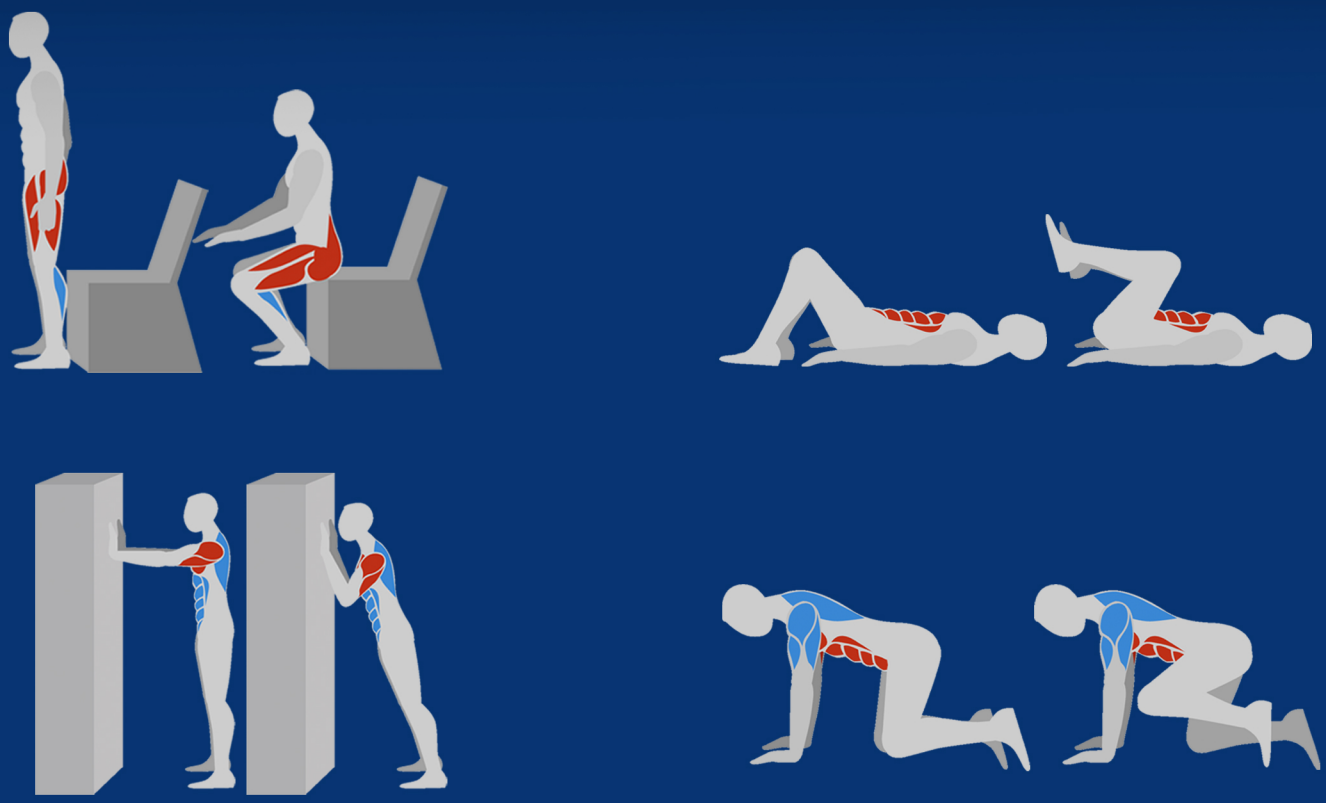
**REMAIN ALWAYS YOUNG**

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**

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# FIND YOUR STRENGTH STARTING POINT

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

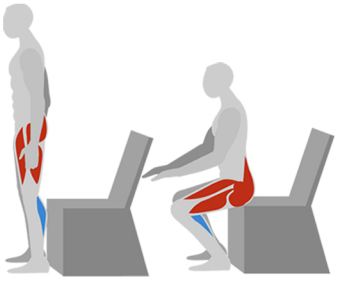
**BEFORE YOU START:**
Warm up for 3–5 minutes with gentle movement. Stop if you experience sharp or sudden pain, chest pain, dizziness or unusual shortness of breath. **If you're recovering from an injury or illness, have a pre-existing health condition, or haven't exercised for a long time, get medical 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

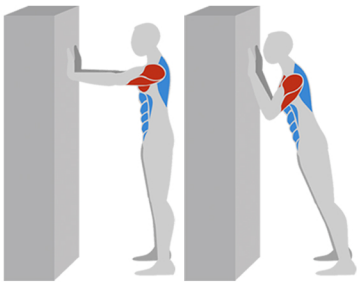
Knees bent. Control your lower back. Move slowly

**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**

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# 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.

**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