FREE EBOOKS FOR BEGINNERS

https://studio.youtube.com/video/rMDEeJnTzA4/edit

💪 DAY 1: Upper Body Strength

Focus: Chest, Shoulders, Triceps

Warm-Up (5–7 min):

- Arm circles
- Resistance band shoulder pull-aparts
- Push-ups (knee or wall if needed)

Workout:

- Incline Dumbbell Press – 3x10
- Push-Ups or Chest Press – 3x12
- Dumbbell Shoulder Press – 3x10
- Lateral Raises – 3x15
- Overhead Triceps Extension – 3x12

Finisher:

- Plank hold – 3 rounds of 30 sec

🦵 DAY 2: Lower Body & Core

Focus: Quads, Glutes, Hamstrings, Core

Warm-Up (5–7 min):

- Bodyweight squats
- Lunges
- Hip bridges

Workout:

- Goblet Squats – 3x10

- Dumbbell Deadlifts – 3x12
- Step-Ups (use bench or box) – 3x10/leg
- Calf Raises – 3x20
- Hanging Knee Raises – 3x15

Finisher:

- Wall Sit – 3 rounds of 45 sec

🧱 DAY 3: Full Body & Conditioning

Focus: Total Strength + Heart Rate

Warm-Up (5–7 min):

- Jumping jacks
- Jump rope or high knees
- Arm swings and torso twists

Workout (Circuit x 3 rounds):

- Kettlebell Swings – 15 reps
- Dumbbell Rows – 12/side
- Push-Ups – 15 reps
- Squat to Press – 10 reps
- Jump Rope or Fast Feet – 30 sec

Cool Down:
Stretch full body, breathe deep

🧠 Tips to Stay Consistent

- Stick to 3 days and build momentum
- Train at the same time each day (make it automatic)
- Film your workouts — track your form and your fire
- Keep your garage gym clean, organized, and motivating
- Play your music loud. Lift louder.

🔥 FINAL WORD

You're not past your prime — you're entering it.
And it's happening right in your garage.

This guide is just the start.
Want more workouts, lifestyle tips, and exclusive content for men over 50?

👉 **Join the Garage Strong Newsletter.**
I'll send you weekly workouts, tips, and behind-the-scenes videos straight from my garage.

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📷 ABOUT JERRY

Fitness creator | Garage Gym Lifer | Over 50 & Still Pushing
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