the
Ordr

longevity
Beginner

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 + Mobility)

Strength Circut

Movement	Sets x Reps	Notes
Sit-to-Stand Squat (from chair)	**2 x 8–10**	Sit back to chair, stand tall, keep weight in heels.
Dumbbell or Band Deadlift	**2 x 8**	Hinge at hips, back flat, lift with glutes and hamstrings.
Band Row or Wall Pull-Down	**2 x 8–10**	Squeeze shoulder blades together, control return.
Overhead Dumbbell Press	**2 x 8–10**	Press straight overhead, brace core to avoid arching.

Mobility Stretching

Movement	Sets x Reps	Notes
Hip Flexor Stretch	**30s/side**	Tuck pelvis under, gently press hips forward.
Shoulder Wall Slide	**8 reps**	Keep ribs down and arms gliding up the wall.
Cat-Cow	**4 slow breaths**	Inhale arch, exhale round, move smoothly with breath.

Week 1

Day 2

VO_2 Max + Mobility

VO2 Max
30 min

Warm -Up: 5 minute easy jog or cycle.

Intervals:

- Option 1: 6 x (30s intense cardio activity / 60s slow 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
Seated Forward Fold	**30s**	Sit tall, hinge from hips, relax spine as you fold forward.
Child's Pose	**30s**	Knees wide, arms forward, sink hips back toward heels.
Cat-Cow	**4 breaths**	Inhale arch spine, exhale round, move slowly with breath.

Week 1

Day 3

Power + Strength

Power

Movement	Sets x Reps	Notes
Glute Bridge with slow eccentric	**2 x 10**	3 Seconds on way down. Drive hips up quickly and squeeze glutes on the way up.
Step-Up (bodyweight)	**2 x 6/leg**	Step tall, drive through front heel, control on way down.
Wall Push-Ups	**2 x 8–10**	Stand at arm's length, lower chest to wall, press back strong.

Strength Block

Movement	Sets x Reps	Notes
Split Squat (use wall for balance)	**2 x 8/leg**	Keep torso tall, step long, drive through front heel.
Band Row	**2 x 8–10**	Pull to ribs, squeeze shoulder blades, control return.
Plank Shoulder Taps	**2 x 6/side**	Keep hips steady, tap shoulder lightly without rocking.

Week 1

Day 4

Zone 2 Cardio + Mobility

Low Intensity Cardio
20-30 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 heart rate(conversational pace).

Mobility Flow

Movement	Sets x Reps	Notes
Deep Squat Hold	**20s**	Sit low in squat, chest tall, press knees out gently.
Open Book Rotations	**5/side**	Lie on side, rotate upper back open, follow hand with eyes.
Ankle Stretch (Knee-to-Wall)	**5/side**	Keep heel down, drive knee gently toward wall.

Week 1

Day 5

Strength + V02 finsiher

Strength

Movement	Sets x Reps	Notes
Dumbbell Deadlift	**2 x 8**	Hinge at hips, keep back flat, lift with glutes and hamstrings.
Sit-to-Stand Squat	**2 x 8–10**	Sit back lightly to chair, stand tall, weight in heels.
Incline Push-Ups	**2 x 8**	Hands on bench or wall, lower chest with control, press back strong.
Step-Ups	**2 x 8/leg**	Step tall onto box/chair, drive through heel, control descent.

Core / Stablility

Movement	Sets x Reps	Notes
Side Plank	**2 x 15-30s side**	Elbow under shoulder, lift hips, keep body in a straight line.
Russian Twists	**3 x 20**	Rotate from torso, not just arms. Keep core tight throughout.

VO2 Finisher (optional)

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

30-45 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 - 10-25 minutes. Deep holds on tight tendons such as hamstrings, hips, and chest.

Week 2

Week 2

Day 1

FOUNDATIONS (Strength + Mobility)

Strength Circut

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Mobility Stretching

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Shoulder Wall Slide	**8 reps**	Keep ribs down and arms gliding up the wall.
Cat-Cow	**4 slow breaths**	Inhale arch, exhale round, move smoothly with breath.

Week 2

Day 2

VO_2 Max + Mobility

VO2 Max
30 min

Warm -Up: 5 minute easy jog or cycle.

Intervals:

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Mobility Flow

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Week 2

Day 3

Power + Strength

Power

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Week 2

Day 4

Zone 2 Cardio + Mobility

Low Intensity Cardio
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Strength + V02 finsiher

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Week 3

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