

THE LIFETIME WORKOUT

These plans are designed to be the most time efficient & effective workouts you can sustain for a lifetime and that will have the greatest effect on your overall health and longevity. They are based on the findings of the research articles cited in this web site.

2 DAY A WEEK PLAN- Cardio Only

This is the most effective plan for those that only have 2 days a week for 30 minutes a session.

Method for Elliptical: Start out with the intensity at 1 and slowly increase your time to 30 minutes. Adding 1 minute each session. until you get to 30 minutes. Then begin to increase the intensity 1 unit each week. See the [Ultimate Guide to the Ultimate Fitness Machine](#) for more details.

MEN

GOAL: 8.25 Met Hours of vigorous intensity exercise each session on the Octane Fitness elliptical or similar high end commercial elliptical (go to the calculator page to determine the time and average watts you would need to meet the Met hour requirements). See my article "The Ultimate Exercise Machine" for more on the Octane Fitness elliptical. If you prefer to run then you need to cover 2.75 miles each session.

WOMEN

Women need 8 Met hours a week of high end moderate intensity exercise like very brisk walking or the equivalent on the elliptical (heart rate 65% to 70% of max or Met intensity between 5-6). Women under 40 have the option to do vigorous exercise if they prefer (heart rate 70% to 85% of max), (Met intensity of 6 or higher). Go to the calculator page to determine the time and average watts you would need to meet the Met hour requirements on the elliptical. If you prefer to walk you need to cover 2.75 miles each session with a very brisk walk.

2 DAY A WEEK PLAN - CARDIO PLUS WEIGHTS

Before the above cardio workout perform the following 2 weight resistance workouts:

Bench: 1st session - 2 sets 12 reps, 2nd session - 3 sets 12 reps, 3rd session - 4 sets 12 reps
Go to failure on the last set only. Increase sets each session only if you achieved at least 12 reps on each set the session before. If you cannot achieve at least 12 reps for 2 sets then decrease the weight. After you have achieved 4 x 12 then increase the weight 5 lbs and start over with 2 sets. Take 3 a minute rest after each set. If you are able to continuously increase your sets and weight for 6 months you would achieve about an 80 pound increase in your lifts.

Assisted Pull Ups: Assuming you're not strong enough yet to do full body weight pull ups, do assisted pull ups following the same pattern as above. Except of course you will be decreasing the weight after you have reached 4 x 3.

NOTE: Allow 3 to 4 days between workouts. There are no weight resistance leg exercises in this plan because by increasing the resistance on your elliptical your already getting a great functional leg workout.

If you are running or walking you can, if you wish, add squats or leg presses to you weight

WANT AN EVEN SHORTER WORKOUT WITH FASTER STRENGTH INCREASES WHICH ALSO RAISES YOUR RESTING METABOLIC RATE INCREDIBLY HIGHER? GO TO THE PREMIUM PAGE AND ORDER THE AFTER BURN WORKOUT FOR JUST \$9.99

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MEN'S 4 DAY A WEEK PLAN -
CARDIO PLUS WEIGHTS (about 1.6
hours a week)

Same as the 2 day plan except cardio and weights are done on different days. Allow 2 to 3 days between cardio workouts and allow 3 to 4 days rest between weight days. EX: Mon- & Thu- cardio, Tues & Fri- weights.

MEN'S 5 DAY A WEEK PLAN -
CARDIO PLUS WEIGHTS (over 2
hours a week)

This may be the optimum number of days to work out. You can increase your cardio time with this workout. Example workout plan: **Cardio:** MWF- 30 to 40 minutes of vigorous cardio (heart rate 70%-85% of max): Either the elliptical or running, if you don't mind a high impact exercise, would be your best choices. Your cardio goal here should be the equivalent of running at least 10 miles a week. Go to the calculator page to convert your elliptical watts to miles. **Weights-** Tues & Sat, same weight workout as above.

WOMEN'S 4 DAY A WEEK PLAN -
CARDIO PLUS WEIGHTS (about 2
hours a week)

Same as the 2 day plan except cardio and weights are done on different days. Allow 2 to 3 days between cardio workouts and allow 3 to 4 days rest between weight days. EX: Mon- & Thu- cardio, Tues & Fri- weights.

WOMEN'S 5 DAY A WEEK PLAN -
CARDIO PLUS WEIGHTS (about 2
hours a week)

Example Workout Plan:

Cardio: same intensity as the 2 day plan above- Allow at least 1 day rest between cardio sessions and 3 to 4 days between weight sessions. EX: MWF- Elliptical for at least 2.66 Mets or very brisk walking for at least 1.8 miles each session.

Weights: Tues & Sat- same weight program as above.

WOMENS SPECIAL 7 DAY PLAN

Very brisk walking for 15 minutes everyday.

Add 2 days a week of the above weight resistance workout. Take your morning coffee with you to save even more time!

Note: If you wish you can add stretching, yoga, meditation or pilates on your rest days. You can also add squats or leg presses to your weight sessions, especially if you are not using the elliptical with higher resistance for your cardio. I recommend the safety squat bar for squats if available at your gym.