

Flipping 50's

MUSCLES *In* MINUTES

(BASED ON THE BEST-SELLING VIDEO SERIES)

Plus Bonus Content ...

BEST KEPT SECRETS FOR
TONING HARD-TO-TONE AREAS



DEBRA ATKINSON, MS, CSCS

TABLE OF CONTENTS

WARM UP

A Message from Debra _____	04
What You'll Need _____	06
Getting Started _____	08
Fast or Slow _____	09
Train Smart _____	10
Your Weekly Plan _____	11

COMPOUND EXERCISES

Plie Squat _____	12
Rear Lunge _____	14
Side Lunge _____	15
Bridge – Ball _____	16
Hamstring Curl – Ball _____	17
Chest Press – Ball _____	18
Bent Over Row _____	19
Bent Arm Pullover _____	20
Shoulder Press _____	21

SINGLE JOINT EXERCISES

Chest Fly _____	22
Rear Shoulder Raise/Reverse Fly _____	23
Shoulder Front Raise _____	24
Shoulder Lateral Raise _____	25

MUSCLES IN MINUTES
(BASED ON THE BEST-SELLING VIDEO SERIES)
PLUS BONUS CONTENT ...

Bicep Curl- Elbow _____	26
Bicep Raise – Shoulder _____	27
Triceps Overhead Press _____	28
Triceps Kickback _____	30
Triceps Extension _____	31

COMBINATION SETS

Biceps Combo _____	32
Triceps Combo _____	33

Bonus Section! The Cellulite Solution Program:

Best Secrets for Toning Those Hard-To-Tone Areas _____	34
--	----

Sample Workout Plans _____	36
----------------------------	----

Muscles in Minutes Weekly Scheduler _____	37
---	----

Muscles in Minutes Vocabulary _____	39
-------------------------------------	----

Meals in Minutes: Eat to Win _____	40
------------------------------------	----

About Debra _____	41
-------------------	----

Additional Resources and Tools _____	42
--------------------------------------	----

I don't have time.
I don't know what to do.
I don't want to get hurt.
I don't want bulk.
I don't want to go to a sweaty, smelly gym.

Chances are if you're reading this, you can relate to at least one of the above statements. You're not alone. Women of all ages that I've worked with for more than 30 years made these statements. No matter what your reason for not lifting weights consistently, I assure you, if you want to feel better faster with less exercise, and potentially less sweat, resistance training is your best workout partner.

You're never too old to lift weights. You're too old not to.

If you've got cellulite (and cellulite doesn't discriminate between skinny and larger size women, or fit and deconditioned women), resistance training is your best friend. I'm going to show you a special protocol to use to reduce the appearance of cellulite.

Resistance training is the secret to looking younger, feeling younger, and boosting your energy. No other exercise will help you preserve & build bone loss, and provide the body you need for the longevity you want toned as you age – especially if you want to lose weight – like resistance training will.

I'm often asked about yoga, exercise tubing, or TRX and their effectiveness as resistance training exercise. The most direct path to building bone density, and lean, metabolism-boosting muscle mass is weight training. Yoga, Pilates, or Barre are not enough. Bands and tubing have a place but are variable enough that the stimulus is not sufficient where you need it and is too much in others, TRX if you already over-fire your upperback and neck muscles can cause issues before it's enough for your bone. However, if time is one of your biggest obstacles for not getting started, or you need hormone-balance during peri or post menopause, I highly recommend using weight training for your resistance training. Supplement with the rest as time allows.

Whether you've been exercising for years and just need to tune up your resistance training routine or you've never really done any strength training, I've got you covered.

Inside you'll find:

- Images of the start and end position of over 20 exercises
- Variations of those exercises to modify for your needs
- Technique tips for each exercise

MUSCLES IN MINUTES

(BASED ON THE BEST-SELLING VIDEO SERIES)
PLUS BONUS CONTENT ...

- Tips and hints about where you should feel it
- Most common errors and how to avoid them
- How to start and progress your program
- How to use 10, 20, 30 minutes when that's all you have
- Sample weekly plans so you aren't over or under training

The benefits of the Muscles in Minutes resistance training program:

- More Results in less time
- Improved Posture
- Increased Energy
- Flatter Belly
- Cellulite Reduction
- Reduce Inches and drop sizes
- More Confidence
- Reduced Risk of injury
- More Metabolism-boosting lean tissue
- Fat Loss

There is no one-size-fits-all program. This exercise program does not replace the advice of your medical doctor or physical therapist. I will teach you exercises and how to use them specifically for weight loss, for boosting your metabolism, and for decreasing the appearance of cellulite. Rest-assured this is science-based and women in the 50+ club proven.

Evidence-based on studies featuring women in menopause as subjects, and proven with our Flipping 50 community.

You're not a mouse, a man, or a young woman and don't have the hormones they have. What works for them may backfire for you.

Let's start flipping 50 together with Muscles in Minutes and have an even better second half.

Debra

P.S. If you haven't, you may like my TEDx talk about the science of women, and the need for better, not more exercise.

