

# 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

### 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

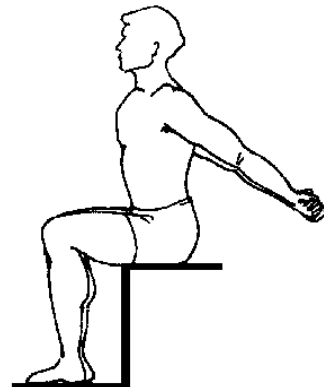
[http://www.t-nation.com/free\\_online\\_article/most\\_recent/the\\_secret\\_of\\_loaded\\_carries](http://www.t-nation.com/free_online_article/most_recent/the_secret_of_loaded_carries)

## Muscles That Get Weaker with Age (Strengthen These!)

Rhomboids  
Mid-back  
**Triceps**  
**Gluteus Maximus**  
Deep Abs  
External Obliques  
**Deltoids**



## Stretches



**Dan John, Senior RKC**

# **Lifetime Warrior Workout**

## **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.**

**Dan John, Senior RKC**