the
Ordr

longevity
Intermediate

6 days a week · 4 weeks · 30–40 min per session.

Dumbbells, bands, or kettlebells required · longevity focused.

Objective

A four week blueprint designed to help you live longer.

What You Do Between Sessions.

Focus on high protein (aim for 0.8–1g per lb bodyweight) to support lean muscle. Don't skip meals — especially post-workout. If you're unsure where to start, aim for:

40% carbs · 30% protein · 30% fat. Put simply: protein in every meal, complex carbs, good fats, and lots of color.

Move daily

Aim for 8,000–10,000 steps a day. It doesn't have to be perfect — walk the dog, take the stairs, pace in the kitchen. It all adds up.

Hydrate

Drink half your bodyweight in ounces (or more) of water daily. Consider adding electrolytes pre-workout; especially on sweaty days.

Prioritize sleep & Rest

Recovery = results. Aim for 7–9 hours of sleep. If that's hard, try dimming screens 1 hour before bed and taking a few deep breaths once you lie down.
Use two of the following recovery modalities: foam rolling, warm tubs, or sauna.

Week 1

Week 1

Day 1

FOUNDATIONS (Strength + Core + Mobility)

Strength Circut

Movement	Sets x Reps	Notes
Goblet Squat	**3 x 10**	Hold DB at chest. Sit tall, drive through heels.
Dumbbell Romanian Deadlift	**3 x 8**	Hinge at hips, back flat, feel hamstring stretch.
Pull-Ups or Band Pull-Down	**3 x 6–8**	Full range. Use band if needed. Controlled pull.
Dumbbell Overhead Press	**3 x 10**	Press straight overhead. Brace core to avoid arching.

Core Circut

Movement	Sets x Reps	Notes
Side Plank	**3 x 30s/side**	Keep hips high, avoid sagging.
Dead Bug	**3 x 10/side**	Keep low back pressed into floor.

Mobility/ Stretching

Movement	Sets x Reps	Notes
Foam Roll glute/back	2 Min	Deep. Pause on an area if its tight.
Worlds Greatest + Hip flexor Stretch	**2 x 30 side**	Rotate between these two stretches every 30 seconds.

Week 1

Day 2

VO_2 Max + Mobility

VO2 Max
30 min

Warm -Up: 5 minute easy jog or cycle.

Intervals:

- Option 1: 8-10 x (30s all-out sprint / 60s recovery)
- Option 2: Norwegian 4x4 (4-6 min hard effort, 4-6 minute recovery

Cool down: 5 minute easy pace jog or cycle.

Mobility Flow

Movement	Sets x Reps	Notes
90/90 Hip Stretch	**2x 30s/side**	Sit tall, rotate from hips. Lean forward gently.
Shoulder Wall Slides	**2 x 10 reps**	Keep lower back flat to wall, glide arms overhead.
Seated Forward Fold	**2 x 45s**	Relax spine, hinge at hips, reach forward softly.
Cat-Cow	**2 x 4 slow breaths**	Move with breath, round and arch spine fully.

Week 1

Day 3

Power + Strength

Power

Movement	Sets x Reps	Notes
Kettlebell or Dumbbell Swings	**3 x 15**	Hinge at hips, snap forward. Power comes from glutes, not arms.
Box Jumps	**3 x 10**	Land soft, step down for safety and control.
Power Focused Squat	**3 x 8–10**	Drive up fast from the bottom, moderate weight.
Thrusters	**3 x 12**	Squat into overhead press, smooth continuous motion.
Power Bench or Push-Ups	**3 x 6–8**	Explode on press, lower slowly under control.

Note: If short on time scale back to 2 sets.

Week 1

Day 3

Power + Strength

Strength Circut

Movement	Sets x Reps	Notes
Bulgarian Split Squat	**3 x 10/leg**	Keep torso tall, drive through front heel.
Bent-Over Row	**3 x 10**	Flat back, row DBs toward ribcage, squeeze shoulder blades.
Hip Thrust	**3 x 10–12**	Squeeze glutes hard at the top, avoid arching low back.
Plank Shoulder Taps	**3 x 12/side**	Keep hips steady, minimize rocking side to side.