WHAT YOU'LL NEED:

- One pair each of light, medium, and heavy weights. Weight is relative to you. Use the chart below only as a reference and try the weights to know if you do fatigue at 15. As you get stronger you may need heavier weights. You may also want a single extra-large dumbbell or kettle bell. (SEE PAGE 11 for the Plie Squat)

Light	2-5 pounds	3-5 pounds
Medium	8-15 pounds	10-25 pounds
Heavy	12-20 pounds	20-30 pounds

- An exercise ball that allows your hips to be higher than your knees as you sit on it.
- A Foam Roller or The Stick (SEE PAGE 33) (in a pinch your rolling pin will work) for the Cellulite Solutions Program (SEE PAGE 33)
- A small band is optional. You'll be able to do everything here without it. You can place this above your knees, around your ankles, or around feet for those ignored muscles on the side of your body. You can use it as a good warm up or an additional exercise helps target the hips. ([See this video tutorial](#)).
- Weight training gloves are also optional. I love them for several reasons, yet have to admit, I don't use them any more and you don't need but might like them. Some women find their hands sweat and they slip so the gloves give you a better grip and offer a barrier if you're germ-phobic at the gym. They do prevent calluses, not that you're going to spend so much time lifting that you're going to get them – but if you have super soft skin and want to keep it that way, gloves are nice. Last, gloves send you message that you still got it, girl! and you're taking this seriously!
- A mat is optional. Consider your floor surface. Make sure you and your ball don't slip – it can easily happen on a carpeted floor. You want to soften a hard floor.

If bone density is a key concern, there are a number of things we know about it. The early studies about bone density shows that weights heavy enough to fatigue at 10

or fewer repetitions were required to optimally impact positive bone response. Be mindful, no one should begin at that level. Many women also will find a limiting factor as they progress from lighter weight and more repetition to the 10 or fewer goal, and have to stop or risk injury or re-injury. Other more recent studies have shown power (the use of speed with a lift (not simply rapid movement) can actually outperform slow and heavy in bone density benefit. Yoga, too has been found to increase bone density. You must however consider a continuum. Heavy weight training will have a greater positive influence as compared to yoga.

- A bench is purely personal preference. I use the floor or a ball and do not demonstrate (nor do I now or for 15+ years) use a bench at home. If you have a bench you may choose to use it, or if you're limited in ability to move to and from floor without discomfort, it can be a good option.

GETTING STARTED

Progression is a key fitness principle. Follow a few guidelines for best results. If you're just starting or restarting an exercise program, it should take weeks, even a couple months, to progress so you're doing a full program.

Begin with a weight you can do 15 times to fatigue.
Progress to a weight you can only do 10-12 times.
Next, progress to a weight you can only do up to 10 times.

From there, mix workouts up. Your muscle, and connective tissue need to have a variety of stimulus and this will both keep exercise fresh and avoid risk of injury.

It's important that you reach fatigue in order to positively affect you lean muscle and boost fat burning. That is a place where you begin to lose form or feel you're "cheating" by using other muscles.

For strength and lean muscle mass both higher reps with lighter weights and heavier weights with fewer reps are proven beneficial. For bone density, early studies we still defer to, suggest optimal weight for bone stimulus is either 10 or fewer reps or the use of power (speed upon lifting). You will want to pay attention to any limiters for lifting progressively heavier. Stay below any personal threshold of discomfort or injury.

Plan to spend about two weeks in each level of progression. You may be tempted to jump in and do all three sets right out of the gait. You're joints and ligaments need time to adapt even when you feel like you can do more. You'll get better results if you lay a strong foundation before moving on.

FAST OR SLOW?

Tempo is the rate you lift. It affects the time under tension and how much stimulus you give the muscle. Three tempos that you can use:

The Basics: Lift with a 1-2 count and lower with a 3-4 count. The tempo is (2-0-4).

Slow it Down: Lift with a slow 4 count and lower with a slow 4 count. The tempo is (4-0-4).

Power: Lift in 1 count, hold 1 count, and lower in 4 counts. The tempo is (1-0-4)

To begin, use the basics. To progress, and or to add variation, without needing to increase weight, slow your repetitions down.

Data show that Power requires more energy expenditure, greater fat burning, and more bone density benefit than other protocols. Wait to add power to your workouts until you have a good foundation and have been weight training for 6-8 weeks.

TRAIN SMART

Every exercise is not for every body. Know your limiters. If you have a shoulder injury or a knee condition, honor it. Better yet, find a physical therapist and find out what is going on. A chronic whisper can turn into an acute scream when it's ignored. You may just have a muscle imbalance – something that needs stretching and another part that needs strengthening – in order to bring you back into alignment. Do that first; don't exercise through pain of that type.

What about “no pain, no gain”? The exercises should be challenging but not hurt. Don't “save it” for the next set or the next exercise. Your goal is to reach fatigue on the first set, and the second, and third. To do that you might have to reduce weight in latter sets.

