



REMAIN ALWAYS YOUNG

The 4-Move Strength Rebuild System

For Beginners & Recovery (50+)

Start from zero. Rebuild safely

✓ **Joint-safe & pain-aware**

✓ **Train in 20 minutes**



START HERE | Foundation Phase (Weeks 1 – 4)

Build the habit

Move with confidence

Track your progress





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THE BODYWEIGHT SYSTEM FOR MEN OVER 50



SAFETY PROTOCOL



STOP AND SEE A DOCTOR:

Stop immediately if you feel chest pain, dizziness, shortness of breath, or sharp joint pain, and see a doctor before continuing. If you have a pre-existing health condition, check with your doctor before starting this program.

BEFORE YOU TRAIN: WARM UP

Never train cold. Spend 3-5 minutes on light movement, arm circles, torso twists, marching in place, ankle rolls, to get your joints moving before you load them. Cold joints are the enemy of the over-50 athlete.

DURING THE WORKOUT: LISTEN TO YOUR BODY

Muscle fatigue, the burn is exactly what we want. Sharp, sudden joint or tendon pain means stop immediately, rest, or modify the exercise. Never push through pain to finish a set. Breathe throughout every rep, never hold your breath. Exhale on the hardest part of the movement, inhale on the return.

CONTROL THE TEMPO

Own the movement before trying to speed it up. Lower yourself with control, pause briefly, then push back up. Using momentum steals your strength gains and puts unnecessary stress on your tendons and joints.

Move to the next level only once you can do the current one with full control, for all sets, not just to get further faster. Quality over quantity, always: a smaller range of motion with good form builds more real strength than a full range done sloppily.

BEGINNER'S EXERCISE: SPECIFIC CUES

Wall Push-Ups: Keep elbows soft at the top, never locked. Body straight like a pencil from head to heels. Fingers spread, hands turned slightly outward for wrist stability.

Chair Squats: Keep knees tracking over your toes, never caving inward. Toes forward or slightly outward, feet shoulder-width. Lower with control, don't drop or collapse onto the chair.

Bent Knee Leg Raises: Press your lower back into the floor throughout. If it arches up, shrink your range of motion. Move slowly, momentum reduces effectiveness and increases strain risk.

Soft Mountain Climbers: Keep hips low and level, never piking up. Hands directly under shoulders for wrist and shoulder stability. "Slow" is the safety feature here, resist speeding up as you fatigue.

Week n° _____
Date: _____



SCAN FOR DEMOS

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THE BODYWEIGHT SYSTEM FOR MEN OVER 50

How it works: show up twice per week for a 20 minutes bodyweight workout (Choose 2 days, ex: Monday & Thursday). For the first set, try to do the maximum number of reps you can and write it down in set 1. That number of reps will be your target reps for set 2 and set 3.

Print this sheet every week and train until you can reach:
FOUNDATION LEVEL: 12 reps for each set.

Warm Up: 3 - 5 min

Arm circles, gentle torso twists, marching in place, ankle rolls. Get your joints moving before you load them.



DAY 1: _____

☐ Tick when Warm-up done

DAY 2: _____

☐ Tick when Warm-up done

Wall Push-Ups:

12+ reps / set

Hands shoulder-width on a wall. Squeeze abs and glutes so your body stays straight. Go down, push up.



Set 1 Set 2 Set 3

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Rest 30 sec between sets

Rest 30 sec before next exercise

Set 1 Set 2 Set 3

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Rest 30 sec between sets

Rest 30 sec before next exercise

Chair Squats:

12+ reps / set

Feet shoulder-width, toes forward or slightly out. Sit down on chair with control, stand back up.



Set 1 Set 2 Set 3

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Rest 30 sec between sets

Rest 30 sec before next exercise

Set 1 Set 2 Set 3

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Rest 30 sec between sets

Rest 30 sec before next exercise

Bent knee Leg Raises:

12+ reps / set

Lie on your back, knees bent. and lift both feet a few inches, then lower with control.



Set 1 Set 2 Set 3

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Rest 30 sec between sets

Rest 30 sec before next exercise

Set 1 Set 2 Set 3

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Rest 30 sec between sets

Rest 30 sec before next exercise

Soft Mountain climber:

12+ reps / set

Hands under shoulders, hips level. Drive one knee toward your chest, slow and controlled, then switch.



Set 1 Set 2 Set 3

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Rest 30 sec between sets

Set 1 Set 2 Set 3

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Rest 30 sec between sets

CONGRATULATIONS !

If you can perform 12 reps in all 3 sets, you've completed the Foundation Level.

Ready for Level 2? Get the full RAY Strength System — all 4 levels at:

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*: numbers show approx. minutes per step

ABOUT
20
MIN

5

2

1,5

2

1,5

2

1,5

2

1