

# 7-Day Workout Plan for Men and Women Over 40

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I shared the ultimate workout plan for males and females over 40 to improve and maintain strength, mass, mobility, and endurance.

This program involves performing three days of resistance training, two days of cardio, and one day of mobility exercises.

The combination of endurance, strength, and mobility training will make you strong, flexible, and functionally fit.<sup>1</sup>

**Here's how the weekly training schedule looks for men and women over forty:**

- Day 1 – Chest, Arms, and Calves
- Day 2 – Cardio and Abs
- Day 3 – Back, Hamstrings, and Glutes
- Day 4 – Cardio and Abs
- Day 5 – Quads and Shoulder
- Day 6 – Mobility Exercises
- Day 7 – Recovery Day

Working out a little every day is an excellent way to stay fit, strong, and young. That's why I've designed a six-day schedule.

However, you can take a day off whenever you feel exhausted, or your muscles are not fully recovered and then restart from where you've left off.

Pairing this routine with a nutritious diet will take their fitness to the next level.

At the end of the article, I'll provide a quick FAQ to solve any query regarding this training program.

## The Best Workout Routine for Men and Women Over 40

Split Type	Hybrid Split
Types of Workouts	Resistance, Aerobic, and Stretching
Program Goal	Keep you strong and functional
Sessions/week	Six times weekly
Duration/session	30-45 minutes
Target Gender	Male and Female
Workout Level	Beginner to Intermediate
Suitable Age Group	40-60 years

As I always suggest, start your day with a quick warm-up session to increase body temperature and blood flow around your body. For people over 40, I recommend doing some [dynamic warm-up exercises](#) and [aerobic movements](#) before starting the workout below.

Before you start this routine, I recommend consulting a doctor who can assess your fitness and then help you make the decision on whether you should begin this program

## Day 1 – Chest, Arms, and Calves

On your first day, you'll train your chest, arms, and calves with resistance machines. This includes three sets of chest muscles, one set each for the biceps and triceps, and one set for the lower leg.

Exercise	Sets	Reps
Seated Pec Deck Fly	3	15
Incline Machine Chest Press	3	15
High to Low Cable Chest Fly	3	12
Rope Press Down	3	15
Preacher Curl	3	15
Machine Calf Raises	3	15

### More exercise options for training in the coming weeks:

- **Chest** – Flat Dumbbell Bench Press and Upright Cable Fly
- **Triceps** – Overhead Triceps Extension, Kickback, and Bench Dips
- **Biceps** – Concentration Curl, Cable Curl, and Hammer Curl

## Day 2 – Cardio and Abs

The second week of this workout program involves doing 30 minutes of cardio using the Treadmill, Stationary Bike, Elliptical Machine, and Rowing Machine.

I recommend doing these exercises at 50-60 percent of your **maximum heart rate**, but you can adjust the intensity according to your needs.

Exercise	Duration	Rest
Treadmill	10 minutes	2-minute
Bicycle	5 minutes	1-minute
Elliptical Trainer	5 minutes	1-minute
Row Machine	5 minutes	–

Forearm Plank	30-sec x 2	-
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## Day 3 – Back, Hamstrings, and Glutes

On the third day, you'll hit your back, ham, and glutes with some of the best muscle-building exercises.

Exercise	Sets	Reps
Front Lat Pull-down	2	15
Close Grip Lat Pull-down	2	15
Seated Machine Row	3	15
Cable Face Pull	3	10
Machine Leg Curl	4	15
<b>Dumbbell Frog Pump</b>	3	10

### More exercise options for the third day of training:

- **Back** – Inverted Row, One-arm DB Row, Chest-Supported T Row, High Cable Row, etc.
- **Hamstrings** – Romanian Deadlift, Single-leg Hamstring Bridge, and **Lying DB Leg Curl**.
- **Glutes** – Cable Pull-through, Hip Bridge, Glute Kickback, and Hip Thrust.

## Day 4 – Cardio and Abs

Again, on the fourth day, you'll work on enhancing your cardiovascular fitness and shaping your physique.

Exercise	Duration	Rest
Treadmill	5 minutes	2-minute
Bicycle	5 minutes	2-minute
Elliptical Trainer	5 minutes	1-minute
Burpees	5 sets of 5	45-second
Kettlebell Swings	3 sets of 20	1-minute
Side Plank	30-sec x 4	-

## Day 5 – Quads and Shoulder

On the fifth day, you'll train your upper and lower body on the same day. First, you'll focus on the intense part of the training, the quads workout, followed by the shoulder workouts.

Exercise	Sets	Reps
Leg Extension	2	15-20
Machine Leg Press	3	15-20
Dumbbell Lunges	3	10/leg
Overhead Press	3	10-12
Single-arm Lateral Raise	3	10/side
Reverse Pec Deck Fly	3	12-15

## Day 6 – Mobility Exercises

On the last day, you'll do some mobility work to ease your muscle soreness and improve balance and flexibility. I believe balance and flexibility are the main features of a functional body, so I've included them in this training program.

Exercise	Activity
<a href="#">Cat-Cow</a>	5-sec cat and cow pose each x 5 times
<a href="#">World's Greatest Stretch</a>	10-sec per side x 5 times
<a href="#">Lying Hip Rotation</a>	10 reps per side x 4 times
Downward Facing Dog	10-second hold x 3 times
Upward Facing Dog	10-second hold x 3 times
<a href="#">Extended Side Angle</a>	10-second per side x 3 times

You can also include more [mobility exercises](#) in your arsenal to [enhance your balance and flexibility](#).

## **Day 7 – Recovery**

The seventh day will be a complete rest day. I also recommend taking a sauna or cold shower to ease muscle soreness and enhance recovery.

## **How Much Exercise is Enough for People Over 40?**

A study has shown that training five days a week, including both aerobic and strengthening exercises, can enhance your overall fitness.<sup>2</sup> So, I recommend training at least 30 minutes a day, five to six times weekly instead of two hours in two days, and then skipping the other days.

## **Can You Gain Mass After 40?**

Yes, several studies have shown that combining strength training with a high-protein diet can help build muscle mass even after the age of 40. However, it requires proper nutrition, recovery, consistent training, and evaluation of your physique. Plus, progress will also be slow, so have patience and focus on the process.<sup>3</sup>

## **Can You Use This Program for Weight Loss?**

Yes, pairing this workout plan with a low-calorie diet will enhance your weight loss, build lean mass, elevate your cardiovascular fitness, and shape your physique over time.<sup>4</sup>

Besides these, if you need any help regarding this training program, send your questions through emails and social media, and I'll help you out.

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## References

- 1

**Effectiveness of a Hybrid Exercise Program on the Physical Abilities of Frail Elderly and Explainable Artificial-Intelligence-Based Clinical Assistance** – International Journal of Environmental Research and Public Health

- 2

Taylor D. (2014). **Physical activity is medicine for older adults**. Postgraduate medical journal, 90(1059), 26–32. <https://doi.org/10.1136/postgradmedj-2012-131366>

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**Increasing Muscle Mass in Elders through Diet and Exercise**: A Literature Review of Recent RCTs – Foods (Basel Switzerland), PubMed Central Article

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**How can strength training build healthier bodies as we age?** – National Institute of Aging