

Longevity Lift: 3-Day Strength Training for Healthy Aging

Weekly Schedule

Choose 3 Non-Consecutive Days

- Day 1: Full Body
- Day 2: Lower Body + Core
- Day 3: Upper Body + Balance

Home (No Equipment)

Full Body (Day 1)

- Bodyweight Squats - 3×10
- Incline Push-ups - 3×8
- Towel Rows - 3×10
- Bird Dog - 2×12/side
- Farmer Carry (bags) - 3×30 sec

Lower Body + Core (Day 2)

- Step-ups - 3×8/leg
- Glute Bridge - 3×12
- Wall Sit - 2×30 sec
- Dead Bug - 2×10/side
- Standing Calf Raise - 3×15

Upper Body + Balance (Day 3)

- Wall Shoulder Press - 3×10
- Doorframe Pull - 3×10
- Single-leg Balance - 3×30 sec/leg
- Towel Bicep Curl - 3×12
- Chair Triceps Dip - 3×10

With Dumbbells or Bands

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Full Body (Day 1)

- Goblet Squat - 3×10
- Dumbbell Chest Press - 3×10
- Band Row - 3×12
- Bird Dog - 2×12/side
- Dumbbell Farmer Carry - 3×30 sec

Lower Body + Core (Day 2)

- Dumbbell Step-ups - 3×8/leg
- Weighted Glute Bridge - 3×12
- Wall Sit - 2×45 sec
- Dead Bug - 2×12/side
- Calf Raise with Dumbbells - 3×15

Upper Body + Balance (Day 3)

- Dumbbell Shoulder Press - 3×10
- Band Lat Pull - 3×10
- Single-leg Balance (with dumbbells) - 3×30 sec
- Dumbbell Curl - 3×12
- Triceps Kickbacks - 3×12

Gym-Based

Full Body (Day 1)

- Barbell or Machine Squats - 3×8
- Chest Press Machine - 3×10
- Lat Pulldown - 3×10
- Cable Core Rotations - 3×10/side
- Dumbbell Farmer Carry - 3×30 sec

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Lower Body + Core (Day 2)

- Leg Press - 3×10
- Glute Bridge Machine - 3×10
- Hamstring Curl - 3×12
- Hanging Knee Raise - 3×10
- Seated Calf Raise - 3×15

Upper Body + Balance (Day 3)

- Overhead Press Machine - 3×10
- Assisted Pull-up - 3×8
- Bosu Balance Hold - 3×30 sec
- Preacher Curl - 3×12
- Triceps Pushdown - 3×12

Tips & Guidelines

- Warm-up: 5 mins cardio + mobility drills
- Rest: 30-60 sec between sets
- Progression: Add weight or reps every 2-3 weeks
- Cool Down: Stretch and breathe for 5-10 mins after each session