



“The Secret Formula! Halting The Aging Process”

Presented by

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1. Searching for the Fountain of Youth

2. Body Age vs. Birth Age: Dr. David Miller, Longevity Researcher

(Answer the quiz questions, adding or subtracting the numbers from your birth age)

Birth Age _____

Body Age: _____

1.	2.	3.	4.	5.	6.	7.	8.	9.	10.	11.	12.	13.	14.	15.	16.	17.

3. Effects of Aging:

Balance	Coordination
Flexibility	Bone Health
Cardiovascular Endurance	Body Composition, etc....
Nervous System	

The Effect of Functional Exercise Training on Functional Fitness Levels of Older Adults Gundersen Lutheran Medical Journal • Volume 5, Number 1, July 2008

4. The Dallas Bed Rest & Training Study

A forty-year follow-up of the Dallas Bed Rest and Training study: the effect of age on the cardiovascular response to exercise in men. *J Gerontol A Biol Sci Med Sci.* 2009 Feb;64(2):293-9. Epub 2009 Feb 5.

5. The Secret Formula to slowing down the hands of time:

Four Ingredients:

- Move: _____
- Fuel: _____
- Renew: _____
- Connect: _____

8. Age Altering Fitness Formula:

- 4: _____
- 3: _____
- 2: _____
- 1: _____

9. Results:

4321 Age Altering Workouts:**Warm-up: 3-5 minutes****Set 1 Novice/overweight**

4 Min. HEAT	Effort	Recovery
Step Tap from Chair	30 seconds	30 seconds
Chair jack Standing or seated	30 seconds	30 seconds
Seated Fast Feet or Arms seated	30 seconds	30 seconds
Knee lift seated with arms	30 seconds	30 seconds
3 Min. STRENGTH	Duration	
Triceps Dip - modified and up and down	1 minute	
Chair Squat	1 minute	
Knee lift - toe tap seat of chair	1 minute	
2 Min. CORE	Duration	
seated Ab crunch elbow toward inside knee	1 minute	
seated back extension	1 minute	
1 Min. STRETCH		
Triceps Stretch	30 seconds (15-15)	
Standing Chair Hip Stretch	30 seconds (15 -15)	

Set 2 Experienced/Athletic

4 Minutes HEAT	Effort	Recovery
Skaters on floor	30 seconds	30 seconds
Jack squat from floor	30 seconds	30 seconds
Fast Feet from floor	30 seconds	30 seconds
Mtn Climbers from chair or floor	30 seconds	30 seconds
3 Minutes STRENGTH		
Triceps Pushup	1 Minute	
Chair Squat Count (Competition)	1 Minute = (30 Count-30 Static)	
Bridge from floor (feet on chair)	1 Minute	
2 Minutes CORE		
Plank hands on floor feet on chair or opposite	1 minute (30-30)	
Standing Airplane - spinal balance	1 minute (30-30)	
1 Minute STRETCH		
Chest Stretch	30 seconds (dynamic)	
Hip Stretch	30 seconds (15-15)	

10. Q & A and Resources:

“The 10 Minute Total Body Breakthrough”: www.4321fitness.com

4321 Workouts 1-6 (DVD): www.4321fitness.com

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