The exception to the above advice is starting or restarting. The first few weeks of an exercise program your brain is connecting to the muscles. Weights don't have to be heavy to do that. In fact, less weight, and more focus on technique and form will pay off in the end. Let your brain recruit more of those muscles to fire and you'll have the best results from your exercise in a few short weeks.

YOUR WEEKLY PLAN

Use the handy guide at the end of the book for sample weekly strength workout schedules. You want to exercise major muscle groups at least twice a week with at least 48 hours between and up to 72. That's Monday- Wednesday or Monday – Thursday, for example.

Some women feel based on time commitment twice a week is doable and more is too much. You can get results twice a week! If, on the other hand, you prefer more frequency and plan to strength train three times a week, listen to your body and make sure you feel recovered and fresh. More frequency does not always mean better results.

In fact, several studies have shown there is no significant difference (no significant benefit) to training 3 times vs 2, provided that the volume of exercise is the same. What you do want to do, is a full body workout at least twice per week.

Since 2013, Flipping 50 community members have proven over and over again that twice weekly:

- Improves consistency
- Improves recovery
- Increases the weight or the repetitions performed
- Decreases unnecessary fatigue after exercise
- Greater increase in lean muscle mass
- More optimal body composition
- Reduced adrenal fatigue complications

*If you're following the 8-week cellulite program, aim for three times a week.

Perform some cardio for 5 minutes before beginning if you don't do a cardio workout before you do your resistance training.

Then “juice the joints” as part two of your warm up. ([Watch this video](#))

COMPOUND EXERCISES

Best for: Metabolism, Fat Loss, and Time-Limited Exercise

PLIÉ SQUAT

Plie Squat Start/End



Plie Squat 2



Plie Squat side view



Goblet Squat Start/End



Goblet Squat 2



SET UP:

1. Stand with your feet wider than hip distance apart.
2. Turn out from the hips making sure your knees align with your toes.
3. Shift your weight onto your heels.
4. Hold a weight in both hands.

MOVEMENT:

1. Slowly lower down (3-4 seconds) toward the floor with weight on the heels.
2. Press heels into the floor to extend toward the ceiling (1-2 seconds).

TIPS:

- Imagine you're on ice to keep your inner thighs engaged.
- Keep your back tall and bend only from ankles, knees, and hips.
- Imagine sitting back into a chair.
- Imagine your toes are against a wall, making it impossible for your knees to go further than the end of your toes forward.

COMMON ERRORS:

1. Allowing weight to shift to the balls of the feet will place stress on the knees.
2. Bending forward from the waist to touch the weight to the floor will stress the back.

VARIATIONS:

1. Goblet Squat: Hold the weight at your chest to avoid temptation to touch the floor
2. Forward stance: Toes and knees face forward in either a narrow or wider stance.
3. Go only as low as you can pain-free.
4. If you're exercising at a gym you can substitute leg press for squats. You have the ability to safely lift a heavier weight by using a machine. You may not be able to truly fatigue in your squats at home if you're limited by what you can hold. Yet, always, safety first.

REAR LUNGE

Rear Lunge start



Rear Lunge back position



SET UP:

- Stand Tall with clear space behind you

MOVEMENT:

1. Step back with one leg and land on the balls of your feet
2. Return to the starting position
3. Step back with the second leg and land on the balls of your feet
4. Return to the starting position

TIPS:

- Step back as far back as possible
- Move smoothly and land lightly

COMMON ERRORS:

1. Trying to land on a flat foot or keep the rear leg too flexed
2. Allowing the front leg to move forward instead of keeping it stable
3. Holding weights at your sides tends to pull your shoulders and overall posture downward

VARIATIONS:

1. Place hands on hips if you're new to lunges, even use a hand on the wall to stabilize.
2. Place hands crossed at your chest to become more aware of your core

SIDE LUNGE

Side Lunge start



Side Lunge right



Side Lunge left



SET UP:

- Stand tall with room to take a step wide to your left and right

MOVEMENT:

1. Step wide to the right side with foot and knee facing forward.
2. Step back to the center.
3. Step wide to the left side with foot and knee facing forward.
4. Step back to the center.

TIPS:

- Land on the heel so you're sitting back and have no stress on your knees.
- Keep the trail leg straight so you feel a stretch through that inner thigh.

COMMON ERRORS:

1. Landing with the knee turned out which can allow the knee to continue accelerating too far past the toes.
2. Forgetting to sit back and letting the knees go too far forward.

VARIATIONS:

1. Hands on the hips.
2. Hands holding a weight at the chest.

BRIDGE – BALL

Ball Bridge start



Ball Bridge lift



SET UP:

1. Lie on the floor with your heels and ankles on an exercise ball.
2. Place your arms about 45 degrees from your side and bend your elbows with fingers reaching toward the ceiling OR extend arms from your shoulders out to the side.

MOVEMENT:

1. Slightly flex the knees so they aren't locked and lift the hips toward the ceiling.
2. Return to the floor without setting down completely in order to continue through your repetitions.

