



FAQs about over-50 home workouts

Warm Up

***Q. Thanks Dave, Extremely helpful information. Do you recommend light warm up sets for main exercises?**

Thank you!

Ben

A. I recommend a general warmup before the workout starts, just a few minutes of light movement to get the blood flowing.

So, You could step up and down on a fitness step, or other step in your house, or march in place for 3-5 minutes to get the blood pumping in your legs, and for the upper body a warmup set with 50% of your working weight for 4-6 reps is a nice specific warmup.

The bottom line with warmups is this: do whatever you feel you need to do so you won't injure yourself on your heavy sets, and limit the warm up to that amount. Don't turn your warmup into a workout of its own.

Equipment

***Q. What would be the best equipment to get for a modest home gym? Hubby is a vibrant, healthy 70 year old but wants to slightly increase muscle mass and not lose any from his naturally wiry frame. He continues to work at his landscaping company, very physically active with mild arthritis.**

Sabrina



A. The best thing to start with is a pair of adjustable dumbbells and an adjustable weight bench. These will allow him to do a variety of muscle building exercises while taking up a minimal amount of space in the home.

From there he can add some inexpensive accessories like an inflatable exercise ball, pull-up bar, fitness step, and yoga mat.

If you have more space and a bigger budget, you can add a multi-station home gym, which will enable you to perform many of the machine exercises you would find in a commercial gym.

You could also add some additional single-station machines to add variety and versatility to your workout program.

Weight and Reps

***Q. Hello,**

This sounds awesome! I noticed you didn't mention anything about reps. What is the reference point to determine what weight to use for each exercise?

Nelson

A. Great question, I suggest a rep range of 7-10 reps for upper body, and 9-12 reps for lower body.

So if you can't perform at least the lower number of reps (either 7 or 9) the weight is too heavy, and if you can do more than the higher number with perfect form (either 10 or 12), that's your cue to increase the weight a little on your next workout, to knock you back down into the rep range.

How Many Sets?

Q. I'm a 64 year old male who is in generally good health.



I've been doing three sets of reps for each exercise, with a short rest between sets. Is it necessary to do more than one set if I work the muscles to failure or is one set enough? Brad

A. One set per exercise is definitely enough.

You have to remember that intensity and duration of exercise are inversely proportional; if you do 3 sets, you probably won't be able to generate maximum intensity on all 3, and subconsciously you'll be pacing yourself a little, both of which are counter-productive.

Also, the more sets you do the harder it is to recover from your workouts, and recovery time is when the actual increases in size and strength take place.

What Makes It Sustainable?

**Q. How does your program address being able to use it over a lifetime? Are there different exercises? Do I keep increasing the weight (which I'm a little concerned about since I can sometimes tweak my shoulder)? Do I add sets?
Isaac**

A. The reason I say the program is sustainable for life is based on the core principles.

You're performing exercises that don't incorporate fast, explosive movements that are dangerous or require athletic skill.



You're moving the weight slowly, not overstretching, working in a medium repetition range, and choosing exercises you can exit safely at any point. It's almost impossible to get injured when training that way.

You can vary the exercises any time you want as long as the movement stays the same, given your available equipment - for example for your upper body push exercise you can do a dumbbell bench press, incline bench press, shoulder press, or push up variation, whatever works best for you.

And the program is effort based, you only do one set per exercise with a maximum effort, whatever that is for you, whether you're 55 or 85.

And that's how you make an over-50 workout program sustainable.