

THE OLD GEEZER'S 12-WEEK PROGRAM

A 12-week bodyweight exercise program for a old men, focusing on addressing weak points and gradually building strength and endurance...

Weeks 1-4: Foundation and Adaptation

Day 1: Full Body

1. Bodyweight Squats: 3 sets of 10-12 reps
2. Push-Ups (on knees if needed): 3 sets of 8-10 reps
3. Plank: Hold for 30 seconds, 3 sets
4. Bodyweight Lunges: 2 sets of 10 reps per leg

Day 2: Rest or light cardio (walking, biking, etc.)

Day 3: Full Body

1. Glute Bridges: 3 sets of 12-15 reps
2. Bodyweight Rows (using a sturdy table or bar at waist height): 3 sets of 8-10 reps
3. Side Plank: Hold for 20-30 seconds each side, 2 sets
4. Mountain Climbers: 2 sets of 20 reps (10 per leg)

Day 4: Rest or light cardio

Day 5: Full Body

1. Bird Dogs: 3 sets of 8-10 reps per side
2. Chair Dips: 3 sets of 8-10 reps
3. Dead Bugs: 2 sets of 10 reps per side
4. Wall Sit: Hold for 20-30 seconds, 2 sets

Day 6-7: Rest or light activity

Weeks 5-8: Progression and Strength Building

Day 1: Full Body

1. Jump Squats or Squat Jumps: 3 sets of 8-10 reps
2. Wide-Grip Push-Ups: 3 sets of 8-10 reps
3. Plank with Shoulder Taps: 3 sets of 10 taps each shoulder
4. Walking Lunges: 2 sets of 12 reps per leg

Day 2: Rest or light cardio

Day 3: Full Body

1. Pull-Ups or Assisted Pull-Ups: 3 sets of 5-8 reps
2. Pike Push-Ups (using a chair or elevated surface): 3 sets of 8-10 reps
3. Russian Twists: 3 sets of 12-15 reps (with or without weight)
4. High Knees: 2 sets of 30 seconds

Day 4: Rest or light cardio

Day 5: Full Body

1. Single-Leg Glute Bridges: 3 sets of 8-10 reps per leg
2. Diamond Push-Ups: 3 sets of 6-8 reps
3. Plank with Hip Dips: 3 sets of 10 dips each side
4. Step-Ups on a Stair: 2 sets of 12 reps per leg

Day 6-7: Rest or light activity

Weeks 9-12: Intensification and Endurance

Day 1: Full Body

1. Bulgarian Split Squats: 3 sets of 8-10 reps per leg
2. Close-Grip Push-Ups: 3 sets of 8-10 reps
3. Plank with Leg Lifts: 3 sets of 10 lifts per leg
4. Burpees: 2 sets of 8-10 reps

Day 2: Rest or light cardio

Day 3: Full Body

1. Chin-Ups or Negative Chin-Ups: 3 sets of 5-8 reps
2. Dips (using parallel bars or a sturdy surface): 3 sets of 8-10 reps
3. Bicycle Crunches: 3 sets of 12-15 reps per side
4. Jumping Jacks: 2 sets of 30 seconds

Day 4: Rest or light cardio

Day 5: Full Body

1. Pistol Squats (or assisted variations): 3 sets of 6-8 reps per leg
2. Decline Push-Ups: 3 sets of 6-8 reps
3. Plank with Knee-to-Elbow: 3 sets of 10 reps per side
4. Box Jumps (if feasible and safe): 2 sets of 8-10 reps

Day 6-7: Rest or light activity

Remember to listen to your body, maintain proper form, and progress gradually. Adjust exercises or repetitions according to your fitness level and any physical limitations. Stretching and warm-ups are essential before starting the routine.

DEAD BUGS are an effective core exercise that helps to strengthen the abdominal muscles while also improving stability. It's a bodyweight movement often used in fitness routines and rehabilitation programs. Here's how to perform Dead Bugs:

1. Starting Position:

- Lie on your back with your arms extended straight up toward the ceiling.
- Bend your knees at a 90-degree angle, keeping your shins parallel to the ground.
- Engage your core muscles by pressing your lower back into the floor.

