

My Movement Plan

How I'm Rebuilding Strength One Day at a Time

For most of my life, my relationship with exercise has been... complicated. I've had an on-again, off-again affair with working out that usually looks like this: I go all in. Mach 10, hair on fire, full beast mode. ARRR. Working out every day—sometimes twice a day—pushing incredibly hard for about three weeks...

And then burnout and exhaustion hit.

Back to square one.
Sound familiar?

This time, I'm doing something different. My new approach isn't about punishment, extremes, or trying to "fix" my body overnight. It's about movement.

My First Rule: Move Every Day

Every single day, I am moving my body in some way. Notice I said some way. Yes, I'm hitting the gym—but some days, it's simply life movement.

Walking
Cleaning the house
Dancing
Hiking
Biking
Swimming
Playing pickleball (ok, haven't actually played yet—but I like the idea)
Country dancing

Anything that gets my body moving

My goal is 8,000–10,000 steps a day, working up to 15,000 when possible. And I say when possible because I've got two bum knees from years of abuse, and sometimes they just don't want to play. Other days? I'm getting those steps in.



I even blocked my work calendar every day at noon so I can walk at lunch. And if my coworkers schedule over it... well, they can come along for the walk.

I bought walking shoes to keep at my desk. I'm doing this. Movement doesn't have to be complicated.

I just need to move.

Strength Training 3–4 Days Per Week

Along with daily movement, I'm strength training three to four days a week. I actually love this—it's my favorite part.

In spite of being 100 pounds overweight and over 50 (60 actually), I am strong AF. I love pushing myself and lifting more each workout.

So why do I ever stop?

To help me get started, I asked my beautiful niece—who's an incredible personal trainer—to build me a program. She created a full workout calendar in an app called Everfit, which keeps me accountable and pushes me harder than I would on my own.

I highly recommend starting with a professional trainer. They meet you where you are and build something that actually works for you.

The program includes three total-body workouts that rotate through the week, hitting everything from calves to shoulders.

And again... I love this shit.
So why do I ever stop? Dumb.

My Weekly Schedule

Right now, I'm keeping it simple:

Two days on
One day off
Two days on
Two days off

It gives my body time to recover while still building consistency.

Where I Work Out

I could work out at home—I've got plenty of weights in my basement—but I prefer the gym. I go to Planet Fitness because it's affordable and conveniently located between work and home. No excuses.

There's something about walking in and thinking, here I am, with all these fit people... and I belong here.

That mindset shift matters. It pushes me.

Listening to My Body

I've had multiple knee surgeries and an ankle surgery, so I'm careful with my joints. I wear braces when I need support.

And because I'm carrying extra weight, I pay attention to fatigue—especially in my legs and ankles.

I push... but my body has a say.

This week, my knee is “out,” so I'm resting and icing it. If my body says rest, I rest.

This isn't about punishment.
It's about long-term change.

Total Body Workout Approach

Below are examples of the workouts I rotate.

Your program may look different—and that's okay. Talk to a professional if you can. And if the gym I'm at doesn't have the exact equipment? I adapt. Same muscle group, different movement. Done.

If You're Just Getting Started

Working with a trainer is a great place to begin—they'll teach you proper form and build something safe for your body. Other options, where structure and accountability go a long way.

- Orange Theory
- Club Pilates
- Group strength classes
- Small training studios



If Movement Feels Hard Right Now

If you're starting from a place where even walking feels hard—that's okay.

Start small.

Walk to the mailbox.

Walk around the block.

Stretch.

There's a program I really admire called DDP Yoga, created by Diamond Dallas Page. He built it after years of injuries from wrestling and now helps people—even those who are bed-ridden—start moving again.

The stories are incredible.

The point is: you start where you are.

The Most Important Rule

You are not competing with anyone but yourself.

The goal is simple: Do a little more today than you did yesterday.

Start slow.

Move daily.

Build strength over time.

Just keep moving.

Even the smallest movement counts.

And eventually... you'll be the beast you want to be.

Want to track my progress? I'll be documenting my changes on YouTube [@comebackover50](#), so like, share and subscribe to my channel.

Total Body Workout Example

Below are examples of the types of workouts I rotate throughout the week. Remember: your program will look different, and that's okay. **NOTE: Be sure and talk to YOUR doctor or a personal training before starting an exercise program.**

Total Body Workout – Day 1

Warm-Up - I do a mile on the treadmill
Frog Squat Stretch
Bodyweight Walking Lunges – 12 reps
Quadruped Thoracic Rotations – 10 reps

Block 1

Leg Press - 5 reps, 8 reps, 10 reps, 10 reps, 10 reps
Dumbbell Bench Press - 8 reps, 10 reps, 10 reps, 10 reps
Close Grip Lat Pulldown – 6 reps, 6 reps, 6 reps

Block 2

Dumbbell Split Squat – 8 reps, 8 reps, 8 reps
Seated Hamstring Curl Machine – 8 reps, 8 reps, 8 reps

Superset

Dumbbell Standing Shoulder Press – 8 reps, 8 reps, 8 reps
Alternating with
Dumbbell Single Arm Row – 8 reps, 8 reps, 8 reps

Core Finisher

Ab Crunch Machine – 8 reps
Band Pallor Press with Rotation – 8 reps

Total Body Workout – Day 2

Warm-Up - I do a mile on the treadmill

Block 1

Hack Squat Machine - 5 reps, 8 reps, 10 reps, 10 reps, 10 reps
Incline Chest Press Machine - 8 reps each x 3 rounds
Superset with Push-Ups - 8 reps each x 3 rounds

Block 2 Superset

Cable Seated Single Arm Row - 8 reps x 3

Bicycle Crunch - 8 reps x 3

Superset

Smith Machine Calf Raise - 8 reps x 3

Smith Machine Shrug - 8 reps x 3

Core Finisher

TRX Tricep Extension - 8 reps x 3

TRX Row - 10 reps x 3

Mini Band Lateral Walk - 8 reps x 3

Total Body Workout – Day 3

Warm-Up - I do a mile on the treadmill

Pyramid Pose Stretch – 30 seconds

Butt Kicks – 8 reps

Open and Close the Gate – 6 reps

Frog Hops – 10 reps

Block 1

Band Seated Good Morning - 10 reps x 3

Superset

Dumbbell Standing Shoulder Press - 10, 8, 8, 8

Eccentric Push-Ups - 3-second lowering x 5 reps x 4 rounds

Block 2 Superset

Dumbbell Walking Lunge - 8 reps x 3

Alternating Dumbbell Thruster - 8 reps x 3

Superset

Kettlebell French Press - 8 reps x 3

Dumbbell Hammer Curl - 8 reps x 3

Finisher Superset

Landmine Bus Driver - 8 reps x 3

Dumbbell Goblet Squat - 8 reps x 3

Dumbbell Suitcase Carry - 10 reps x 3