TIPS:

- Keep your knees slightly bend to avoid hyperextending them.
- Keep your neck and shoulders relaxed.

COMMON ERRORS:

- Putting your arms by your sides will cause you to use them for balance and add pressure to your neck and shoulders.

VARIATIONS:

- When beginning, do as many as you can with good form. Rest and resume to complete all repetitions.

HAMSTRING CURL – BALL

Hamstring Curl start



Hamstring Curl lift



SET UP:

1. Lie on the floor with your heels and ankles on an exercise ball.
2. Place your arms about 45 degrees from your side and bend your elbows with fingers reaching toward the ceiling OR extend arms from your shoulders out to the side.

MOVEMENT:

1. Raise your hips from the floor.
2. Draw your knees toward you as you simultaneously lift your hips higher.
3. Slowly extend your knees again maintaining your hips off the floor.
4. Repeat the remaining repetitions in your set.

TIPS:

- Keep the hips off the floor between repetitions.

COMMON ERRORS:

- Placing hands at your sides, which will add stress to your upper back and neck.

VARIATIONS:

- If you don't have the strength (you will!) to raise your hips as you curl, keep your hips lifted off the floor without the additional lift.

CHEST PRESS - BALL

Chest Press on Ball start



Chest Press lower



Chest Press Bridge start



Chest Press Bridge lower



SET UP:

1. Holding weights at your chest, roll out on an exercise ball until your head is resting on the ball.
2. Press both weights toward the ceiling so the thumb ends of your weights are together and the pinkie end of you weights are apart.

MOVEMENT:

1. Draw the elbows toward your sides until your upper arms are parallel to the floor.
2. Return to start (image 1) and repeat.

TIPS:

- At the top keep the elbows slightly bent.

COMMON ERRORS:

1. Allowing the arms to drift toward the floor instead of stopping even with your torso.
2. Letting the hips drop toward the floor.

VARIATIONS:

1. Do the same exercise on the floor or a bench instead of a ball.
2. Do the exercise on the floor while holding the hips in a bridge position.

BENT OVER ROW

Bent Over Row start



Bent Over Row lift



SET UP:

1. Stand with feet hip width apart.
2. Hinge forward from the hips and bend the knees slightly.
3. Drop the head down and gaze ahead of you on the floor about 10 ft.
4. Allow weights to hang down toward the floor.

MOVEMENT:

1. Pull the elbows up toward the ceiling near your waist.
2. Slowly release the weight back toward the floor and start position.
3. Repeat.

TIPS:

- Keep your weight on your heels.
- Draw shoulders down toward your hips, keeping them away from your ears.
- Keep a slight arch in your lower back.

COMMON ERRORS:

- Rounding the lower back will put more strain on it.
- Winging the elbows out to the sides deems the exercise less effective on the targeted muscles and adds stress to the shoulder and elbow.

VARIATIONS:

- Perform the exercise as described while seated on a bench or ball to eliminate having to focus on both upper and lower body position.

BENT ARM PULLOVER

Bent Arm Pullover start



Bent Arm Pullover down



SET UP:

1. Lie on the floor.
2. Hold a single large weight (or cross two smaller weights) over the chest.
3. Slightly flex the elbows.

MOVEMENT:

1. Move from the shoulder lowering the weights to the floor overhead.
2. Lift the weight and return to start

TIPS:

- Keep the lower back on the floor by engaging your core at all times.

COMMON ERRORS:

- Flexing and extending the elbows as you do the exercise, which will deem the exercise ineffective for the targeted back muscles.
- Allowing the lower back to lift off the floor during the exercise.

VARIATIONS:

- Perform the exercise using an exercise ball (using chest press set up) or a bench.

SHOULDER PRESS

Shoulder Press start



Shoulder Press extension



SET UP:

1. Sit on a bench or exercise ball
2. Bend your elbows at 90 degrees and position directly in front of your shoulders.

MOVEMENT:

1. Press one arm toward the ceiling keeping the weight directly over the shoulder.
2. Return to the starting position.
3. Repeat with the other arm.

TIPS:

- Don't do this exercise if you have any existing shoulder issues.
- Err on the conservative side by using light weights.
- Alternate arms rather than do both in order to maintain integrity in the core.

COMMON ERRORS:

- Arching the back while performing the exercise, which puts a strain on the lumbar area.
- Allowing the elbows to wing out to the sides instead of keeping them forward.

VARIATIONS:

- Do the exercise kneeling or standing for greater core emphasis once you have mastered good technique seated.

SINGLE JOINT EXERCISES

Best For: Tone, Secondary Exercises, Joint-Focused Need

CHEST FLY

Chest Fly start



Chest Fly down position



Chest Fly variation



SET UP:

1. Lie on the floor, bench, or ball.
2. Position light or medium weights over your chest.
3. Bend your elbows slightly.

MOVEMENT:

1. Move from the shoulder opening your arms out to the side until each elbow is at or slightly below the torso.
2. Return to the start position.

