



How to Work out when you're over 60

By: Dr. Bill Dorfman | May 2, 2020

I will admit it is much easier to get variety when you can go to a gym, but in our world today we need to creatively come up with an at-home fitness plan.

Typically, I alternate daily between two workout routines. The goal is to maintain strength, flexibility, endurance and maximize the core. Especially as we age, one of the most important ways to stay fit and prevent injuries is to focus on using lower weights and doing more repetitions. Heavy weights tend to damage our joints, ligaments and muscles.

Staying active as one gets older is a great way to promote a healthier, longer life and – if done properly – prevent injuries. However, before beginning a workout plan, it is important to consult a medical professional with a knowledge of your personal medical history. Most experts recommend at least 30-45 minutes of moderate physical activity be performed daily.

At the beginning of each session, it is imperative to warm-up with at least five to ten minutes of stretching. Typically, I like to do basic toe touching, seated pike bending, groin and calf stretches and wrist and shoulder stretches. If you are not sure how to do these, either go online or, when safe, take a class or hire a trainer.

If you are trying to build your physique or just stay more active, here are some tips and exercises. For simplicity, I have labeled my workouts plan A and plan B. As stated earlier, I alternate between the two daily.



Workout A: abs and aerobic exercise

Start by doing some of the stretches I suggested above for five to ten minutes.

Then, for the ab exercises, I normally do sets of 50-100 of the following exercises without any rests. However, if that is too much to start with, lower the reps to 20 and take short breaks

between exercises. Using a Bosu ball, you can do crunches (lay on your back and touch opposite foot to hand) in sets of 50 or oblique twists – sometimes called “penguins” – again in sets of 50. Alternatively, using an AB roller (wheel with a handle), start upright from your knees and extend forward till you are flat on the floor on your stomach, then pull back to an upright position, still on your knees.

You can also try sit-ups: start at sets of at least 20 and try to work up to sets of 100. If it helps, lock your toes under your bed frame. Also worth trying are bicycle crunches. Laying on your back, raise your bent knees to 90 degrees with your feet extended. Then touch your elbow to the opposite knee. Try doing sets of 50.

Also great are leg lifts. Lying on your back, you can hold on to your bed frame or a couch for stability and do leg lifts from the floor to the bed or couch and then back to touch the ground. Try doing sets of 50.

After you go through these exercises, repeat until you hit 30 minutes. After your half-hour abs workout, move to doing 15-20 minutes of aerobic exercise. This could be jogging, walking, swimming, indoor or outdoor biking or a rowing machine.

Workout B: bodyweight and dumbbells

Complete two sets of eight to ten repetitions for each of the following exercises:

1. Pull-ups: Using a bar, alternate between overhand and underhand hanging pull-ups. Two sets of eight to ten reps each. If possible, repeat until you tire.
2. Dumbbell rows: Two sets of eight to ten reps with as much weight as you can comfortably use to complete both sets. Start with the right knee and hand on a bench (bedside bench or a sturdy coffee table with a pillow or towel for comfort) and the left foot on the ground. Grab the weight with the left hand and lift the weight from the floor until it touches your chest. After eight to ten reps, rest 30 seconds before switching sides.
3. Dumbbell hammer lifts: Two sets of eight to ten reps with as much weight as you can comfortably use to complete both sets. Starting with both dumbbells at your side, alternate lifting from the start position and bend your elbows until the weight approaches your shoulder, without

twisting the position.

4. Dumbbell curls: Two sets of eight to ten reps with as much weight as you can comfortably use to complete both sets. Starting with weights at your side, either lift both weights at the same time or alternate, but lift with your wrists facing straight up.

5. Push-ups (hands under shoulders, feet together): Two to three sets of 20 reps each. Increase your reps as you gain strength.

6. Diamond push-ups (hands right under chest, legs two to three feet apart): Two to three sets of 20 reps each. Increase reps as you gain strength.

7. Ten minutes of ab exercises as listed above.

Doing a combination of both plan A and B throughout the week will give you a comprehensive full-body programme.

<https://www.gq-magazine.co.uk/lifestyle/article/workout-for-men-over-60>