Lifetime Warrior Workout

**Muscles That Get Tighter with Age**  
(Stretch These!!!)  
Upper Trapezius  
Pectoralis Major (Chest)  
Biceps  
Pectoralis Minor (deep chest muscle)  
Psoas (Those hip flexors that get bad press)  
Piriformis  
Hamstrings  
Calf Muscles

**Muscles That Get Weaker with Age**  
(Strengthen These!)  
Rhomoids  
Mid-back  
Triceps  
Gluteus Maximus  
Deep Abs  
External Obliques  
Deltoids

**Exercises:**  
Push Up Planks or Push Ups (or Presses)  
Goblet Squat  
[http://www.t-nation.com/free_online_article/most_recent/goblet_squats_101](http://www.t-nation.com/free_online_article/most_recent/goblet_squats_101)  
Swings  
[http://www.t-nation.com/free_online_article/most_recent/the_metabolic_swing](http://www.t-nation.com/free_online_article/most_recent/the_metabolic_swing)  
Loaded Carries  
[http://www.t-nation.com/free_online_article/most_recent/the_secret_of_loaded_carries](http://www.t-nation.com/free_online_article/most_recent/the_secret_of_loaded_carries)

**Stretches**

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Suggestions:
* Be sure to walk EVERY day somehow and somewhere.
* Do the hip stretch and chest and bicep stretch daily. (See first page)
* Especially after waking, flying, driving, breathing: drink a lot of extra water.
* Lift three days a week, at least. Either do the Three Day a Week Symmetrical Workout (below) or Swings and Pushups or the Program Minimum Minimum (below). Or, mix and match them any way you like!!!

Symmetrical Workouts

Day One
  With Dumbbell in one hand ONLY (Let’s say Left Hand)
  Waiter Walk (Short walk around with weight overhead like a waiter)
  Suitcase Carry (Short walk around with weight like a suitcase)
  Suitcase Deadlifts (Hinge Movement from Swing Article)
  One hand Presses Overhead
  One hand Bench Presses (Keep other hand “free”)
  Side Bends

Day Two
  Do Day One’s workout with the other hand!

Reps and sets depend on weight available (and energy available). Get it going and feel good.

Day Three
  Combine Push Ups and Swings (or any variation)
  Push Ups 5
  Swings 20
  Push Ups 4
  Swings 20
  Push Ups 3
  Swings 20
  Push Ups 2
  Swings 20
  Push Ups 1
  Swings 20
  Repeat or adjust as appropriate.

Program Minimum Minimum (From Dan Martin)
  Goblet Squats (10-25)
  Swings 50-150
  Push Ups 25-50 (or Presses)
  Some kind of Loaded Carry

Change the reps each and every day, but do the movements. Coming back the next day is more important than any single training day.

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