TIPS:

- Imagine moving your arms as if they were wings.
- Keep the elbow in the same slightly bent position throughout.
- You should feel a slight stretch but not stress through the front of the shoulder.
- This exercise is one best left out if you have any pre-existing shoulder issues.

COMMON ERRORS:

- Using too much weight while doing this single joint exercise puts significant strain on the shoulder.
- Flexing and extending from the elbow will negate the benefit of this exercise.

VARIATIONS:

- Add a half repetition to the exercise: lower the weight, lift half way up, lower all the way back down, return to the start. This way you can increase the difficulty without having to add more weight.

REAR SHOULDER RAISE/REVERSE FLY

Rear Shoulder Fly start



Rear Shoulder Fly lift



SET UP:

1. Sit on a ball or a bench.
2. Hinge forward from the hips so back is at a 45 degree angle.
3. Holding small weights, allow them to hang down from shoulders.

MOVEMENT:

1. Retract (pull shoulder blades together) as you raise the arms to the sides.
2. Slowly lower the weight down to return to the start.

TIPS:

- Pause at the top of the movement.
- Don't release completely at the bottom of the movement.
- Keep head down to avoid neck strain.

COMMON ERRORS:

1. Swinging the weights up and down instead of using slow controlled movement.
2. Using too much weight, which is likely to promote swinging mentioned above!

VARIATIONS:

- The exercise can be done standing but is much more difficult to properly bend forward enough to target the rear shoulder muscles and not the top of the shoulders.

SHOULDER FRONT RAISE

Shoulder Front Raise start



Shoulder Front Raise lift



SET UP:

1. Sit on a bench or exercise ball or stand.
2. Hold light or medium weights down at your sides.

MOVEMENT:

1. Lift the weights forward to shoulder height.
2. Slowly return the weights to start position.

TIPS:

- Move from the shoulder.
- Slightly flex (just unlock) the elbows.
- Pause at the top before lowering down.
- Be conscious of your posture and keep the upper back erect and your shoulder blades drawn together.

COMMON ERRORS:

- Arching the back, which puts stress on the low back. This is most common if you're in a standing position. Bending the knees will help prevent this by increasing awareness of your core muscles.
- Using too heavy a weight, which will potentially cause more strain than good on the shoulders and may encourage you to swing the weight.

VARIATIONS:

- Make the same weight more challenging by doing this front raise combo: lifting both arms; lower and lift the right; lower and lift the left; then return to the start. Count that as one repetition.

SHOULDER LATERAL RAISE (SOMETIMES CALLED SCAPTION)

Shoulder Lateral Raise start



Shoulder Lateral Raise lift



SET UP:

1. Sit on a bench or exercise ball or stand.
2. Hold light or medium weights down at your sides.

MOVEMENT:

1. Lift the weights up at a 45 degree angle to shoulder height.
2. Slowly return the weights to start position.

TIPS:

- If there's any feeling of impingement (discomfort), leave this out and seek a free screen with a Physical Therapist to see if you need rotator cuff exercises for a specific rotator cuff muscle.
- Almost all shoulder "issues" are caused by an imbalance of internal vs. external rotation in life. Focus on more pulling exercises than pushing (no endless numbers of pushups unless you're doing an equal number of pull ups!)

COMMON ERRORS:

- Using too heavy a weight that will cause swinging and negate the benefit.
- Performing the "empty can" exercise with the thumbs down may impinge the rotator cuff muscle. If so, avoid doing this exercise and seek alternatives for the shoulder that are more pre-or post-rehab based.

VARIATIONS:

- Stand to do this exercise careful to avoid the common error of hyperextending knees.

BICEP CURL – ELBOW

Bicep Curl at Wall start



Bicep Curl at Wall lift



SET UP:

1. Stand against a wall with medium weights.
2. Lean your upper back, shoulders and head back on the wall.
3. Place your feet about a foot or more from the wall and move your hips off the wall.
4. Place upper arm and elbow on the wall.

MOVEMENT:

1. Pull the weight up toward your shoulders.
2. Lower back down to starting position.

TIPS:

- Keep the elbows and upper arm on the wall throughout.
- Bend your knees slightly.

COMMON ERRORS:

- Allowing the elbows to come off the wall, which negates isolation of the biceps muscles.

VARIATIONS:

- Palms can face upward or be held (see images 1 and 2) in the hammer position.

BICEP RAISE – SHOULDER

Bicep raise start



Bicep raise lift



SET UP:

1. Stand with light (or medium) weights and slightly bent knees).
2. Hold weights down at your sides.
3. Flex your elbows slightly.

MOVEMENT:

1. Lift the weights to shoulder height maintaining slightly flexed elbows.
2. Lower the weights back down to your sides.

TIPS:

- Keep the knees bent slightly: while moving a long lever you're more likely to arch the back otherwise.
- Keep the shoulder blades drawn together.

COMMON ERRORS:

- Closing the chest and rounding the shoulders, which passively stretches the upper back and keeps the chest tight.

VARIATIONS:

- Do the exercise seated to make this exercise easier to do with good form. If you have lower back issues, seated is a good way to start.

