

Over 40 and Fit!

Your Muscle Makeover

By Brian J. Johnston

These exercises are designed to challenge every major muscle group in the shortest amount of time possible, as well as improve your overall mobility, flexibility and endurance. For more information or new workout ideas, visit www.Evolve-Now.com.



1. Burp-Ups – (3 sets of 10-25 reps)

- Modify regular “burpees” using a set of push-up bars or hex dumbbells (to prevent rolling)
- Starting from a plank position, jump or step toward hands

2. Squat Press – (3 sets of 10-25 reps)

- Lift dumbbells to shoulder height
- Squat comfortably, keep your back straight, chest up, and abs tight for stability
- Return to standing position by pushing through your heels

3. Overhead Tricep Extension – (3 sets of 10-25 reps)

- Perform an overhead dumbbell press, followed by a tricep extension (or kickback)

4. Split “Dead Rows” + Upright Rows – (3 sets of 10-25 reps)

- Alternate stepping back into a staggered stance to greatly improve hamstring flexibility
- Keep your back straight, bend forward comfortably without rotating your shoulders/hips
- Perform a bent over row using both arms together, or alternating single arm rows
- Return to original standing position, perform an upright row, followed by a bicep curl

5. Scissors + Bicycle – (3 sets of 10-25 reps)

- Start by lying down with arms and legs fully extended
- Exhale as you reach opposite hand to toe in a criss-cross (scissor) crunch pattern
- Bicycle crunches = alternating opposite elbows to knees (for additional burn)

**Can be made more difficult by slowing down the movement, fully exhaling and contracting your abs through each repetition, just like any other muscle or exercise.*

