

### ### Equipment List

#### 1. **Basic Equipment:**

- Yoga Mat
- Resistance Bands
- Dumbbells (various weights)
- Foam Roller
- Stability Ball
- Bench or sturdy chair
- Pull-up Bar

#### 2. **Cardio Equipment:**

- Jump Rope
- Treadmill or stationary bike (optional)
- Step platform

#### 3. **Tracking Tools:**

- Fitness Journal
- Tape Measure
- Stopwatch
- Heart Rate Monitor

### ### Charts and Tracking Tools

#### 1. **Progress Tracking Chart:**

- Weekly log for exercises performed, reps, sets, and weights used.
- Monthly assessment log for key exercises (e.g., push-ups, squats, plank hold time).

#### 2. **Nutrition and Hydration Chart:**

- Daily log for meals, snacks, and water intake.
- Weekly summary of nutritional intake and adjustments needed.

#### 3. **Flexibility and Mobility Chart:**

- Daily log for stretching routines performed.
- Monthly assessment of flexibility improvements (e.g., sit-and-reach distance).

### ### Exercise List

#### #### Strength Training Exercises

##### 1. **Upper Body:**

- Push-Ups (standard or modified)
- Dumbbell Chest Press
- Dumbbell Shoulder Press
- Bent Over Rows

- Bicep Curls
  - Tricep Dips
2. **Lower Body:**
    - Squats (bodyweight or with weights)
    - Lunges
    - Deadlifts
    - Calf Raises
    - Glute Bridges
  3. **Core:**
    - McGill Curl-Up
    - Bird Dog
    - Side Plank
    - Dead Bug
    - Russian Twists

#### #### Cardiovascular Exercises

1. **Low-Impact Cardio:**
  - Walking
  - Cycling
  - Swimming
  - Elliptical Machine
2. **High-Intensity Interval Training (HIIT):**
  - Jumping Jacks
  - Burpees
  - High Knees
  - Mountain Climbers

#### #### Flexibility and Mobility Exercises

1. **Dynamic Stretching:**
  - Arm Circles
  - Leg Swings
  - Hip Circles
2. **Static Stretching:**
  - Neck Stretch
  - Shoulder Stretch
  - Triceps Stretch
  - Hamstring Stretch
  - Quadriceps Stretch
  - Hip Flexor Stretch
  - Calf Stretch
  - Glute Stretch

### 3. **Mobility Drills:**

- Joint Circles (neck, shoulders, hips, knees, ankles)
- Cat-Cow Stretch
- Thoracic Rotation
- Ankle Alphabet
- Shoulder Dislocates
- Deep Squat Hold

## ### Sample Workouts

### #### Beginner Full-Body Workout

#### 1. **Warm-Up (5 minutes):**

- Light cardio (walking or cycling)
- Dynamic stretching

#### 2. **Main Workout:**

- Squats: 2 sets of 12 reps
- Push-Ups: 2 sets of 10 reps
- Bent Over Rows: 2 sets of 12 reps
- Dead Bug: 2 sets of 10 reps (each side)
- Glute Bridges: 2 sets of 12 reps

#### 3. **Cool Down (5 minutes):**

- Static stretching
- Deep breathing exercises

### #### Intermediate Core Workout

#### 1. **Warm-Up (5 minutes):**

- Light cardio
- Dynamic stretching

#### 2. **Main Workout:**

- McGill Curl-Up: 3 sets of 15 reps
- Side Plank with Leg Lift: 3 sets of 15-second holds (each side)
- Bird Dog with Hold: 3 sets of 15 reps (each side)
- Pallof Press: 3 sets of 15 reps (each side)
- Dead Bug with Weight: 3 sets of 15 reps (each side)

#### 3. **Cool Down (5 minutes):**

- Child's Pose
- Seated Forward Bend

### #### Advanced Flexibility and Mobility Routine

1. **Warm-Up (5 minutes):**

- Light cardio
- Dynamic stretching

2. **Main Routine:**

- Joint Circles: 2 sets of 10 circles (each joint)
- Cat-Cow Stretch: 3 sets of 10 reps
- Hip Circles: 2 sets of 10 reps (each direction)
- Thoracic Rotation: 2 sets of 10 reps (each side)
- Deep Squat Hold: 3 sets of 60-second holds

3. **Cool Down (5 minutes):**

- Static stretching
- Deep breathing exercises

By using these charts and following the structured exercise routines, you can effectively track your progress and stay motivated on your journey to improved health and fitness over 40.

# DIMS and SIMS Tracking Chart

## DIMS (Danger In Me)

Things you hear, see, smell, taste, touch (H5STT)

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Things you say

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Things you do

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Things you think and believe

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Places you go

---

People in your life

---

Things happening in your body

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## **SIMS (Safety In Me)**

Things you hear, see, smell, taste, touch (H5STT)

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Things you say

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Things you do

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Things you think and believe

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Places you go

---

People in your life

---

Things happening in your body

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## DIMS vs SIMS

<b>DIMS</b>	<b>Categories</b>	<b>SIMS</b>
X-rays, loud noises	Things you sense	Sunny day, gentle touch
Stay home, pills	Things you do	Exercise, relative rest
I'm old	Things you say	It'll all work out
It's no use	Thoughts/beliefs	I think this may help
Hospital	Places	Pool, gym
Surgeon, Insurance	Family/friends	Friends, PT
Pain	Things happening in body	Strength



