TRICEPS OVERHEAD PRESS

Triceps Press start (variation is shown)



Triceps Press down (variation)



SET UP:

1. Stand with hands gripping a single weight directly overhead.
2. Unlock the knees and engage the core.

MOVEMENT:

1. Lower the weight down till elbows are at a 90 degrees angle.
2. Press back up into extension.

TIPS:

- Keep the elbows close to your ears throughout the exercise.
- Keep the elbows directly over the shoulders such that upper arms don't move.

COMMON ERRORS:

1. Locking the knees if performing in the standing position, which places stress on the lower back.
2. Allowing the elbows to drift out to the sides, placing stress on the shoulders, while decreasing the effectiveness of the exercise for triceps.

VARIATIONS:

- Sit to do this exercise to improve posture and form especially when new to the exercise or using a heavier weight for the first time.
- Stand (as shown) on one leg* making this a balance exercise.
- *Introducing balance to an exercise can reduce the amount of weight that you can do. If that happens, the value of the exercise is reduced unless your #1 goal is balance. If your priority is reducing fat and enhancing lean, do the exercise option that allows you to do the heaviest weight safely.
- Due to range of motion challenges and the overhead nature of this exercise (good to have a spotter with you), this exercise may not be a triceps exercise you want to use. There are other options to choose from. When in doubt leave it out.

TRICEPS KICKBACK (ELBOW)

Triceps Kickback start



Triceps Kickback extension



SET UP:

1. Stand with small to medium weights, hinged forward at the hip.
2. Bring elbows up toward ceiling and keep close to sides.

MOVEMENT:

1. Extend the arm behind you to straighten the elbows.
2. Flex and return to the start position.

TIPS:

- Keep the elbows high and still throughout the movement.

COMMON ERRORS:

- Allowing the shoulders to sneak up toward the ears; try to stay relaxed through the neck.

VARIATIONS:

1. Do this exercise seated with the same set up.
2. Do this exercise with one arm at a time and a knee on the bench.

TRICEPS EXTENSION (SHOULDER)

Triceps Long Lever Extension start



Triceps Long Lever Extension lift



SET UP:

1. Stand, hinged forward from the hips.
2. Hold light weights and allow them to hang toward the floor from your shoulders.

MOVEMENT:

1. Press the weight straight behind you until arms are even with your torso.
2. Slowly return to just shy of the start so you're still contracting the muscles.

TIPS:

1. Pause at the top of the movement.
2. Maintain good form through the back, head, and neck.

COMMON ERRORS:

- Allowing the neck and upper back to tense, which amplifies a problem so many women have who carry their tension in the neck and shoulders.

VARIATIONS:

- Perform the exercise seated on a ball or a bench soon a ball or a bench as long as you can still move the arms freely.

COMBINATION SETS

Best For: Targeted muscle tone and definition

BICEPS COMBO

Biceps Combo start



Biceps Combo lift



Biceps Combo curl



Biceps Combo extension



SET UP:

1. Stand with light (or medium) weights and slightly bent knees).
2. Hold weights down at your sides.
3. Flex your elbows slightly.

MOVEMENT:

1. Lift the weights forward to shoulder height. (image 2)
2. Flex at the elbows and bring the weight toward your shoulders. (image 3)
3. Extend at the elbows so the arm is again at shoulder height. (image 4)
4. Return the weights to start position.

TIPS:

- Keep the knees slightly flexed and engage the core.
- As you flex and extend the elbows, keep them lifted (in image 3 the elbows could be slightly higher for more optimal form)

COMMON ERRORS:

- Arching the back or using too heavy a weight to complete repetitions with proper form.

VARIATIONS:

- Perform this exercise seated on a bench or a ball.
- Perform one set of the biceps raise; then one set of biceps curls; finish with a set of this biceps combo.

TRICEPS COMBO

Triceps Combo
start



Triceps Combo
lift



Triceps Combo
flex



Triceps Combo
extension



SET UP:

1. Stand, hinged forward from the hips.
2. Hold light weights and allow them to hang toward the floor from your shoulders.

MOVEMENT:

1. Press the weight straight behind you until arms are even with or slightly higher than your torso. (image 2)
2. Flex the elbow at 90 degrees. (image 3)
3. Extend the elbow. (image 4)
4. Slowly return to just shy of the start so you're still contracting the muscles.

TIPS:

- Choose a small enough weight to perform all repetitions with good form.

COMMON ERRORS:

- Elbows drifting out to the sides or allowing shoulders to creep up toward the ears.

VARIATIONS:

- Perform this exercise seated on a bench or a ball.
- Perform one set of triceps extension; then one set of triceps kickback; finish with a set of this triceps combo.

THE CELLULITE SOLUTION PROGRAM

DO THE FOLLOWING 4-STEP PROGRAM THREE* TIMES A WEEK.

1. START WITH CARDIO: either your workout for the day or do a cardio warm up for 5-10 minutes on cardio days off.

2. DO THE STRENGTH EXERCISES: below in a circuit. That is, perform each exercise 12-15 times then move to the next. Do two or three sets depending on your time.