Week 1

Day 4

Zone 2 Cardio + Mobility

Low Intensity Cardio
40-45 min

Brisk walk, Light jog, Hike, Stepper, Whatever it is as long as heart rate is in appropriate zone
Heart rate at 60–70% of max (conversational pace)

Mobility Flow

Movement	Sets x Reps	Notes
Couch Stretch (Hip Flexors)	**30s/side**	Keep torso tall, tuck pelvis slightly, press hips forward.
Open Book Thoracic Rotations	**8/side**	Lie on side, rotate upper back open, follow hand with eyes.
Deep Squat Hold w/ Reach	**30s**	Sit low in squat, press knees out, reach arms overhead.
Ankle Dorsiflexion Stretch (Knee to Wall)	**8 reps/side**	Drive knee toward wall while keeping heel down.

Week 1

Day 5

Strength + V02 finsiher

Strength

Movement	Sets x Reps	Notes
Deadlift or DB Romanian Deadlift	**2 x 8**	Hinge at hips, brace core, drive through heels.
Front Squat	**2 x 8–10**	Elbows high, chest tall, keep weight balanced mid-foot.
Pull-Ups or Chin-Ups	**3 x 6–8**	Use full range of motion, control both up and down.
Incline dumbbell Bench Press or push up	**3 x 8**	Lower slowly, press with control, elbows ~45° angle.
Step-Ups	**3 x 10/leg**	Step tall onto bench/box, drive through front heel.

Core / Stablility

Movement	Sets x Reps	Notes
Plank Variations	**3 x 30–45s**	Keep spine neutral, avoid sagging hips, squeeze glutes.
Russian Twists	**3 x 20**	Rotate from torso, not just arms. Keep core tight throughout.

VO2 Finisher

Bike, row, or sprints : 2-3 x 20 second all-out efforts.
Note: Full recovery after efforts.

Week 1

Day 6

Steady Flow Cardio + Stretch

Low Intensity Cardio

40-45 min

Brisk walk, Light jog, Hike, Stepper, Whatever it is as long as heart rate is in appropriate zone
Heart rate at 60–70% of max (conversational pace)

Stretch

Stretching & Mobility - 15-20 minutes. Deep holds.

Week 2

Week 2

Day 1

FOUNDATIONS (Strength + Core + Mobility)

Strength Circut

Movement	Sets x Reps	Notes
Goblet Squat	**3 x 10**	Hold DB at chest. Sit tall, drive through heels.
Dumbbell Romanian Deadlift	**3 x 8**	Hinge at hips, back flat, feel hamstring stretch.
Pull-Ups or Band Pull-Down	**3 x 6–8**	Full range. Use band if needed. Controlled pull.
Dumbbell Overhead Press	**3 x 10**	Press straight overhead. Brace core to avoid arching.

Core Circut

Movement	Sets x Reps	Notes
Side Plank	**3 x 30s/side**	Keep hips high, avoid sagging.
Dead Bug	**3 x 10/side**	Keep low back pressed into floor.

Mobility/ Stretching

Movement	Sets x Reps	Notes
Foam Roll glute/back	2 Min	Deep. Pause on an area if its tight.
Worlds Greatest + Hip flexor Stretch	**2 x 30 side**	Rotate between these two stretches every 30 seconds.

Week 2

Day 2

VO_2 Max + Mobility

VO2 Max
30 min

Warm -Up: 5 minute easy jog or cycle.

Intervals:

- Option 1: 8-10 x (30s all-out sprint / 60s recovery)
- Option 2: Norwegian 4x4 (4-6 min hard effort, 4-6 minute recovery

Cool down: 5 minute easy pace jog or cycle.

Mobility Flow

Movement	Sets x Reps	Notes
90/90 Hip Stretch	**2x 30s/side**	Sit tall, rotate from hips. Lean forward gently.
Shoulder Wall Slides	**2 x 10 reps**	Keep lower back flat to wall, glide arms overhead.
Seated Forward Fold	**2 x 45s**	Relax spine, hinge at hips, reach forward softly.
Cat-Cow	**2 x 4 slow breaths**	Move with breath, round and arch spine fully.

Week 2

Day 3

Power + Strength

Power

Movement	Sets x Reps	Notes
Kettlebell or Dumbbell Swings	**3 x 15**	Hinge at hips, snap forward. Power comes from glutes, not arms.
Box Jumps	**3 x 10**	Land soft, step down for safety and control.
Power Focused Squat	**3 x 8–10**	Drive up fast from the bottom, moderate weight.
Thrusters	**3 x 12**	Squat into overhead press, smooth continuous motion.
Power Bench or Push-Ups	**3 x 6–8**	Explode on press, lower slowly under control.

