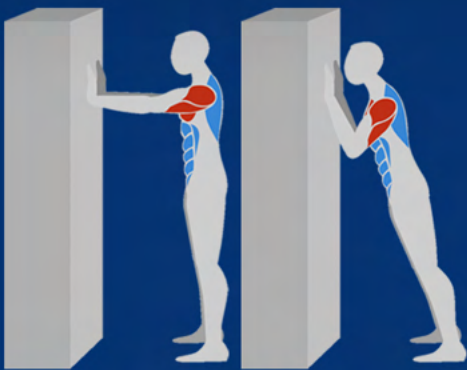




REMAIN ALWAYS YOUNG
THE BODYWEIGHT SYSTEM FOR PEOPLE OVER 50

FREE **R.A.Y.** **4-MOVE** **STRENGTH TEST**



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



REMAIN ALWAYS YOUNG

THE BODYWEIGHT SYSTEM FOR PEOPLE OVER 50

HOW STRONG ARE YOU RIGHT NOW ?

4 simple movements • About 10 minutes • No gym



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 have a pre-existing health condition or are unsure whether exercise is appropriate for you, seek medical advice before starting.

Before you start rebuilding your strength, find out where you're starting.

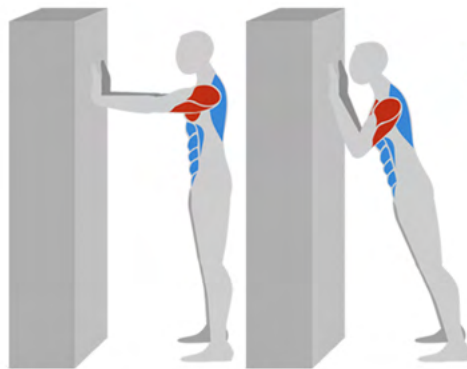
Perform each movement with good form, do the maximum reps you can and record your result.

Don't compare yourself with anyone else. These numbers are yours.

1

WALL PUSH-UP

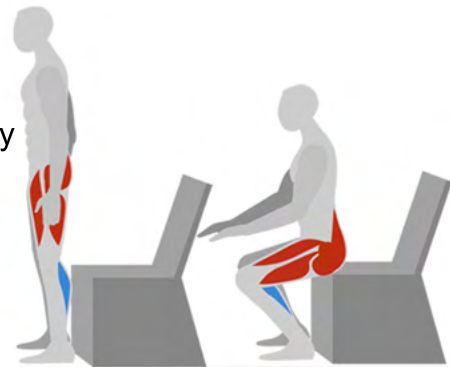
Upper-body pushing strength



2

CHAIR SQUAT

Lower-body pushing strength



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

DEMO

MY CONTROLLED REPS



Feet shoulder-width. Control down. Stand without hands

DEMO

MY CONTROLLED REPS



3

BENT KNEE LEG RAISE

Core Control



Knees bent. Control your lower back. Move slowly

DEMO

MY CONTROLLED REPS



4

SOFT MOUNTAIN CLIMBER

Core & body control



Hands under shoulders. Alternate knees. Stay controlled

DEMO

MY CONTROLLED REPS



DONE? DON'T THROW THIS AWAY !

THESE 4 NUMBERS ARE YOUR STARTING POINT
GO TO NEXT PAGE



REMAIN ALWAYS YOUNG

THE BODYWEIGHT SYSTEM FOR PEOPLE OVER 50

YOUR R.A.Y. STARTING POINT

Date: _____

UPPER BODY — Wall Push-Up _____ reps

LOWER BODY — Chair Squats _____ reps

CORE — Bent-Knee Leg Raise _____ reps

CORE & BODY — Wall Push-Up _____ 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 after 50. R.A.Y. isn't about competing with younger people. It's about keeping your body strong, capable and moving, proving to yourself that it can still adapt.

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

THE R.A.Y. 28-DAY STRENGTH REBUILD

- * 8 structured workouts
- * 2 sessions per week
- * About 20 minutes
- * Full exercise guidance
- * Animated demonstrations
- * Weekly trackers
- * Progressive training
- * Day 28 retest



YOU HAVE TAKEN THE TEST
**NOW BEAT YOUR
NUMBERS
IN 28 DAYS.**

€19 **START MY 28-DAY REBUILD →**



remainalwaysyoung.com/28dayrebuild