3. CARDIO: Choose a cardio activity that uses the areas where you're experiencing cellulite. For instance, upper arms ? Try boxing, swimming, or rowing. Those will be most effective. The idea is to increase circulation specifically to the area you most want to see improvement. We don't see a lot of swimmers with significant upper body cellulite!

4. ROLL: immediately after you finish the last set, use a foam roller or [The Stick](#). Roll the muscles (hamstrings, quadriceps, gluteals, side of your hips, and triceps - backs of your upper arms) back and forth 20 times. If you only have cellulite on your lower body, you can leave out rolling for the upper arms. You may need assistance rolling areas you can't reach alone.

5. STRETCH: each of the muscles worked/rolled. Hold for 15-30 seconds minimum. For the cellulite program, stretch each muscle group with a targeted stretch. Time-saving integrated stretches like a warrior yoga pose work well for fitness, but to target cellulite take the time to hit each muscle in your trouble zone. [Watch this how-to Roll and Stretch video.](#)

Exercises:

- Squat
- Rear Lunge
- Side Lunge
- Bridge – Ball
- Hamstring Curl – Ball
- Chest Press
- Triceps Press
- Bicep Curl
- Triceps Combo
- Biceps Combo

Tips:

- Wait 48 hours before repeating strength exercises.
- Before you begin, take photos and measurements!
- Eat adequate protein and eat healthy fat. Reduce or eliminate sugar and processed foods. Drink plenty of water.
- Regular skin brushing may also help reduce the appearance of cellulite by increasing circulation. Use a brush on dry skin before your daily bath or shower.

In eight weeks you should see noticeable results. Share them at <https://www.facebook.com/groups/flipping50insiders>

*If you can't fit in three times a week, yes, it's still worth it to do this twice! This isn't addition to other strength training. If you're already lifting, simply add the cardio and rolling before you stretch.

SAMPLE WORKOUT PLANS

LEGS DAY	UPPER BODY DAY
Squats	Bent Over Row
Rear Lunges	Chest Press
Side Lunges	Bent Arm Pullover
Bridge – Ball	
Ham Curl - Ball	
ARMS & SHOULDERS I	ARMS & SHOULDERS II
Triceps Press	Reverse Fly
Biceps Curl	Triceps Combo
Triceps Combo	Front Raise
Biceps Combo	Biceps Combo
Shoulder Press	Lateral Raise
Reverse Fly	
FULL BODY 10 MINUTES	FULL BODY 20 MINUTES
Squats	Bent Over Row
Chest Press – Ball	Squats
Bent Over Row	Chest Press
	Rear Lunges
	Bent Arm Pullover
	Hamstring Curls
	Shoulder Press
	Triceps Press
	Biceps Curl

MUSCLES IN MINUTES WEEKLY SCHEDULER

You have 10 minutes most days of the week for resistance training.

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Legs	Upper Body 10		Legs	Upper Body 10		Arms & Shoulders I

You have 20 minutes three times a week for resistance training.

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Full Body 20			Legs Upper Body		Full Body 20	

You have 40-60 minutes twice a week for resistance training.

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Full Body 20 Arms & Shoulders II			Legs Upper Body 10 Arms & Shoulders I Plus Biceps Combo Triceps Combo			

You have 10-20 minutes week days and 40-60 minutes on the weekend to do resistance training.

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Legs Upper Body		Legs	Upper Body		Full Body 20 Arms & Shoulders I Plus: Bicep Combo Tricep Combo	

Your personal schedule may vary from any of the examples above. Feel free to play with your own schedule based on these guidelines:

- Always wait a minimum of 48 hours between exercising the same muscle group to allow for recovery. It's during this time the muscles repair and rebuild after the breakdown that happens during exercise. More is not better; it will defeat the purpose. For example, don't do a full body routine on Monday and do arms on Tuesday. You've worked them on Monday as they still play a supporting role when you don't isolate them.
- If you want to resistance train for less time more days of the week, you can choose lower body one day and upper body the next.
- If you're body is sore or you feel you're not as strong as you should be you may need another day of recovery before starting again. Recovery is personal and needing more is not a weakness. Ignoring your need for recovery will limit your results.
- Based on science and on 4 decades as a Women's strength & conditioning coach and hormone balancing fitness expert, I advise total body workouts over body part workouts most often for the metabolism stimulus that isn't matched by short body part workouts on multiple days. The lack of stimulus and lack of recovery together tend to produce a lesser degree of beneficial results in midlife women who need the muscle protein synthesis from strength training.

If you are a small woman without a need to reduce body fat, your selection of protocol may be less important.

MUSCLES IN MINUTES VOCABULARY

CELLULITE: Fat just under the skin with a dimpled, lumpy appearance more common in women than men. Deposits are most common in thighs, hips and bum. Causes are multifactorial and include genetics, hormones, and lifestyle.

CIRCUIT: A group of exercises done in succession before repeating.

