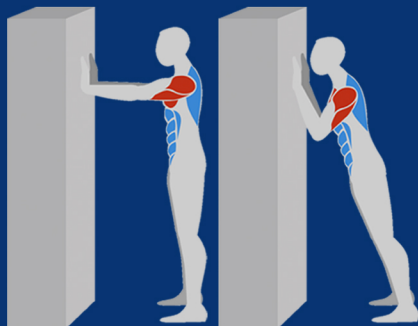
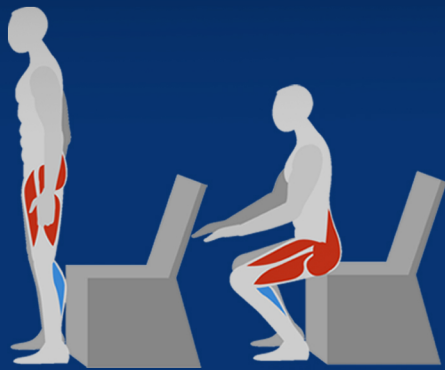




REMAIN ALWAYS YOUNG
THE BODYWEIGHT SYSTEM FOR PEOPLE OVER 50

FREE **STRENGTH TEST** **FOR BEGINNERS & THOSE STARTING AGAIN 50+**

Don't let weak legs steal your independence.
Find your starting point in about 10 minutes.



By Ray - Rebuilt at 52 with bodyweight only

FIND YOUR STARTING POINT.
4 movements • About 10 minutes • No gym
TEST → RECORD → BUILD



REMAIN ALWAYS YOUNG

THE BODYWEIGHT SYSTEM FOR PEOPLE OVER 50

FIND YOUR STRENGTH STARTING POINT

For beginners 50+ and anyone returning to exercise after a long break.



BEFORE YOU START:

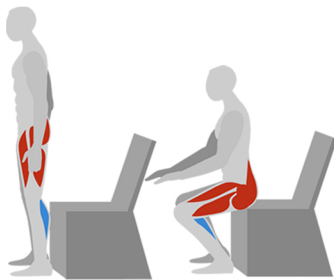
Warm up for 3–5 minutes with gentle movement. Stop if you experience sharp or sudden pain, chest pain, dizziness or unusual shortness of breath. **If you're recovering from an injury or illness, have a pre-existing health condition, or haven't exercised for a long time, get medical advice before starting if you're unsure whether these movements are appropriate for you.**

Before you start rebuilding your strength, find out where you're starting. **Perform each movement with good form** and do as many controlled reps as you can with good form. **Record each number below.** These are your baseline numbers: **numbers you'll come back to and beat.**

This rebuild is safe because you use only your bodyweight, you listen to your body while practicing, you start where you are and progress only when you are ready. If you can talk normally right after the set, you are in the safe zone.

1 CHAIR SQUAT

Lower-body pushing strength



Feet shoulder-width. Control down. Stand without hands

DEMO

MY CONTROLLED REPS



2 BENT KNEE LEG RAISE

Core & Hip Flexors control



Knees bent. Control your lower back. Move slowly

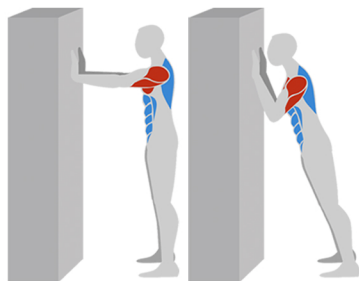
DEMO

MY CONTROLLED REPS



3 WALL PUSH-UP

Upper-body pushing strength



Hands against the wall. Body straight. Lower with control. Push back.

DEMO

MY CONTROLLED REPS



4 SOFT MOUNTAIN CLIMBER

Core & total body control



Hands under shoulders. Alternate knees. Stay controlled

DEMO

MY CONTROLLED REPS



THESE 4 NUMBERS ARE YOUR STARTING POINT
GO TO NEXT PAGE AND ADD YOUR NUMBERS THERE

The R.A.Y. Move | Remain Always Young | remainalwaysyoung.com



REMAIN ALWAYS YOUNG

THE BODYWEIGHT SYSTEM FOR PEOPLE OVER 50

YOUR STARTING POINT

Date: _____

LEGS FIRST — Chair Squats _____ reps

CORE — Bent-Knee Leg Raise _____ reps

UPPER SECOND — Wall Push-Up _____ reps

CORE & BODY — Soft Mountain Climber _____ reps

YOUR SCORE ISN'T THE IMPORTANT PART. WHAT HAPPENS NEXT IS.

Don't compare your numbers with anyone else's. Your goal is much simpler:
come back stronger than you are today.



HI THERE, I'M RAY.

I started rebuilding my strength at 52 with bodyweight only. R.A.Y. isn't about competing with younger people. It's about starting where you are, rebuilding step by step, and keeping your body strong and capable as you get older.

Wishing you to R.A.Y.
Remain Always Young.



NOW REBUILD YOUR STRENGTH.

OVER 50% DISCOUNT
~~\$39~~
\$19



ONLY THE FIRST 50 BUYERS.



USE CODE **FIRST50** AT CHECKOUT.

THE FULL STRENGTH REBUILD FOR 50+

Don't let weak legs steal your independence.

8 weeks • 16 workouts • 4 moves
• 4 levels • No gym

LEGS FIRST • 4 SAFE LEVELS FOR 50+ JOINTS

- * Start where you are and progress only when you are ready
- * Printable tracker - see Week 1 to Week 8 in your handwriting
- * QR demo videos for every level

→ remainalwaysyoung.com/fullstrengthrebuild