

# 12 WEEK CUTTING WORKOUT PLAN TO SCULPT YOUR BODY

Full URL: <https://thefitnessphantom.com/workout-plan-for-people-over-50-with-pdf>

This program is based on a hybrid workout approach, involving three sessions for strength training and two for cardio per week. It will also have a stretching session on resistance training days after the workout.

If you're in your 50s and want to build a strong, functional, and good-looking body, consider trying this program for a few months.

## Program Summary

Split Type	Hybrid Split Training
Exercise Type	Strength & Cardio
Sessions per week	Five (3 for resistance & 2 for cardio)
Duration per Session	45-60 minutes for weight training & 30-45 minutes for cardio
Suitable Age Group	50-60 years
Program Difficulty	Easy to Medium
Program Duration	12 Weeks
Target Gender	Male & Female

# Full Body Warm-Up & Post Workout Stretching

## WARM-UP TO DO BEFORE WEIGHT TRAINING:

- **Arm circles:** 2 sets of 15 reps per side (good for shoulder and chest workout)
- **Band pull-aparts:** 2 sets of 15 reps (great for upper body workout)
- **World's Greatest Stretch:** 2 sets of 5 reps per side (for full-body workout)
- **Leg Swings & Lunges:** 2 sets of 10-12 per leg (good for activating the lower body)
- **Low Lunge Arch:** 1 set of 10-15 seconds hold per side (helps loosen full-body stiffness)
- Explore other [dynamic warm-up](#) and [cardio exercises](#) you can do before lifting weights.

## STRETCHING TO DO AFTER WEIGHT TRAINING:

- **Downward-Facing Dog:** 2 sets of 10 seconds hold
- **Standing Forward Bend:** 2 sets of 10-15 seconds hold
- **Cobra Pose:** 2 sets of 15 seconds hold
- **Child Pose with Reach:** 2 sets of 10-second hold
- **Knee to Chest Stretch:** 2 sets per side with 5-10 seconds hold

- **Supine Spinal Twist:** 2 sets per side with 5–10 seconds hold
- Explore more [static stretching exercises](#) and include them in your workout. Alternatively, you can pick any workout from this [10-minute stretching workout](#) and do it after resistance training.

## Full 12 Week Workout Plan for People Over 50: Get Strong & Functional

This program involves a 5-day split training with three sessions for weight and two for cardio.

You'll do resistance training on alternate days, such as Chest and Arms on Monday, Shoulder and Legs on Wednesday, and Back, Calves, and Abs on Friday. These three sessions are enough to train every body part.

And, on Tuesday and Thursday, you'll do cardio to improve your endurance.

### Here's how your weekly schedule will be:

- **Day 1:** Chest, Biceps, & Triceps
- **Day 2:** Low Impact Cardio
- **Day 3:** Shoulder & Thighs

- **Day 4:** Weighted Cardio
- **Day 5:** Back, Abs, & Calves
- **Day 6:** OFF
- **Day 7:** OFF

## Week 1-4

### Day 1 – Chest, Biceps, & Triceps

Exercise	Sets	Reps	Target Muscle	Rest
<a href="#">Flat Dumbbell Bench Press</a>	3	12	Chest	2-minute
<a href="#">Incline Dumbbell Bench Press</a>	3	12	Chest	2-minute
Machine Pec Fly or <a href="#">High to Low Cable Fly</a>	3	12	Chest	2-minute
<a href="#">1-arm Preacher Curls</a>	3	10/side	Biceps	1-minute
<a href="#">Alternating Hammer Curls</a>	3	10/side	Biceps	1-minute
<a href="#">Triceps Pushdown</a>	3	12-15	Triceps	1-minute

### Day 2 – Cardio

Train at your own pace but ensure it is slightly challenging.

