



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 Physio Adaptations)

Core/Back floor exercise for spine, core (+ 10 min physio moves)

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

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



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

Add 30 sec push 3x per walk to 2 daily walks

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

Integrated into Strength protocol (#2)

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



Schedule (details page 2)

AM Strength/Plyo : add 10-15min 2x / wk to AM Qigong & Physio

PM SIT: 2x per week add 3-4x push cycles to daily walks , AM w/end
AM, PM and Weekend Chen Taiji - personal priority



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 non-negotiable Physio back exercises
- Twice weekly tailored strength/plyo (core & bone)

Evening Week-Days, Sunday



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