

WEEKLY FITNESS PLAN (Age 37+ Safe Edition)

Injury Prevention | Gradual Progression | Flexibility Focus

KEY RULES FOR 37+ TRAINING

1. NEVER skip warm-up (15-20 min minimum)
2. ALWAYS do flexibility work (morning + evening)
3. STOP if you feel sharp pain - not muscle burn
4. Progress slowly - max 10% increase per week
5. Sleep 7-9 hours - recovery is when you grow

WEEKLY SCHEDULE

Day	Focus	Duration	Notes
Day 1	Push (Chest/Shoulders/Triceps)	2.5 hrs	Warm-up + Workout + Stretching
Day 2	Pull (Back/Biceps) + Flexibility	2.5 hrs	Extended flexibility session
Day 3	REST + Mobility Work	30-45 min	Light stretching, foam rolling
Day 4	Legs + Core	2.5 hrs	Critical warm-up for lower body
Day 5	REST + Light Stretching	20-30 min	Active recovery
Day 6	Full Body + Mountain Prep	2.5-3 hrs	Hiking/cardio focus
Day 7	Complete REST	-	Sleep, recover, prepare

MANDATORY WARM-UP PROTOCOL (15-20 min)

Upper Body Days: Arm circles, wall slides, cat-cow, band pull-aparts, scapular push-ups, wrist circles

Lower Body Days: Light cardio, leg swings, hip circles, glute bridges, monster walks, deep squat holds

NEVER SKIP THIS - Your joints need this preparation!

DAY 1: PUSH EXERCISES

Exercise	Sets x Reps	Rest	Notes
Flat Bench Press	4x10-12	120s	Control the weight
Incline Dumbbell Press	3x10-12	90s	30-degree incline
Overhead Press (seated)	4x10-12	120s	Strict form
Cable Flyes	3x12-15	60s	Squeeze at top
Lateral Raises	3x12-15	60s	Light weight
Tricep Dips (assisted)	3x10-12	90s	Go to 90 degrees only
Overhead Tricep Extension	3x12-15	60s	Keep elbows in

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DAY 2: PULL EXERCISES

Exercise	Sets x Reps	Rest	Notes
Pull-ups (assisted if needed)	4x8-10	120s	Quality over quantity
Barbell Rows	4x10-12	120s	No jerking
Single-Arm Dumbbell Row	3x10-12 each	90s	Full stretch
Face Pulls	3x15-20	60s	Rear delt focus
Barbell Curls	3x10-12	60s	No momentum
Hammer Curls	3x12-15	60s	Forearm development
Reverse Grip Curls	2x15	60s	Wrist health

DAY 4: LEGS + CORE

Exercise	Sets x Reps	Rest	Notes
Barbell Squats	4x10-12	150s	Parallel minimum
Romanian Deadlift	4x10-12	120s	Hip hinge pattern
Leg Press	3x12-15	90s	Full range
Walking Lunges	3x12 each	90s	Light dumbbells
Leg Curls	3x12-15	60s	Squeeze at top
Calf Raises (seated+standing)	3+3x15-20	60s	Both variations
Hanging Leg Raises	3x12-15	60s	Core focus

DAY 6: FULL BODY + MOUNTAIN PREP

Exercise	Sets x Reps	Rest	Notes
Incline Treadmill (15% grade)	1x30-45 min	-	With light backpack
Box Step-ups	3x15 each	60s	Increase height over time
Goblet Squats	3x20	60s	Endurance focus
Single-Leg RDL	3x12 each	60s	Balance training
Walking Lunges	3x20 each	60s	Continuous
Plank to Push-up	3x12	60s	Core endurance

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DAILY FLEXIBILITY PROTOCOL (NON-NEGOTIABLE)

Morning Routine (10-15 min) - Do EVERY day

Cat-cow stretches	1 min
World's greatest stretch	1 min each side
Down dog to up dog flow	1 min
Hip circles	30 sec each direction
Shoulder & neck rolls	1 min
Standing quad stretch	30 sec each
Standing hamstring stretch	30 sec each

Evening Routine (15-20 min) - Do on ALL days

Pigeon pose	90 sec each side
Seated forward fold	60 sec
Supine spinal twist	60 sec each side
Figure-4 stretch	60 sec each side
Hip flexor lunge stretch	60 sec each side
Chest doorway stretch	45 sec each side
Child's pose	60 sec

NUTRITION QUICK REFERENCE

Daily Calories:	2,100-2,300 kcal
Protein:	160-180g (key for recovery)
Carbs:	180-220g
Fats:	60-80g
Water:	3-4 liters

Joint-Supporting Foods: Fatty fish (omega-3s), bone broth (collagen), berries (antioxidants), turmeric & ginger (anti-inflammatory), leafy greens (vitamins), nuts & seeds (healthy fats)

EXPECTED PROGRESS (Be Patient!)

Timeline	Weight	Milestone
Month 1-2	95kg -> 92kg	Build habits, improve mobility
Month 3-4	92kg -> 88kg	Strength gains visible
Month 5-6	88kg -> 85kg	Muscle definition
Month 7-8	85kg -> 82kg	Peak strength phase
Month 9-10	82kg -> 80kg	Mountain ready
Month 11	80kg maintain	Final preparation