BEGINNER LOW-IMPACT EXERCISE PLAN

ADULTS 40+



Weekly Schedule (Repeat Each Week)

Warm-up Routine (Before Every Session)

- March in place or walk gently: 3–5 min
- Shoulder rolls & arm circles: 1–2 min
- Hip circles & gentle knee bends: 1–2 min

Day	Activity	Details
Monday	Cardio & Flexibility	- Brisk walk (15–20 min) - Gentle stretches (5 min) - Easy balance drill (5-10 min)
Tuesday	Strength Training	- Wall push-ups (8–10 reps) - Chair squats: (8–10 reps) - Arm curls: (8–10 reps) (light weights or bottles)
Wednesday	Cardio & Flexibility	- Stationary cycling or step touch (15–20 min) - Gentle stretches (5 min)
Thursday	Rest or Balance Training	- Simple balance: Stand on one leg (support as needed) (30 sec each side)
Friday	Strength Training	- Step-ups (8–10 reps per leg) (use a low step) - Resistance band rows (8–10 reps) - Shoulder presses (8–10 reps)
Saturday	Cardio & Flexibility	- Light dance/aerobics (15–20 min) - Gentle stretches (5 min) - Yoga pose (5 min)
Sunday	Rest	- Light walk or stretching (optional)

My Fit Map

Flexibility & Balance (Do 3–4 Times/Week)

- Stretch major muscle groups (hold 15–30 seconds, don't bounce)
- Try standing on one leg while holding a chair

Tips for Success

- Move slowly and with control; focus on good form
- Increase repetitions or duration gradually as strength improves
- Use stable support (chair, wall) for balance or seated options as needed
- Listen to your body: Rest extra if sore or tired

Stick to this plan for 4–8 weeks, then progress by adding slightly more time, one extra set, or new exercises as you feel stronger. Consistency is the most important step for results at any age!

My Fit Map