

lean bean!

Your type of body **LOVES** heavier weights. And no it doesn't mean you have to join a Body Builders gym and start sweating with the big boys!

BUT you need to progressively increase your weights as you train. Within your capabilities.

With this type of body shape, the *more* you work your muscles...the *more* shape you get in your body.

Plus having that extra muscle on your body speeds up your metabolism. Which helps with any extra body fat you might be carrying.

Some women would be envious of you to have this body type. But I know it takes just as much work and commitment to gain shape, as it does for someone whose trying to lose weight.

How To Tackle It.....

- **Do your current workouts - doing 12 repetitions of each exercise.** With your starting weight. For example using 5 kilo DB's. Do this for 2-4 weeks. (This time frame depends on your current level of strength and fitness. There's no right or wrong. Trust your body! You'll know when it's time to take it to the next level.)
- **Change some of the exercises in your workouts** (even just a few slight changes is ok). Put the weight up. For example - use 6 kilo DB's. BUT do less repetitions - 10 repetitions. Do this for 2-4 weeks. (Follow the time frame guidelines as above).
- **Then change some of the exercises in your workouts again** (even just a few slight changes is ok). Put the weight up. Use - 7 kilo DB's. BUT do less repetitions - 8 repetitions of each exercise.

You'll get to a point where you've reached your body's *weight lifting* cap.

Then just keep changing your exercises around. And challenging your body with different size weights.

One week do your workouts with a lighter weight.

The next go heavier and do less repetitions.

The idea is to keep your body guessing. And not getting used to doing the same thing. Or the same weight. This stresses your muscles and will make them grow!

Listen to your body. And trust your body. Yes you need to push yourself. But if the weight you're doing is aggravating your neck or joints....then you need to back off. It's ok. It doesn't mean you've failed. It just means you're smart! And have become body aware!

And yeah you still need to do cardio. We all need to keep our heart healthy. But make the *weight lifting* a bigger part of your workout week.

PLUS in this age bracket.....put an equal amount of time into your flexibility and balance. AND....making the 'core' of your body strong. There's no point looking amazing but having a weak core and feeling stiff all the time! It'll only lead to more and more niggling injuries.

There's a similarity in the training styles for all body shapes. But with a few nuances.

The CoreStrength50plus workouts are designed primarily for the Apple and Pear shape.

If you're a Lean Bean and want to get more curves and bigger muscles on your body.....you need to do 3-4 days per week of lifting progressively heavier weights.

BUT if you're a Lean Bean and you LOVE your shape...and just want to keep your muscles toned. And your body fit and flexible.....then the CoreStrength50plus workouts will get you there.

WITH a bit of tweaking and fine-tuning you can get the most out of your training session....for YOUR body.

I have loads of muscle-toning, core-strengthening & flexibility exercise demos on my IG account. Click here for inspiration....[corestrength50plus](#)

But if you need a more guided core focused program...check out my programs here.....click on the link.....[CoreStrength50plus Programs](#)

Either way....watch out for my next email. I give out a weekly training demo, training tip or motivational habit to stop the procrastination! You might just find that nugget of inspiration to take you to the next level on your training journey!