

Fit, 50 and Fabulous!

3 Day Full Body Split Exercise Plan

Congratulations! You've taken the extraordinary step of wanting to improve your fitness, enhance your lifestyle and just get moving – all by downloading this 3 Day Full Body Split Exercise Plan. Weight training has profound benefits on your overall health to include:

- Reducing arthritis pain
- Reduces cardiovascular risk
- Increasing your metabolism
- Promoting weight loss
- Preventing falls
- Increasing bone density

Our simple 3-Day Full Body Exercise plan is designed to ease you into a weight training program that will help you build muscle and get energized slowly and safely. As with any exercise program, **please review this plan with your physician before starting**, especially if you are currently being treated for any chronic health condition.

Benefits of a Full Body Workout

This full body workout **hits every upper and lower body muscle** either directly or indirectly. Directly means it is specifically targeting a particular muscle, like performing bench presses for the chest or pectoral muscle. Indirectly means that the exercise also engages other supporting muscles, like your triceps and deltoids that also support a bench press exercise. By **targeting all muscles in the body more than twice a week, you build muscle more rapidly** than you would if you targeting one body part one time per week.

Split Exercise Plans

Although I call this a 3-Day Full Body Split Exercise Plan, it doesn't mean you only exercise 3 days a week (although you can certainly do that). In this 3-Day Full Body Split Exercise Plan, **you will alternate every other day** with the A and B Workouts, **taking a day break in between**. You **should not perform any A/B workout split on back to back days**. Your muscles need a day in between each session in order to rest and rebuilt muscle. On the rest days, you should still strive to stay active by walking, jogging or biking for 30 minutes a day.

A 5-day workout schedule may look like this:

Week 1:

- Monday/Friday-**Workout A**;
- Wednesday-**Workout B**; Tuesday/Thursday-Walking, etc.

Week 2:

- Monday/Friday-**Workout B**;
- Wednesday-**Workout A**; Tuesday/Thursday-Walking, etc.

A 7-day workout schedule may look like this:

Week 1:

- Day 1-**Workout A**;
- Day 2-Walking, etc
- Day 3-**Workout B**;
- Day 4- Walking, etc;
- Day 5-**Workout A**;
- Day 6- Walking, etc;
- Day 7-**Workout-B**

Week 2:

- Day 1- Walking, etc;
- Day 2-**Workout A**;
- Day 3- Walking, etc;
- Day 4-**Workout B**;
- Day 5- Walking, etc;
- Day 6-**Workout A**,
- Day 7- Walking, etc

The Workout Logs

Although the workout logs **can be printed on regular 8 ½ x 11 paper**, I **designed them to be printed on Avery #5126 Internet Shipping Labels**. I stick these into a standard Composition Book you can find in any dollar store. **This workout log that goes into my gym bag** and what I use to **track my progress**. There are several phone apps out there that can do the same thing, but as a rule, I never bring my phone into the gym.

I use Composition Books because they have a stitched binding which does two things: It keep me from ripping pages out of the book if I skip several weeks of exercises, and it keeps the pages from being inadvertently ripped inside my gym bag. In reality, any notebook will do.

I highly recommend you keep track of your workout activity. First and foremost, it **promotes accountability** toward your goals. It's a very rewarding feeling to fill up the workout log pages. When you look back, you'll note with pride that you showed up and committed to yourself and your fitness on schedule. Second, it **keeps you motivated**. With each entry you make you build momentum and you begin to carve out a habit for yourself. Third, **you can**

see where you are making gains. When the weights and reps become easier, you'll see where you can adjust and make changes.

Using the Workout Logs

| Fit, 50 and Fabulous! WORKOUT A – 3 Day Split Exercise | | | | | | | | |
|---|-------------|------|------|------|------|------|------|------|
| | Date | Date | Date | Date | Date | Date | Date | Date |
| Exercise | | | | | | | | |
| | W/R | W/R | W/R | W/R | W/R | W/R | W/R | W/R |
| Squats | 30 123 | / | / | / | / | / | / | / |
| Bench Press | 25 123 ↑ | / | / | / | / | / | / | / |

In the block that is labeled **W/R** is where you **record the weight you used** and the **number of reps** you performed. As a **postscript to the reps**, I add the **number of sets** that I completed. In the example above, I recorded that performed **3 sets of 12 reps with 30 pounds for the Squats**. For the Bench Press exercise, you'll notice that **I drew an arrow pointing up**. That's a note to me that **it's time to jump up the weight**.

A note on increasing weight: There's some debate as to whether you should **jump up the weight or jump up the reps** when what you're using becomes easier to lift. You can read a lot about fast and slow twitch muscle fiber which explains the science of choosing either route. Basically, if you want to **build muscle mass, increase the weight**. If you want to **build endurance, increase the reps**.

Personally, I'm interested in building muscle mass, especially my upper body. For this, I always chose to increase the weight. When doing so I also do two things: I **initially decrease the number of reps** and **increase the rest time** between sets, typically from 30 seconds to 45 or 60 seconds. As the weight becomes easier to lift, I decrease the rest time and increase the number of reps. Then I start the process all over again.

Go be Fabulous!

There you have it! The Fit, 50 and Fabulous 3 Day Full Body Split Exercise Plan and Workout Logs. With commitment and consistency, there isn't anything you can't accomplish! You've got this!

*You **CAN** be Fit, 50 and Fabulous!*