Note: If short on time scale back to 2 sets.

Week 2

Day 3

Power + Strength

Strength Circut

Movement	Sets x Reps	Notes
Bulgarian Split Squat	**3 x 10/leg**	Keep torso tall, drive through front heel.
Bent-Over Row	**3 x 10**	Flat back, row DBs toward ribcage, squeeze shoulder blades.
Hip Thrust	**3 x 10–12**	Squeeze glutes hard at the top, avoid arching low back.
Plank Shoulder Taps	**3 x 12/side**	Keep hips steady, minimize rocking side to side.

Week 2

Day 4

Zone 2 Cardio + Mobility

Low Intensity Cardio
40-45 min

Brisk walk, Light jog, Hike, Stepper, Whatever it is as long as heart rate is in appropriate zone
Heart rate at 60–70% of max (conversational pace)

Mobility Flow

Movement	Sets x Reps	Notes
Couch Stretch (Hip Flexors)	**30s/side**	Keep torso tall, tuck pelvis slightly, press hips forward.
Open Book Thoracic Rotations	**8/side**	Lie on side, rotate upper back open, follow hand with eyes.
Deep Squat Hold w/ Reach	**30s**	Sit low in squat, press knees out, reach arms overhead.
Ankle Dorsiflexion Stretch (Knee to Wall)	**8 reps/side**	Drive knee toward wall while keeping heel down.

Week 2

Day 5

Strength + V02 finsiher

Strength

Movement	Sets x Reps	Notes
Deadlift or DB Romanian Deadlift	**2 x 8**	Hinge at hips, brace core, drive through heels.
Front Squat	**2 x 8–10**	Elbows high, chest tall, keep weight balanced mid-foot.
Pull-Ups or Chin-Ups	**3 x 6–8**	Use full range of motion, control both up and down.
Incline dumbbell Bench Press or push up	**3 x 8**	Lower slowly, press with control, elbows ~45° angle.
Step-Ups	**3 x 10/leg**	Step tall onto bench/box, drive through front heel.

Core / Stablility

Movement	Sets x Reps	Notes
Plank Variations	**3 x 30–45s**	Keep spine neutral, avoid sagging hips, squeeze glutes.
Russian Twists	**3 x 20**	Rotate from torso, not just arms. Keep core tight throughout.

VO2 Finisher

Bike, row, or sprints : 2-3 x 20 second all-out efforts.
Note: Full recovery after efforts.

Week 2

Day 6

Steady Flow Cardio + Stretch

Low Intensity Cardio

40-45 min

Brisk walk, Light jog, Hike, Stepper, Whatever it is as long as heart rate is in appropriate zone
Heart rate at 60–70% of max (conversational pace)

Stretch

Stretching & Mobility - 15-20 minutes. Deep holds.

Week 3

Week 3

Day 1

FOUNDATIONS (Strength + Core + Mobility)

Strength Circut

Movement	Sets x Reps	Notes
Goblet Squat	**3 x 10**	Hold DB at chest. Sit tall, drive through heels.
Dumbbell Romanian Deadlift	**3 x 8**	Hinge at hips, back flat, feel hamstring stretch.
Pull-Ups or Band Pull-Down	**3 x 6–8**	Full range. Use band if needed. Controlled pull.
Dumbbell Overhead Press	**3 x 10**	Press straight overhead. Brace core to avoid arching.

Core Circut

Movement	Sets x Reps	Notes
Side Plank	**3 x 30s/side**	Keep hips high, avoid sagging.
Dead Bug	**3 x 10/side**	Keep low back pressed into floor.

Mobility/ Stretching

Movement	Sets x Reps	Notes
Foam Roll glute/back	2 Min	Deep. Pause on an area if its tight.
Worlds Greatest + Hip flexor Stretch	**2 x 30 side**	Rotate between these two stretches every 30 seconds.

Week 3

Day 2

VO_2 Max + Mobility

VO2 Max
30 min

Warm -Up: 5 minute easy jog or cycle.

Intervals:

- Option 1: 8-10 x (30s all-out sprint / 60s recovery)
- Option 2: Norwegian 4x4 (4-6 min hard effort, 4-6 minute recovery

Cool down: 5 minute easy pace jog or cycle.

