



The 4 Keys To Creating Your Ideal Gym Workout

The ideal workout for someone over 50 must contain all of the following four keys:

The 1st Key: The ideal workout must be safe - it has to help you, not hurt you.

There are a few ways you can make sure your strength training workouts are safe.

One is exercise selection. The ideal strength training exercise is one where all you have to concentrate on is pushing or pulling as hard as you can with the working muscles, without having to worry about losing your balance, having something fall on you, or getting stuck under a heavy weight.

If your mind is distracted by those dangers, you won't be able to concentrate on putting in a maximum effort.

Also, any exercise with no way to exit safely at any point during the exercise is a recipe for disaster. Make sure you can get out from under the weights safely at any point.

Another thing that's important is using a **slow repetition speed.** On every rep of every set, your goal is to move the weight through the force of muscular contraction alone. You don't want any outside forces, like momentum, moving the weight for you.



Incorporating the force of momentum to move the weight by throwing, jerking, or bouncing it, makes the exercise easy on the muscles and hard on the joints – and that’s the opposite of what we want.

Exercises that require a fast speed of movement to perform, like kettlebell swings or any version of Olympic weightlifting movements, will do more harm than good, and have no place in your workout routine. In addition to the astronomically high risk of injury, the fast speed of movement incorporates the force of momentum to lift the weight, taking tension off your muscles and making the exercises less effective. (we’ll talk more about this in a moment)

And another factor is maintaining proper body positioning. For example, If it’s difficult or painful for you to reach the stretch position during the exercise, you’re going too far.

And if you have back problems, it’s a good idea to always have your chest or back supported during an exercise. For example, doing a seated dumbbell shoulder press would be preferable to doing it standing.

Remember - strength training is supposed to help you, not hurt you.

The 2nd Key: The ideal workout must be effective - meaning it has to actually get you stronger.

What makes a workout effective in getting you stronger?

First of all, the intensity must be high. In order for your body to alter itself and get stronger, you have to challenge it to do something that is at the upper limits of its current capabilities. That means putting in a maximum effort on every exercise.



And if you put your absolute best effort in, you only need to do it once; meaning you only need one set of each exercise. If you really went all-out, you've done everything a human being can do to get stronger, bigger muscles, and you can move on to the next exercise.

Doing more than one set per exercise is not just a waste of time, it's counterproductive. If a program includes multiple sets of each exercise, you'll be forced to pace yourself, which means your intensity level will be reduced.

Some people try to justify not putting in a maximum effort by saying, "well, instead of killing myself doing one set all-out, I'll just do 3 sets with a little less effort."

But you can't make up for doing 1 set wrong by doing 3 sets wrong. Even if you're unable or unwilling to exert a maximum effort for one set, you won't gain any additional benefit by doing more submaximal sets, you'll just burn yourself out.

Just like you can't get a suntan by sitting in front of a 60-watt light bulb, you can't get stronger muscles if your intensity of effort is too low.

Next, progressive overload needs to regularly occur. As you get stronger, you must present your muscles with a new, harder challenge; this means always striving to do more reps, more weight, or both, than you did last time.

If there's no system in place that tells you exactly when to increase your weights, your results will be hit or miss at best, and you'll probably waste a lot of time. Any workout plan that's based on guesswork is not ideal.

And if you keep doing the same workout with the same weights all the time, there's no reason for your body to get stronger. In order to get



stronger, you have to periodically impose a new stimulus that's stressful enough to trigger a physiological change.

And finally, the S.A.I.D. principle must be obeyed. S.A.I.D. is an acronym that stands for Specific Adaptation to Imposed Demands, which is a fancy way of saying you get what you train for.

And Mother Nature has decided that to get stronger, bigger muscles, you must train hard for brief periods of time. The way you do this is by selecting exercises that allow you to generate a maximum effort without having to worry about balance or safety, and keeping your workouts under 45 minutes.

Remember, just because you're lifting weights doesn't mean you're training specifically for strength.

If your weight training workouts are over 45 minutes long, you're training for endurance, not strength.

If your program has you standing on unstable surfaces or standing on one foot while using weights, you're training for balance, not strength.

Remember, you get what you train for – if you want strength, you have to train specifically for strength, not endurance, and not balance.

The 3rd Key: The ideal workout must be time-efficient – it must be brief and infrequent enough to allow for full recovery, and fit easily into your life.

As we already discussed, strength training has to be high in intensity to be effective; that is, it has to be **hard**. And if you train hard, it will be impossible for you to train for a long time. Because with exercise,



intensity and duration are inversely proportional. That's why it's impossible for anybody to sprint all-out for 5 miles.

And if you're over 50 and you train hard, you need to leave at least 2 full days (and sometimes more) in-between strength training workouts to allow for full recovery.

Training too long or too often short circuits the strength building process and leaves you feeling drained every day instead of energetic.

And if those long, frequent workouts don't fit easily into your life, you're unlikely to stick with the program.

The 4th Key: The ideal workout must be sustainable – it has to be something you can continue for life.

For your workout program to be sustainable throughout your later years, it needs to include:

Simple exercises that don't require athletic skill – Ask yourself the question, “will I still be able to do this exercise when I'm 90”? If the answer is no, your program will not be sustainable as long as it includes that exercise. Try to substitute something that works the same muscles that would give you a “yes” answer to that question.

An easy-to-implement routine – one that is easy to follow, with minimal setup required. If the program contains complex exercises that require an elaborate, time-consuming setup, you'll probably be forced to give up on it at some point.

Sustainable workout programs can be continued for decades, with only minor modifications as lifestyle and physical changes occur.

So in Summary:



The 4 Keys to creating your ideal gym workout program when you're over 50 are - to make your workouts

#1. Safe,

#2. Effective,

#3. Time-Efficient, and

#4. Sustainable.