

# Raising the Bar

The preservation of lean muscle mass is crucial for maintaining a healthy body composition, as well as allowing us to live a functional, independent life. By ensuring that you are resistance training in an efficient and consistent manner, you are setting your body up for long-term success.

## Essential Movements

Movements that are compound, scalable and relate to daily living activities.

| MOVE                  | SQUAT                                   | DEADLIFT                           | PUSHUP                     | ROW                           | HOLLOW BODY                       | FARMER WALKS          |
|-----------------------|---|------------------------------------|----------------------------|-------------------------------|-----------------------------------|-----------------------|
| TYPE                  | Push                                    | Pull                               | Push                       | Pull                          | Isometric                         | Carry                 |
| DAILY LIVING ACTIVITY | Getting in and out of a seated position | Picking up objects from the ground | Getting up from the ground | Pulling an object towards you | Position related to ideal posture | Bringing in groceries |

## How to Progress

1. Try to add 5 lbs to your main exercises every other week.
  - a. Heavier lifts & less repetitions is okay!
2. If you do the same amount of weight for the same amount of repetitions for 2 weeks in a row, increase weight the following week.
3. Perform exercises with proper technique.
  - a. Crucial for injury prevention and proper muscle building
  - b. Use the full range of motion
4. Fuel your muscles appropriately.
  - a. Eat enough to see the results you want.
5. Rest and recover
  - a. 7.5-9 hours of sleep per night
  - b. Daily mobility and breath practice

## Key Recommendations

- Resistance training 2-4 days per week (maintain muscle)
  - At least one day of muscular strength training
  - 6-8 different exercises
- 30-45 minute workout
- Stay hydrated! Drink plenty of water.
  - 0.5-1.0 oz of water per pound of bodyweight

| <b>Goals</b>        |    |
|---------------------|----|
| Strength Goal(s)    | 1. |
|                     | 2. |
| Flexibility Goal(s) | 1. |
|                     | 2. |
| Other Goal(s)       | 1. |
|                     | 2. |

| <b>Weekly Plan</b> |  |  |
|--------------------|--|--|
| <b>Monday</b>      |  |  |
| <b>Tuesday</b>     |  |  |
| <b>Wednesday</b>   |  |  |
| <b>Thursday</b>    |  |  |
| <b>Friday</b>      |  |  |
| <b>Saturday</b>    |  |  |
| <b>Sunday</b>      |  |  |