

Strength Training After 50

The 15-minute beginner circuit · two dumbbells, twice a week

EXERCISE	REPS	WHAT IT PROTECTS
1. Sit-to-stand (goblet squat)	8-12	Standing up from chairs, car seats, and the floor
2. Counter push-up	8-12	Pushing strength for getting out of bed and stuck windows
3. Bent-over row	8-12	The upper-back muscles that keep you upright
4. Overhead press	8-12	Lifting to the high shelf without calling for help
5. Farmer's carry	30-45 seconds	Grip, core, and carrying your own groceries

How it works

Do the five exercises as a circuit with very little rest between them. Rest one minute, then repeat the circuit once more. Two rounds is a session, twice a week. Most beginners start with 5 to 10 pounds per hand; grocery bags or water jugs work while you decide.

The two rules

1. When the last rep feels too easy, go heavier. That is the whole secret. 2. Feed the muscle: aim for a solid dose of protein at meals, especially breakfast.

Safety

Soreness at the start is normal. Sharp pain is not; skip that exercise and check with your doctor. Osteoporosis or a joint replacement? Clear the plan with your doctor or physical therapist first.