



**TMM**  
THE MIDLIFE  
MENTORS

**MIDLIFE MASTERY**

**EXERCISE GUIDE**

# CONTENTS

1. Cardio 101
2. Cardio Hints & Tips
3. Resistance (weights) 101
4. Resistance Hints & Tips
5. More Information



## CARDIO 101

The word cardio can be off putting for some. We get that. But put simply, all we mean is elevating your heart rate so that you increase your fitness, raise your metabolic rate and burn through calories and fat more efficiently. The benefits of this are life longevity, more energy, a lifted mood and of course a change in your physique. So - your cardio workouts will take the form of body weight real time HIIT sessions. It's the methodology we know works the quickest in the least amount of time. We've used it with clients for years and it's the main form of cardio that keeps our mid life bodies in shape - while still enjoying the finer things in life!

There's a whole heap of science around this form of exercise being good for the mid life body - which we'll be diving into in more detail throughout the programme.

So what does HIIT stand for? HIIT stands for High Intensity Interval Training and in this programme we'll keep things fun and varied. Make sure you listen to your body but do try to push yourself a little.

You've got a real time HIIT you can do along with us in your exercise section and you can find more on our youtube channel [HERE](#).

The cardio (HIIT) workout videos are real time. So if you're tired just pause the video and join back in when you can. As long as you keep in the game - that's all we can ask of you. Your best IS GOOD ENOUGH.

Aim to do 2 - 3 HIITs a week at least a day apart, or 2 HIITs and something like a run, cycle or swim at the weekend.

## CARDIO HINTS AND TIPS

- Do all your cardio fasted – early in the morning
- Fasted means not having breakfast before you do cardio - you'll be educated about why throughout this programme
- We advise clients to get up, have a black coffee (or tea) and then do your cardio
- Eat within 20 minutes after your cardio workout if you can – a protein based meal with simple carbs (again you'll be educated about nutrition in this programme).

- Plan your workout for the same time every day – it will hardwire your brain to form a new habit
- Sip your water! Don't gulp it during cardio sessions – it'll give you a stitch! But do make sure you drink plenty each day – at least 2 litres please
- Wear decent trainers for your cardio – they'll protect your knees



## RESISTANCE (WEIGHTS) 101

So what's the difference between the cardio workouts and resistance? As we've mentioned, the HIIT sessions are designed to blast through the fat.

The body weight resistance workouts (which can be done at home) will SHAPE you and make you STRONG. It's essential to do both HIIT and Resistance because we not only want to lower body fat (or keep it stable), but also build muscle. Muscle not only makes you look leaner (and better naked!), but when you have muscle, you're burning more fat. Muscle takes more energy to repair and therefore we burn more calories at rest (in fact 1lbs of fat burns around 2 calories per day and 1lbs of muscle can burn up to 50 calories a day!)

The resistance workout is also real time. Good form is imperative, so take it at your own pace. You can also find more on our youtube channel [HERE](#).

Do two full body resistance workouts a week two days apart - we want to hit each muscle group twice a week for best results.

## RESISTANCE HINTS AND TIPS

- Follow the programme! Your muscles need recovery time and it's structured so they do!
- If you do need to switch anything around, make sure you have at least ONE day's rest between your resistance workouts.
- If you're sore - try taking a magnesium supplement or using a magnesium oil spray. Why magnesium? Because it's necessary for proper muscle function. It works with other essential minerals in your body to keep the muscles loose and flexible.

## PUTTING IT ALL TOGETHER

So your week of workouts might look like:

Monday - HIIT

Tuesday - Resistance

Wednesday - Abs

Thursday - HIIT

Friday - Resistance

Weekend - Run/Swim/Walk/Cycle & Abs



## MORE INFORMATION

If you haven't already, please do check out our podcast 'The Midlife Mentors'.

We've hit the top ten charts in both the US and UK for Alternative Health and we have nearly 80 five star ratings. We're also in the top 1.5% of global podcasts!

You can listen to the latest episodes at the below links:

**[ITUNES](#)**

**[SPOTIFY](#)**

**[GOOGLEPLAY](#)**

**[STITCHER](#)**

**[SMART LINK](#)** (Redirects to your default player):

We continue to run luxury retreats in Ibiza, Marbella and London. You can check out more information **[HERE](#)**.

## TECH SUPPORT & HELP

Please email: [team@themidlifementors.com](mailto:team@themidlifementors.com)

Emails are checked twice a day and you will receive a response within 48 hours.