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Muscles In Minutes

These 10-minute sequences can be done in many combinations. Short on time or just starting out? Complete just one set (once through one of the sequences).

Got more time and a good foundation of strength? Complete two sets of the same sequence or one set each of two different sequences. You can increase to 3, 4 or later 5 sets.

Each exercise set will take about a minute based on 10 repetitions done under control. Beginner? Start with a higher repetition range of 15-20. If you've got 6 months or more foundation you may opt to go heavier, lifting 10 or fewer reps to fatigue.

For video examples you can view the bonus videos in this course or visit my YouTube channel. For more planned, progressive exercise instruction, choose a pre-existing program made for women in midlife and beyond or consult a Flipping 50 Specialist trained in exercise prescription as a trainer, Medical Exercise Specialist or Strength & Conditioning Coach.

Flip: Many think that “progressive” exercise means there is more variety or there’s cardio included between exercises. We have only so many joints and joint actions to use major muscles. When you see “creative” moves the benefit to muscle mass goes down and risk of injury increases.

From science we know results of mixing cardio moves with strength moves when increasing strength and lean muscle and bone density are highest priority goals, waters down the efficacy of both. That is, better long-term results are seen when “cardio” and strength are split up.

Sequence 1

Squats
Chest Press
Standing (or Seated) Bent Over Row

Sequence 2

Lunges(alternating rear lunges)
One Arm Chest Press
Single Arm Bent Over Row

Sequence 3

Single Leg Dead Lift

Alternating Arm Chest Press

Bent Arm Pullover (in gym: lat pull down or pull up; seated or standing cable row)

The sequences above each feature compound exercises for major muscle groups. These exercises have the greatest impact on metabolism. They are your highest priority for both muscle and bone.

With more time you can expand to isolate the smaller muscle groups that follow. You are stimulating them when you do the compound exercises above.

PSA: toned arms and shoulders don't come from doing arm and shoulder exercises.

Sequence 4

Biceps curl

Triceps Press

Bridge

Sequence 5 (shoulders: light weights)

Front Raise

Lateral Raise

Reverse Fly

Your Notes: