Free Exercise Routine for Men Over 40

Safecore Defense — PROTECT YOURSELF. STAY SAFE.

Fifteen minutes a day. No gym. No equipment. Just you, a little floor space, and a routine you can actually stick to.

Why bother? Strength and balance keep you steady on your feet, help you move fast when you need to, and make everyday life easier — carrying groceries, climbing stairs, getting up off the floor. This routine builds all three: a warm body, working muscles, and joints that move the way they should.

Before you start: talk to your doctor before beginning any new exercise routine, especially if you have a heart condition, high blood pressure, joint problems, or you have not exercised in a while. If anything hurts sharply, stop. Soreness the next day is normal. Sharp pain is not.

The 15-Minute Daily Routine

Do the moves in order. Move at your own pace. Rest 20 to 30 seconds between moves when you need it.

1. Warm-Up — 3 Minutes

- **March in place — 1 minute.** Lift your knees to hip height and swing your arms. Breathe easy.
- **Arm circles — 30 seconds.** Small circles forward, then backward. Loosen the shoulders.
- **Leg swings — 30 seconds each leg.** Hold a wall or chair. Swing one leg forward and back, easy and relaxed.
- **Neck and shoulder rolls — 1 minute.** Slow circles, both directions. No jerking.

2. Bodyweight Strength — 7 Minutes

- **Chair squats — 10 reps.** Stand in front of a sturdy chair, feet shoulder-width apart. Sit back until your backside touches the chair, then stand up. Keep your chest up and your knees over your toes.
- **Wall push-ups — 10 reps.** Hands on a wall at shoulder height, arms straight. Bend your elbows and bring your chest toward the wall, then push back. Too easy? Use a countertop. Too hard? Step closer to the wall.
- **Glute bridges — 10 reps.** Lie on your back, knees bent, feet flat. Lift your hips until your body is a straight line from shoulders to knees. Squeeze, lower slowly.
- **Bird dogs — 8 reps each side.** On hands and knees. Reach your right arm forward and your left leg back, hold for two seconds, switch sides. Keep your hips level.
- **Standing calf raises — 12 reps.** Hold a chair for balance. Rise up on your toes, hold for one second, lower slowly.

Do the whole strength circuit once. When it gets easy after a few weeks, do it twice.

3. Mobility — 3 Minutes

- **Cat-cow — 30 seconds.** On hands and knees. Arch your back up like a cat, then let your belly drop and your head lift. Slow and smooth.
- **Seated spinal twist — 30 seconds each side.** Sit tall in a chair. Turn gently to one side and hold. Breathe.
- **Standing hamstring stretch — 30 seconds each leg.** Foot on a low step, leg straight, lean forward from the hips until you feel a gentle pull.
- **Deep breathing — 1 minute.** In through your nose for four counts, out through your mouth for six. Let your shoulders drop.

4. Cool-Down — 2 Minutes

- **Slow walk around the room — 1 minute.** Let your heart rate come down.
- **Full-body stretch — 1 minute.** Reach your arms overhead, stretch tall, then let everything relax. Shake out your hands and legs.

Your 7-Day Plan

- **Day 1 — Full routine.** All four parts, 15 minutes.
- **Day 2 — Full routine.** Same as Day 1. Form first, speed later.
- **Day 3 — Easy day.** Warm-up and mobility only, about 6 minutes. Go for a 10-minute walk if you can.
- **Day 4 — Full routine.** Try one more rep on each strength move.
- **Day 5 — Full routine.** Add the second strength circuit if you are ready.
- **Day 6 — Full routine.** Your strongest day of the week.
- **Day 7 — Rest and stretch.** Mobility only, plus a walk. Let your body recover.

Repeat the week. After a month, most men find the routine feels easier and their balance is better. That is the point — steady progress, not heroics.

Five Rules That Keep It Working

1. **Same time every day.** Mornings work best for most men. Tie it to something you already do, like after coffee.
2. **Never skip the warm-up.** Cold muscles are how strains happen.
3. **Breathe.** Never hold your breath during a move. Exhale on the effort.
4. **Miss a day? Just restart.** One missed day is nothing. Two weeks off is a new habit — do not let it happen.
5. **Stay hydrated.** Keep a glass of water nearby and drink through the day.

GET THE GEAR

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