Exercise	Duration	Rest
Treadmill (Inclined) @10-12	10 minutes	2-minute
Stationary Bicycling	5 minutes	2-minute
Elliptical Trainer	5 minutes	2-minute
<a href="#">Seated Rowing Machine</a>	5 minutes	–

### Day 3 – Shoulder & Thighs

Exercise	Sets	Reps	Target Muscle	Rest
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<a href="#">Dumbbell Squats</a>	3	15	Quads	2-minute
<a href="#">Dumbbell Lunges</a>	3	10/side	Thighs	2-minute
Leg Extensions	3	15-20	Quads	2-minute
<a href="#">Overhead DB Press</a>	3	12-15	Delts	2-minute
<a href="#">Lateral Raises</a> (Cable or DB)	3	12-15	Delts	1-minute
Rear Delt Fly (Machine)	3	12-15	Rear Delts	2-minute

## Day 4 – Cardio

Train at your own pace but ensure it is slightly challenging.

Exercise	Duration	Rest
Treadmill (Inclined) @10-12	10 minutes	3-minute
Wall Ball Shots (Rotational)	50 per side	3-minute
Elliptical Trainer	5 minutes	2-minute
Seated Rowing Machine	5 minutes	–

## Day 5 – Back, Abs, and Calves

Exercise	Sets	Reps	Target Muscle	Rest
Lat Pulldown	3	15	Back	2-minute
<a href="#">High to Low Single-arm Row</a>	3	10/side	Back	2-minute
<a href="#">Seated Cable or Machine Row</a>	3	12-15	Back	2-minute
<a href="#">Cable Crunches</a>	3	12-15	Abdominals	1-minute
<a href="#">Bird Dog Lifts</a>	3	5/side	Abs & Back	30-second
Standing Calf Raises	4	15-20	Calves	90-second

## Week 5-8

### Day 1 – Chest, Biceps, & Triceps

Exercise	Sets	Reps	Target Muscle	Rest
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Flat Dumbbell Bench Press	3	12	Chest	2-minute
Incline Dumbbell Bench Press	3	12	Chest	2-minute
Bent-over Cable Flyes	3	12	Chest	2-minute
<a href="#">Cable Biceps Curls</a>	3	15	Biceps	2-minute
<a href="#">Reverse Biceps Curls</a>	3	15	Arms	1-minute
Cable Pushdown	3	15	Triceps	90-second
<a href="#">Triceps Overhead Extensions</a>	3	15	Triceps	2-minute

## Day 2 – Cardio

Train at your own pace but ensure it is slightly challenging.

Exercise	Duration	Rest
Treadmill (Inclined) @10-12	10 minutes	2-minute
Stationary Bicycling	5 minutes	2-minute
Elliptical Trainer	5 minutes	2-minute
Seated Rowing Machine	5 minutes	–

## Day 3 – Shoulder & Thighs

Exercise	Sets	Reps	Target Muscle	Rest
Dumbbell Squats	3	15	Quads	2-minute
<a href="#">Reverse Lunges</a>	3	10/side	Thighs	2-minute
<a href="#">Dumbbell Step Up</a>	3	10/leg	Lower Body	2-minute
<a href="#">Seated FDL Raises</a>	3	6-8	Shoulders	2-minute
<a href="#">Cable Face Pull</a>	3	12-15	Rear Delts	2-minute
Single-arm Landmine Press	3	12/side	Shoulders	30-second

## Day 4 – Cardio

Perform at a moderate pace, ensuring it feels a bit challenging.

Exercise	Duration	Rest
Treadmill (Inclined) @10-12	10 minutes	3-minute
Wall Ball Shots (Rotational)	50 per side	3-minute
Elliptical Trainer	5 minutes	2-minute
Seated Rowing Machine	5 minutes	–

## Day 5 – Back, Abs, & Calves

Exercise	Sets	Reps	Target Muscle	Rest
<a href="#">Close-Grip Lat Pulldown</a>	3	15	Back	2-minute
Single-arm Seated Row	3	10/side	Back	2-minute
<a href="#">Chest Supported T-Bar Row</a>	3	12-15	Back	2-minute
Reverse Crunches	3	12-15	Abdominals	1-minute
Kneeling Plank	3	1-minute	Core	30-second
Seated Calf Raises	3	15-20	Soleus	90-second
Standing Calf Raises	3	15-20	Gastrocnemius	90-second