2. Movement:

- Slowly lower your right arm backward until it's in line with your head, simultaneously straightening and lowering your left leg toward the floor (but not touching it).
- Keep your lower back pressed into the ground throughout the movement to maintain core engagement and stability.
- Return to the starting position by bringing your arm and leg back to the initial position.
- Alternate sides, extending the left arm and right leg while keeping the core tight and the lower back on the ground.

3. Breathing and Tempo:

- Exhale as you extend your arm and leg, and inhale as you return to the starting position.
- Perform the movement slowly and in a controlled manner to maximize the engagement of your core muscles.

Dead Bugs are excellent for core stability as they engage the abdominal muscles, lower back, and hip flexors while requiring control and coordination. They're generally considered a safe and beneficial exercise when performed with proper form.

RUSSIAN TWISTS are a core-strengthening exercise that primarily targets the obliques (side abdominal muscles) but also engages the entire core area, including the rectus abdominis and transverse abdominis. This exercise can be performed with or without additional weight for increased intensity. Here's how to perform Russian Twists:

1. Starting Position:

- Sit on the floor with your knees bent, feet flat on the ground.
- Lean back slightly, keeping your back straight, and engage your core muscles.
- Hold a weight (dumbbell, medicine ball, or any weighted object) with both hands in front of your chest. If you're a beginner, you can perform the exercise without any weight.

2. Movement:

- Lift your feet slightly off the ground (optional for added difficulty and increased core engagement) or keep them planted firmly if you're a beginner or experiencing any discomfort.
- Twist your torso to the right, bringing the weight or your hands beside your

right hip. Keep your arms straight, and don't let the weight touch the ground.

- Pause briefly and then twist your torso to the left, bringing the weight beside your left hip.

- Maintain a controlled motion, focusing on engaging your core and avoiding excessive rotation of the lower back.

3. Breathing and Tempo:

- Exhale as you twist and move the weight from side to side.

- Inhale as you return to the center position.

- Perform the movement at a steady pace, ensuring proper form and control throughout the exercise.

Russian Twists are an effective way to work the core muscles and improve rotational strength and stability. Start with a manageable weight or no weight at all, focusing on proper form and gradually increasing the intensity as you become more comfortable with the exercise.

As with any exercise, it's essential to maintain proper form to prevent strain or injury. If you experience discomfort or pain, discontinue the exercise and consult with a fitness professional or healthcare provider.

PISTOL SQUATS are a challenging and advanced bodyweight exercise that targets the lower body, primarily the quadriceps, hamstrings, glutes, and core muscles. It requires significant strength, balance, and flexibility. Here's how to perform pistol squats:

1. Starting Position:

- Stand tall with your feet hip-width apart.

- Extend one leg forward, keeping it straight in front of your body, while raising your heel off the ground.

- Maintain your balance on the other leg, keeping the foot flat on the floor.

2. Movement:

- Begin the descent by slowly lowering your body toward the ground while keeping the extended leg straight in front of you.

- Keep your chest upright and your back as straight as possible throughout the movement.

- Lower yourself as far as you can go while maintaining balance and control. Aim to squat down until your thigh is parallel to the ground or lower if possible.

- Use your supporting leg and the muscles in your hips, thighs, and glutes to control the movement.

- Maintain tension in your core muscles to help with stability.

3. Return to the Starting Position:

- Push through the heel of your supporting foot to slowly raise your body back up to the starting position.

- Keep your balance and control as you return to a standing position.

- Maintain stability and control throughout the movement.

Pistol squats are a highly challenging exercise and may take time to master. Beginners or those working on building strength and balance can start by performing assisted pistol squats, using a support like a chair or railing to hold onto for stability. Gradually decrease the assistance until you can perform the pistol squat unassisted.

Ensure proper warm-up and flexibility exercises before attempting pistol squats to reduce the risk of injury. As with any exercise, it's important to maintain proper form to prevent strain or injury. If you're new to this movement, practice patience and consistency as it may take time to develop the strength and balance required for pistol squats.