

Week n° _____
Date: _____



SCAN FOR DEMOS

REMAIN ALWAYS YOUNG

THE BODYWEIGHT SYSTEM FOR PEOPLE OVER 50

THE KNEE PROTECTION TRACKER

How it works: show up twice per week for a 15 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.

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

Chair Squats:

8 - 10 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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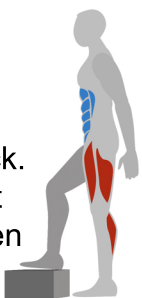
Rest 30 sec between sets

Rest 30 sec before next exercise

! Keep knees tracking over your toes, never caving inward. Lower slowly, don't drop into the chair.

Step-Ups:

10 reps / set
Find a low surface, a step or a sturdy block. Step up fully, both feet meeting at the top, then step back down.



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

! Press through your heel, not your toes. If unsteady, hold a wall or chair for support.

Bent Knee Leg Raises:

10 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

! If your lower back arches off the floor, shrink the range of motion.

ABOUT
15
MIN

5

2

1,5

2

1,5

2

1,5

*: numbers show approx. minutes per step