## Week 9-12

### Day 1 – Chest, Biceps, & Triceps

Exercise	Sets	Reps	Target Muscle	Rest
<a href="#">Incline Smith Machine Bench Press</a>	3	12	Chest	2-minute
Pec Deck Flyes	3	12	Chest	2-minute
High to Low Cable Flyes	3	15	Chest	2-minute
<a href="#">Face Away Cable Curls</a>	3	10	Biceps	2-minute
<a href="#">Rope Hammer Curls</a>	3	15	Biceps	2-minute
Bar Triceps Pressdown	3	15	Triceps	1-minute
Seated Overhead Extension	3	12	Triceps	1-minute

## Day 2 – Cardio

Train at your own pace but ensure it is slightly challenging.

Exercise	Duration	Rest
Treadmill (Inclined) @10-12	10 minutes	2-minute
Stationary Bicycling	5 minutes	2-minute
Elliptical Trainer	5 minutes	2-minute
Seated Rowing Machine	5 minutes	–

## Day 3 – Shoulder & Thighs

Exercise	Sets	Reps	Target Muscle	Rest
Hack Squats	3	15	Quads	2-minute
Step Up	3	10/side	Thighs	2-minute
Leg Press	3	15-20	Quads	2-minute
Overhead DB Press	3	12-15	Delts	2-minute
Seated Dumbbell Lateral Raises	3	12-15	Delts	1-minute
Rear Delt Machine Fly	3	12-15	Rear Delts	2-minute

## Day 4 – Cardio

Perform at a moderate pace, ensuring it feels a bit challenging.

Exercise	Duration	Rest
Treadmill (Inclined) @10-12	10 minutes	3-minute
Wall Ball Shots (Rotational)	50 per side	3-minute
Elliptical Trainer	5 minutes	2-minute
Seated Rowing Machine	5 minutes	–



## Day 5 – Back, Abs, & Calves

Exercise	Sets	Reps	Target Muscle	Rest
Lat Pulldown	3	15	Back	2-minute
Seated Machine Row	3	10/side	Back	2-minute
One-arm Dumbbell Row	3	12/side	Back	2-minute
Cable Crunches	3	12-15	Abdominals	1-minute
<a href="#">Knee Fit Ball Plank</a>	3	30-45 sec	Core	1-minute
Standing Calf Raises	4	15-20	Calves	90-second

## Frequently Asked Questions (FAQs)

### Is This Program Safe for People Over 50?

Yes, this program involves basic exercises that are safe for people of all ages. They are not only easy to perform but also help you build strength and muscle mass, prevent sarcopenia, and enhance cardiovascular fitness. (Explore [why strength is good for old people](#) on NIH)

### What if I Feel Discomfort?

Lifting weights and cardio can be challenging for older people. So, I recommend using lighter weights and focusing on the correct form to avoid any kind of pain, including knee, back, or joint pain.

Additionally, I also suggest stopping the workout completely if you feel too much discomfort.

## **Is Cardio Necessary?**

Yes, cardio helps maintain and improve cardiovascular fitness and helps you stay fit and functional. (Source: [Frontiers in Physiology](#))

## **Can People Over 50 Build Muscle?**

Yes, you can build muscle at any age as long as you lift consistently, gradually increase the weight you lift, and eat well. (Source: [Centers for Disease Control and Prevention](#))

## **For How Long Should I Follow This Routine?**

I recommend doing this program for at least 12 weeks to see any results.

## **Do I Have to Follow Any Specific Diet?**

No, you don't have to. Just follow the basic things, such as eating 1 to 1.2 grams of protein per kg of your body weight a day. Besides protein, focus on eating carbs and fats as well. I recommend consulting a nutritionist who can create a customized diet plan for you based on your current health conditions, eating preferences, and budget. (Source: PMID: [24814383](#)).

## **What Should I Do After Completing This Program?**

Repeat if it helps improve or maintain your fitness. Let me know if it doesn't work so I can design another program for you.