FATIGUE: A point where a muscle is no longer able to generate optimal force. Often a point where technique would be compromised if more exercise was attempted.

FREQUENCY: Usually used to refer to the number of times per week different exercise components are performed. Optimal frequency develops positive fitness benefits while too little or too much frequency can result in lack of results or injury.

PROGRESSION: Refers to starting gradually and systematically increasing frequency, duration, or intensity. In strength training, this most often refers to increasing sets, or increasing weight, which may decrease repetitions. Safely using this principle employs one change at a time.

RECOVERY: The ability to meet or exceed performance goals and return the body to homeostasis following exercise. The rate of recovery is unique to each individual. Adequate recovery is key for making improvements in fitness, energy, body composition, and performance. Recovery has been the most overlooked and undervalued of all fitness principles.

REPETITIONS: The number of complete exercises performed in one set. Often repetitions and weight together determine intensity. As the weight increases, repetitions decrease.

ROLLING: Foam Rolling is not recommended for women with existing osteoporosis. Many of the foam rolling positions may place undue pressure directly on vertebrae prone to fracture, or require supporting your body weight with arms or shoulders. A massage gun can be a safer alternative. To see recommendations visit my Amazon page from <https://www.flippingfifty.com/resources>

SETS: refers to groups of exercise repetitions performed.

TEMPO: The time spent in contraction and/or at start or end points during a single repetition. Tempo manipulation is one way to change the intensity of exercise without the need to change other variables.

EAT TO WIN

Avoid these three biggest mistakes women make with their exercise program.

1. Eating the wrong food before or after
2. Not timing food right
3. Not eating at all

Eating even “healthy” foods can sabotage your efforts by releasing insulin and decreasing growth hormone. You want the exact opposite for creating lean and burning fat. Even some of the protein powders you may reach for have ingredients like msg, monosodium glutamate, maltodextrin, and artificial sugars and gums that sabotage you. All protein supplements are not created equal. If it's time to upgrade your protein shake I've got you covered. **Use the coupons at the back of the book** and try my protein shakes. They have everything you want – and nothing you don't all in the creamiest, best tasting, protein shake I've found.

If it's been hours since a meal when you exercise it will feel harder and actually be lower intensity. If you wait hours after exercise to eat you will benefit less and suffer when you should be recovering.

You may be skimping on or skipping meals to lose weight faster. You're messaging your body to burn less. So that tactic backfires on you big time. Trying to exercise to boost your metabolism in addition to eating too little, which slows metabolism, stresses your system. When you're stressed your body will pump out cortisol and make it hard to burn fat and easy to store fat.

Protein shakes are the easiest, and most convenient way I've found for including high-quality protein on the go without the addition of toxins, sugars, artificial sugars or flavors that many protein drinks and bars on the shelves include. Whether you can eat dairy, have food allergies to dairy, or prefer plant-based eating, I've created three options in both chocolate and vanilla. I began using protein shakes to solve my own need to eat well on the go and to share the solution with my clients who I found were unintentionally sabotaging their exercise efforts with toxic ingredients, or too little good food.

ABOUT DEBRA

I'm a fitness expert and a proud member of the over 50 club. Most importantly, I'm a teacher and coach. It's not enough for me to know fitness or be fit. You need me to be able to communicate it to you so it makes sense. It's more than science. It's about changing your relationship with food and exercise. I've worked with women of all ages for decades and spent years unlocking the code for women like you who want to look younger, feel younger and have more energy. I privately coach a limited amount of VIP clients. If you're ready to invest in yourself in a program that teaches you how to eat, move, and think for life and you're tired of quick fixes, apply for a private coaching consultation to learn which program serves you best.

Contact Debra at debra@flippingfifty.com or [Schedule a 90 Minute Ultimate Assessment to personalize your experience](#) to discuss your next steps.

CREDENTIALS

Certified Strength and Conditioning Coach, NSCA

Medical Exercise Specialist, ACE

Certified Micronutrient Specialist

B.S., M.S. Exercise Physiology and Exercise Psychology

Certified Coach, CoachU

International Fitness Presenter, ICAA, IDEA, Can-Fit-Pro, NSCA and others

Subject Matter Expert, American Council on Exercise

Senior Lecturer, Kinesiology, ISU (1988 – 2013)

TEDx Speaker and Corporate Keynoter

MedFit Advisory Board Member and Course author

Flipping 50® Menopause Fitness Specialist creator

CONNECT WITH DEBRA:

flippingfifty.com

facebook.com/Flipping50TV

YouTube.com/flipping50tv

Twitter.com/flipping50tv

Instagram.com/flipping50tv

WHERE TO FIND TOOLS

Foam Rollers

The Stick

Exercise Mats

Mini Bands

Dumbbells and Kettle Bells (buy local to avoid shipping!)

ADDITIONAL RESOURCES:

STRONGER: Tone & Define Full 12-weeks to strength, libido, energy

Program Plus Coaching request

Protein Shakes for Success (Enjoy The Coupon Codes Below)