Mobility Flow

Movement	Sets x Reps	Notes
90/90 Hip Stretch	**2x 30s/side**	Sit tall, rotate from hips. Lean forward gently.
Shoulder Wall Slides	**2 x 10 reps**	Keep lower back flat to wall, glide arms overhead.
Seated Forward Fold	**2 x 45s**	Relax spine, hinge at hips, reach forward softly.
Cat-Cow	**2 x 4 slow breaths**	Move with breath, round and arch spine fully.

Week 3

Day 3

Power + Strength

Power

Movement	Sets x Reps	Notes
Kettlebell or Dumbbell Swings	**3 x 15**	Hinge at hips, snap forward. Power comes from glutes, not arms.
Box Jumps	**3 x 10**	Land soft, step down for safety and control.
Power Focused Squat	**3 x 8–10**	Drive up fast from the bottom, moderate weight.
Thrusters	**3 x 12**	Squat into overhead press, smooth continuous motion.
Power Bench or Push-Ups	**3 x 6–8**	Explode on press, lower slowly under control.

Note: If short on time scale back to 2 sets.

Week 3

Day 3

Power + Strength

Strength Circut

Movement	Sets x Reps	Notes
Bulgarian Split Squat	**3 x 10/leg**	Keep torso tall, drive through front heel.
Bent-Over Row	**3 x 10**	Flat back, row DBs toward ribcage, squeeze shoulder blades.
Hip Thrust	**3 x 10–12**	Squeeze glutes hard at the top, avoid arching low back.
Plank Shoulder Taps	**3 x 12/side**	Keep hips steady, minimize rocking side to side.

Week 3

Day 4

Zone 2 Cardio + Mobility

Low Intensity Cardio
40-45 min

Brisk walk, Light jog, Hike, Stepper, Whatever it is as long as heart rate is in appropriate zone
Heart rate at 60–70% of max (conversational pace)

Mobility Flow

Movement	Sets x Reps	Notes
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Week 3

Day 5

Strength + V02 finsiher

Strength

Movement	Sets x Reps	Notes
Deadlift or DB Romanian Deadlift	**2 x 8**	Hinge at hips, brace core, drive through heels.
Front Squat	**2 x 8–10**	Elbows high, chest tall, keep weight balanced mid-foot.
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Core / Stablility

Movement	Sets x Reps	Notes
Plank Variations	**3 x 30–45s**	Keep spine neutral, avoid sagging hips, squeeze glutes.
Russian Twists	**3 x 20**	Rotate from torso, not just arms. Keep core tight throughout.

VO2 Finisher

Bike, row, or sprints : 2-3 x 20 second all-out efforts.
Note: Full recovery after efforts.

Week 3

Day 6

Steady Flow Cardio + Stretch

Low Intensity Cardio

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Heart rate at 60–70% of max (conversational pace)

Stretch

Stretching & Mobility - 15-20 minutes. Deep holds.

Week 4

Week 4

Day 1

FOUNDATIONS (Strength + Core + Mobility)

Strength Circut

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Goblet Squat	**3 x 10**	Hold DB at chest. Sit tall, drive through heels.
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Core Circut

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Mobility/ Stretching

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Week 4

Day 2

VO_2 Max + Mobility

VO2 Max
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Mobility Flow

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Week 4

Day 3

Power + Strength

Power

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Note: If short on time scale back to 2 sets.

Week 4

Day 3

Power + Strength

Strength Circut

Movement	Sets x Reps	Notes
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Plank Shoulder Taps	**3 x 12/side**	Keep hips steady, minimize rocking side to side.

Week 4

Day 4

Zone 2 Cardio + Mobility

Low Intensity Cardio
40-45 min

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Week 4

Day 5

Strength + V02 finsiher

Strength

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Core / Stablility

Movement	Sets x Reps	Notes
Plank Variations	**3 x 30–45s**	Keep spine neutral, avoid sagging hips, squeeze glutes.
Russian Twists	**3 x 20**	Rotate from torso, not just arms. Keep core tight throughout.

VO2 Finisher

Bike, row, or sprints : 2-3 x 20 second all-out efforts.

Note: Full recovery after efforts.

Week 4

Day 6

Steady Flow Cardio + Stretch

Low Intensity Cardio

40-45 min

Brisk walk, Light jog, Hike, Stepper, Whatever it is as long as heart rate is in appropriate zone
Heart rate at 60–70% of max (conversational pace)

Stretch

Stretching & Mobility - 15-20 minutes. Deep holds.


Finished