



Over 50 Body Weight Workout

Ball Squat

Place the Swiss ball against the wall at waist level.

While holding it in place, turn around and lean your lower back against the Swiss ball. Place your feet shoulder width apart and 8-12 inches in front of your hips.

Maintaining upright posture, bend your knees and lower your hips toward the floor in a squatting motion until the top of your thighs comes as close to parallel with the ground as possible without any pain.

In the bottom position, your knees should be directly over your ankles and your shins are in a straight vertical line.

Smoothly change direction and return to the start position, avoiding locking your knees out, in 2 seconds; smoothly change direction and repeat.

Progress by slowing you reps down to 4 seconds up, 8 seconds down.

Rep range: 9-12.

Standing Calf Raise

Place the balls of your feet on the edge of a airstep or fitness step. If using a fitness step, position the step horizontally arm's length from a wall.



Steady yourself by lightly placing a hand on the wall in front of you at shoulder height with elbow straight if using a fitness step, or on a side wall or railing if using a stair step or in the gym.

Keeping your back straight, lower your heels until you feel a stretch (4 seconds). Smoothly change direction, then point your toes, rising up on your “tip-toes” (2 seconds). “Squeeze” the calf muscles in the top position for 1 second. Smoothly change direction and repeat.

The exercise can be performed with both legs with no weight added (beginners); one leg at a time with no weight (intermediate); or one leg at a time **Rep range: 9-12.**

Negative Only Chin Up

Grab the bar with an underhand (palms facing you) grip, inside of shoulder width. Using a small step if needed, use your legs to bring yourself to the top position of the chin up, with your chin higher than the bar.

Slowly and smoothly bend your knees so that you are hanging from the bar with elbows bent, then slowly lower yourself toward the floor until your elbows are straight. Keeping your hands holding the bar, step on the step and climb back up to the top position, then immediately begin the next repetition.

For safety, terminate the exercise when you can no longer control the speed of your descent.



Your goal is to take 8 seconds to lower from the top to bottom position on every rep, for 5-10 reps.

Static Chin Up

Grab the bar with an underhand (palms facing you) grip, inside of shoulder width. Using a small step if needed, use your legs to bring yourself to the top position of the chin up, with your chin higher than the bar.

Slowly and smoothly bend your knees so that you are hanging from the bar with elbows bent, keeping your chin above the bar. Hold yourself there as long as you can while counting the seconds to yourself, such as: “one-and-two-and-three-and-four.....”. Continue until your chin drops below the bar. Record the time on your workout card.

Your goal is 30-45 seconds. Once you can do 45 seconds, on your next workout progress to Negative Only Chin Ups.

Push Up/Negative Only Push Up (With Pushup Bars)

Start on floor on knees and hands. Position your hands slightly wider than shoulder width and roughly in line with nipple height. If you have pushup bars, position them the same way and grip them in a neutral position (palms facing each other).

Move into the start position from your knees (beginner) or feet (advanced) by moving your legs away from your hands until your back is flat, creating a straight line from your shoulders to your knees and/or feet.

From the top position, keeping your abdominals tight to keep your back straight, lower yourself toward the floor in 4 seconds. Do not go lower than



humerus (upper arm) bone being parallel with the floor to avoid overstretching the shoulder.

Smoothly change direction and push up to the start position in 2 seconds. Smoothly change direction and repeat. When finished, return to the hands and knees position to exit the exercise.

Note: Do not use a wide/overhand grip – it is less effective and bad for your shoulder joints.

Rep range: as many as you can - 15. If you can easily do 15 or more, increase your lowering time from 4 seconds to 8 seconds.

If that's still easy, put your feet on your fitness step, and decrease your rep speed to 8 seconds up/8 seconds down.

If you are not strong enough yet to perform Push Ups, try Negative Only Push Ups. Negative Only means you are only doing the lowering part of the repetition, then using your legs to climb back up to the top position. You use your legs to lift yourself, and your arms to lower yourself.

Negative Only Push Up

Move into the start position by fully straightening your knees until your back is flat, creating a straight line from your shoulders to your feet.

From the top position, keeping your abdominals tight to keep your back straight, lower yourself toward the floor. Your goal is to take 8 seconds to lower from the top to bottom position on every rep.



Once in the bottom position, gently place your knees on the floor, return to the hands and knees position, then to the start position of the exercise. Lower again and repeat.

Rep range: 7-10. If you can easily do 10 or more, increase your lowering time from 8 seconds to 10 seconds. If that's still easy, put your feet on your fitness step.

Abdominal Crunch On Mat

Lie on your back on a floor mat. Cross your arms over your chest and lift your shoulder blades off the mat by curling your chest toward your hips (2 seconds). Pause, slowly lower back to the start position (4 seconds), smoothly change direction and repeat. **Rep range: 9-15.**

I hope you enjoyed learning this Over 50 Body Weight Workout, and that it can help you achieve your fitness goals. Best wishes for success!

To take your over-50 strength training to the next level, check out my free e-book "The New Rules of Strength Training After 50", which includes 4 Workout Videos. [Click here to download them instantly](#)