3 Disastrous Mistakes Men Over 50 Make That Ensures Their Wives Won't Pay Attention To Them

Part 2
Learn The Proven Secrets To Lose Fat Fast, Get Strong & Be A Fit, Attention Grabbing Husband

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CHAPTER ONE

Strength Solves All Problems
Want to know the secret to health, fitness and longevity for us old guys?

**Strength Solves All Problems.** It’s that simple.

You are naturally in a muscle building phase during the first 30 years or so of your life. Then things start to change.

If you become inactive in your later years, you can easily start to lose critical muscle mass. You may lose as much as 3-5% per decade. This is primarily from lack of vigorous exercise but also exacerbated by too little protein in your diet, hormonal changes and vascular changes which affect blood flow to your muscles.

For whatever reason you have gotten weaker with age. But it does not have to be this way. Not only can you stave off muscle loss with aging you can actually build muscle at any age. And you should.

Aging can be slowed down significantly if you maintain muscle mass or better yet, continue to build muscle as you age.

So your plan should be:

**Get strong.** Because strength is the main cog on your longevity wheel. Success in all other areas will stem from your physical strength.
Chapter 1 continued

If you want to build a muscular physique, well then embarking on a strength training training makes a lot of sense. This one is quite obvious.

**But what about losing weight?** Yea, if you want to lose fat fast, work on getting stronger. A strength training routine will burn more fat per unit of time than any other type of training.

**How about mobility challenges?** Shouldn’t you just do some stretching? No, (well you can do that too) work on getting stronger and your range of motion will improve along the way. If you can’t get down into a deep squat position, start squatting. You’ll get stronger and your deep squat mobility will improve.

**What about your back pain?** How can you possibly lift and get stronger when your back is so messed up? I have news for you. You don’t have a bad back. You are weak. You have a weak back! Get stronger and your bad back symptoms will go away.

Now obviously I am not diagnosing you from afar. I am just saying that the majority of us old guys with bad backs (and yes we have had them for decades) don’t really have an injury. As bad as it hurts sometimes, it is more likely caused by trigger points or muscle knots than any truly serious mechanical problem.

Sorry man but you are weak and you need to get stronger. Believe me I know. I was a “bad back” guy for 35 years whining about how I couldn’t do this or that because of my bad back.

My back is just fine now.
A strength training routine will burn more fat per unit of time than any other type of training.
CHAPTER TWO

Muscle Matters
Which brings me to the **Second Disastrous Mistake Men Over 50 Make That Guarantees Their Wives Won’t Pay Attention to Them:**

You are not doing the right training.

You are running or biking or swimming or playing tennis or even golf for heaven’s sake (is that really exercise?) and think you’re going to get fit.

News flash. It won’t work.

Now you may certainly see some results in the beginning. But do you know why? **Because everything works - for awhile.**

If you haven’t been exercising at all, you can start a walking program and get some benefit. **Anything is better than nothing.**

But you are looking for results. You don't have a lot of time for training. Efficiency and effectiveness matter.

You want the most bang for your time invested.

The aerobic stuff, while somewhat effective, are not very efficient exercise. You have to spend a lot of time out there to really burn a lot of energy.
Here’s how it plays out in real life.

It just kind of happens one day - you get the exercise bug.

Finally something has put you over the edge.

Maybe summer is coming and you want to change your pear shape to a V; or your 40th high school reunion is in 3 months and everyone remembers you as a fit guy so you don’t want to disappoint them; or maybe your kids are lamenting that you never play with them anymore.

Whatever the reason, you are committed to get back in shape again.

**What do you do?**

You probably start running. It is the easiest thing to do. All you need are shoes and a place to run.

If you have a biking background (and a bike), you may start riding again. Pretty simple if you already have the wheels and the fancy, colorful biking outfit (seriously, the reason I don’t bike is that I can’t bring myself to wearing pink biking shorts with a matching shirt, helmet and socks). Sorry dude.

If you are a natural swimmer, maybe a pool workout is preferred. Gotta get to the pool though but if swimming is your thing, you go for it.
Wow, you were really close to getting in shape

You may join a gym and be really close to finally training in a way that will burn your fat and get you the results you desire. Except that instead of resistance training you go walk on the treadmill.

Or ride the recumbent bike while reading.

Or hike on the stair climber (slowly).

You know I have watched guys come into gyms looking old, fat and lethargic and hit the aerobic machines day after day, week after week.

And you know what?

They still look old, fat and tired. They never change. I understand why they eventually quit. What’s the point?
Rowing builds muscle and cardiovascular endurance.

Photo credit: foodfitnessfriends.wordpress.com

You know I have watched guys come into gyms looking old, fat and lethargic and hit the aerobic machines day after day, week after week. And you know what? They still look old, fat and tired.
Running Won't Save You
Here’s the deal. Let me be clear.

