



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



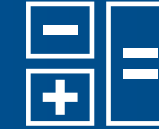
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TRAINING FOR THE OLDER ATHLETE: MAKING GAINS AFTER 40

They say Father Time is undefeated, but that doesn't mean you can't make gains all of your life. Check out these training strategies for older athletes.

Link to Workout: <https://www.muscleandstrength.com/workouts/training-older-athlete>

Main Goal: Build Muscle

Training Level: Beginner

Program Duration: 6 Weeks

Days Per Week: 4 Days

Time Per Workout: 45-60 Mins

Equipment: Barbell, Bodyweight, Cables, Dumbbells

Author: Brad Borland

Workout 1

Exercise	Warm Up Sets	Work Sets	Rest
Incline Dumbbell Bench Press	2 x 12	4 x 8 - 12	60 Secs
Superset			
Low-Pulley Cable Crossover	-	4 x 10 - 15	-
Feet-Elevated Pushup	-	4 x 10 - 15	60 Secs between Supersets
Neutral-Grip Pullup	2 x 12 (Pulldowns)	4 x Failure	60 - 90 Secs
Superset			
Straight Arm Cable Pull Down	-	4 x 10 - 15	-
Double-Arm Dumbbell Row	-	4 x 10 - 15	60 Secs between Supersets
Seated Dumbbell Press	1 x 12	3 x 8 - 12	60 Secs
Lateral Raise	-	3 x 10 - 15	60 Secs
Superset			
Bicycle Crunch	-	3 x 15	-
Plank	-	15 Secs	60 Secs between Supersets

Before the workout: Perform a dynamic warm-up of 3 rounds, 10 reps each of [push-ups](#), [bodyweight squats](#), [floor crunches](#), burpees and jumping jacks. Workout 1 can be performed Mondays & Thursdays.

Workout 2

Exercise	Warm Up Sets	Work Sets	Rest
Superset			
Seated One-Arm Dumbbell Curl	2 x 12	4 x 8 - 12	-
Tricep Pushup	2 x 12	4 x 8 - 12	60 Secs between Supersets
Superset			
Single-Leg Calf Raise	1 x 12 Each	4 x 10 - 15	-
Seated Calf Raise	1 x 12	4 x 10 - 15	60 Secs between Supersets
Bulgarian Split Squat	1 x 12	3 x 8 - 12	60 Secs
Front or Goblet Squat	-	3 x 10 - 15	60 Secs
Walking Lunge	-	3 Predetermined Length	60 Secs
Dumbbell Stiff Leg Deadlift	-	3 x 8 - 12	60 Secs

Before the workout: Perform a dynamic warm-up of 3 rounds, 10 reps each of [push-ups](#), [bodyweight squats](#), [floor crunches](#), burpees and jumping jacks. Workout 2 can be performed Tuesdays & Fridays.