



JC's EVOLVING ROUTINE

For Brain, Bone and Muscle

With adaptations for spine challenges

Outcome Goals and Constraints

Strengthen brain, bone and muscle post menopause

Manage spine sensitivity to weight load, bends, twists

#1 Strength - Heavy Lift Adaptations 2x/wk



2x / week full set; Alternate days limited to physio corrective and stretching moves.

Core/Back Examples. ‘

i. Bird Dog, **ii.** Dead Bug, **iii.** Glute Bridge, **iv.** Figure 4 hip flexor; **v.** Side Planks with leg lifts & toe tapping

3 sets of 3 each per exercise → push to near failure → recover

#2 SIT (Sprint Interval Training) 2x/wk



Add 2x/week to daily walk: 30 sec push 3x during walk

3-4 minutes recovery in between

Warm up walking → 1 block uphill as fast as possible → 3-4 recovery blocks downhill or side streets. Repeat



#3 Plyo (Jump) Modifications



Current: Modified moves integrated into Strength protocol #1

Goal: add 1-2x/wk jump moves through pool “jump” variations

Beyond Essentials & Schedule (page 2)



Qi Gong and Tai Ji - personal priorities for both the love of the practice & the benefits

- Dual task training for cognition, balance, flexibility, mindfulness, general health).



Explore more links to expert resource details at
AgeSmartLiving.com/playbooks/movement



JC's ROUTINE SCHEDULE

A work in progress

Morning Week-Days



- Daily Qigong and Physio's corrective/stretching exercises
- Twice weekly tailored strength/plyo equivalent for core strength & bone



Evening Week-Days, Sunday



- Daily Chen Tai ji or walk
- Twice weekly – add SIT push to daily walks

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 PM							
	QiGong 5–15 min	QiGong 5–15 min	QiGong 5–15 min	QiGong 5–15 min	QiGong 5–15 min		
	Physio 5-10 min	Physio 5-10 min	Physio 5-10 min	Physio 5-10 min	Physio 5-10 min		
	Strength Plyo-Core 10–15 min			Strength Plyo-Core 10–15 min			
Total Time	20-45 Min	10-25 Min	10-25 Min	20-45 Min	10-25 Min		
6:30 PM							
							Chen Taiji Class 60 min
12:00 Noon							
5:30 PM							
6:00 PM							
6:30 PM	Taiji or Walk 15–30 min	Walk + SIT pushes 15–30 min	Taiji or Walk 15–30 min	Taiji or Walk 15–30 min	Walk + SIT pushes 15–30 min		
7:00 PM							
7:30 PM	Avoid heart raising exercise 1.5 - 2 Hours before bedtime; stretching, calm movement OK						

Explore more links to expert resource details at
AgeSmartLiving.com/playbooks/movement