95 kcal     |
| TOTAL                   | 3.0 km   | 35-45 min    | ~255-285 kcal   |

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### BODY RECOMPOSITION WALKING TIPS (95kg -> 80kg):

- \* Walking at 95kg burns 30% MORE calories than at 80kg - use this advantage!
- \* Post-workout = peak fat oxidation window (glycogen depleted)
- \* Add inclines or stairs when available for +50% calorie burn
- \* Track steps: aim for 10,000+/day (including this walk)

### COOL-DOWN STRETCHING (10-15 min)

| Stretch                 | Duration         | Done                     |
|-------------------------|------------------|--------------------------|
| Worlds Greatest Stretch | 30 sec each side | <input type="checkbox"/> |
| Downward Dog            | 45 seconds       | <input type="checkbox"/> |
| Cobra Stretch           | 30 seconds       | <input type="checkbox"/> |
| Supine Twist            | 30 sec each side | <input type="checkbox"/> |
| Happy Baby              | 45 seconds       | <input type="checkbox"/> |
| Standing Forward Fold   | 45 seconds       | <input type="checkbox"/> |

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### SESSION TRACKING

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Date: \_\_\_\_\_

Start Time: \_\_\_\_\_

End Time: \_\_\_\_\_

Energy Level (1-10): \_\_\_\_\_

Workout Quality (1-10): \_\_\_\_\_

Sleep Last Night (hrs): \_\_\_\_\_

Pain/Discomfort (location): \_\_\_\_\_

Key Wins Today: \_\_\_\_\_