I am not saying don’t run, bike or swim. They are great activities and certainly good for your overall health and fitness.

I am a runner of sorts. I typically like trail running because I prefer the woods to sidewalks and streets. And I am actually training for a 13 mile race as I write this ebook. I’ve never run 13 miles in my life. I think 10 was the farthest I ever ran and that was 38 years ago.

**Why run a ½ marathon at 58 years old?**

Because my daughter asked me to run with her. So I said yes. And now I am running 3 to 4 times a week although quite slowly.

Anything is better than nothing. Never forget that.

But the key is that I have added running to my existing weight training program. I am not depending on running alone to attain the level of fitness I desire.

I am a lifter who also runs which I think is preferred to a runner who sometimes lifts.

But either model should work for you. Just make sure you lift.
Chapter 3 continued

The bottom line.

You **must** do some resistance training to build muscle, hasten your fat loss and really get fit.

I don’t mean you should do it.

I **mean you must do it** to get the results you are looking for.

The foundation of your exercise program must be a muscle building regimen. Then you can add your running or other aerobic activity to be the icing on the cake.

But you must have a strength building plan as your centerpiece.

Got it?

Am I being clear enough?
Marathoner vs Sprinter
Think again when doing cardio to get in shape

Which physique are you trying to build?
Photo credit: badandmuscled.wordpress.com

You must do some resistance training to build muscle, hasten your fat loss and really get fit. I don't mean you should do it. I mean you must do it to get the results you are looking for.
Get Fit Fast
Get Fit Fast
Pick it up and put it down

Why lift weights (or perform other resistance type training)?

A couple of reasons.

First you are busy and efficiency is important. The days of 90 minute workouts are long gone. You can do a high intensity weight training workout (say kettlebell swings) and burn 400 calories in 20 minutes or so. A recreational runner would have to go for 50 minutes to burn 400 calories.

Second

You don’t have to go to the gym and lift weights if you don’t want to. There are a plethora of body weight exercises you can do that will suffice for strength building. Push ups, pull ups, squats, lunges, jumps, crawling and sprinting are just a few of your options.

Here is the key to building muscle after 50 years old and beating back the aging process.

Do the 5 primary movements, utilize good form, and execute through the full range of motion. That’s it. That is your training plan.

You will get strong, improve mobility, lose fat, increase cardiovascular conditioning, look younger, feel energized and be happier.

That’s a lot of good stuff from a simple workout.
Do the 5 primary movements, utilize good form, and execute through the full range of motion. That’s it. That is your training plan.
5 Primary Movements
5 Primary Movements

Oh and the 5 primary movements are:

1) Push as in horizontal pushing like push ups and bench pressing and vertical pressing like the overhead press.

2) Pull as in pull ups, any rowing movement and cable pulling exercises (e.g., lat pull downs, cable rows, etc.)

3) Hip Hinge as in deadlifts and kettlebell swings

4) Squat as in all squatting moves from back squat to front squat to overhead squat to goblet squat and all others.

5) Loaded Carries which is basically walking around carrying weight either in your hands like the Farmers Walk (hands at your sides) or Waiters Walk (one hand overhead) to carrying weight on your body like a weighted vest or holding a sandbag to even pushing cars and dragging sleds.

It is basically loading yourself down in one way or another and then moving over a distance. Very simple yet very effective.

Loaded Carries, by the way, are probably the least known exercise to man (certainly the least done) and are without a doubt the very best exercise that you are not currently doing.

You want to make a difference fast in your exercise routine results? Start doing loaded carries.
Loaded Carries, by the way, are probably the least known exercise to man (certainly the least done) and are without a doubt the very best exercise that you are not currently doing.
Summary
Summary
Strength solves all problems

You can beat back aging and build your body into an attention grabbing physique your wife will take notice of by:

Getting stronger—make resistance training the foundation of your exercise plan. It is great to run or bike or swim as additional training but make sure you are building muscle through effective resistance exercise.

You don’t need a lot of volume (sets and reps) each week. Just make sure you are hitting the 5 primary movements each week and working with enough intensity to break down muscle and build your strength.

You cannot build muscle without adequate protein in your diet. Don’t worry about calculating any ratios like 0.5 grams per pound of lean body mass or whatever. It’s too complicated and it feels like work.

Being healthy is a lifestyle, not a job. Just eat protein and fat with every meal. Protein for muscle building and fat for energy and you’ll be good to go.

Don’t exercise like an old guy. You need more than brisk walking on a treadmill or recumbent biking while reading a book. Crank up your intensity, build some muscle and get younger every day.

Look for Part 3 of:
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Coming Soon.
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Part 3 is Coming