4 WEEK LONGEVITY WORKOUT PROGRAMME

This 4-week Longevity Workout Programme is designed to enhance your overall fitness, strength, and endurance. Suitable for all ability levels, it combines resistance training, mobility work, and high-intensity interval training (HIIT) to promote long-term health and performance. Whether you're looking to maintain, improve, or push your limits, this adaptable programme supports your individual goals while prioritising safe, progressive development.

HOW TO USE THE PROGRAMME

Disclaimer

Before beginning this programme, it is essential to consult a qualified medical professional to assess your readiness for physical activity. Be Fearsome accepts no liability for any injuries or issues arising from participation in this programme. You undertake this programme at your own risk, without supervision. For optimal results and safety, we recommend completing the exercises under the guidance of a coach or personal trainer.

About the Programme

This 4-week workout programme is designed for individuals of all ability levels. It can be tailored and scaled to suit your personal fitness needs:

- Resistance Exercises: Adjust the weights to increase or decrease difficulty.
- HIIT Sessions: Modify rest periods or swap exercises to change intensity:
  - Increase difficulty: Reduce rest or substitute exercises for more challenging ones.
  - Decrease difficulty: Increase rest or opt for lower-impact alternatives to accommodate injuries or fitness levels.

Once completed, the programme can be restarted and progressions can be made as per above.

Structure

The programme outlines training days and rest days for each week. While the training schedule can be flexible, it is strongly recommended to adhere to the designated rest days. For example, if the programme suggests training on Monday and Tuesday with a rest on Wednesday, but you need to shift days, ensure the rest day follows two consecutive training days (e.g., train Tuesday and Wednesday, rest Thursday).

Exercise Demonstrations

You can find demonstrations of the exercises in the Exercise Library HERE.

4-WEEK LONGEVITY WORKOUT PROGRAMME

WEEK 1: MONDAY

MONDAY	Exercise Type		Exercise	Sets	Reps	Rest
	Warmup					
	1	Horizontal Push	Dummbell Bench Press	3	12	2 minutes
	2	Horizontal Pull	Seated Cable Row	3	15	2 minutes
	3	Vertical Push	Dumbbell Overhead Press	3	10	2 minutes
	4	Vertical Pull	Lat Pulldown	3	10	2 minutes
	5	Rear Delt Isolation	Reverse Delt Flyes	3	15-20	1 minute
	6	Core	Dead Bug	3	8 per side	1 minute

WEEK 1: TUESDAY

TUESDAY	Exercise Type		Exercise	Sets	Reps	Rest
	Warmup					
	1	Squat	Goblet Squat	3	12	2 minutes
	2	Hip Hinge	Dumbbell Romanian Deadlift	3	8	2 minutes
	3	Squat Accessory	Split Squat	3	10 per side	2 minutes
	4	Hip Hinge	Kettlebell Swing	3	15	2 minutes
	HIIT WORKOUT #1					

WEEK 1: THURSDAY

THURSDAY	Exercise Type		Exercise	Sets	Reps	Rest
	Warmup					
	1A	Jumping	Box Jump	2	8	30 seconds
	1B	Throws	Medicine Ball Throw	2	5 per side	2 minutes
	2A	Squat	Reverse Lunges	3	8 per side	30 seconds
	2B	Vertical Push	Dumbbell Push Press	3	10	2 minutes
	3A	Hamstring Isolation	Stability Ball Leg Curl	3	12	30 seconds
	3B	Anti Extension	TRX Rollout	3	8 - 10	2 minutes

WEEK 1: FRIDAY

FRIDAY	Exercise Type		Exercise	Sets	Reps	Rest
	Warmup					
	1A	Hip Isolation	Single Leg Hip Thrust	3	12 per side	30 seconds
	1B	Weighted Carry	Farmers Carry	3	30 meters	1.5 minutes
	2A	Arm Isolation	Biceps Curl	3	15	30 seconds
	2B	Anti Rotation	Shoulder Taps	3	10 per side	1.5 minutes
	45 minutes of cardio at 60-70% of your max heart rate (cycling, incline walking, joging, etc.)					

4-WEEK LONGEVITY WORKOUT PROGRAMME

WEEK 2: MONDAY

MONDAY	Exercise Type		Exercise	Sets	Reps	Rest
	Warmup					
	1	Horizontal Push	Dummbell Bench Press	3	10	2 minutes
	2	Horizontal Pull	Seated Cable Row	3	12	2 minutes
	3	Vertical Push	Dumbbell Overhead Press	3	10	2 minutes
	4	Vertical Pull	Lat Pulldown	3	10	2 minutes
	5	Rear Delt Isolation	Reverse Delt Flyes	3	15-20	1 minute
	6	Core	Dead Bug	3	8 per side	1 minute

WEEK 2: TUESDAY

TUESDAY	Exercise Type		Exercise	Sets	Reps	Rest
	Warmup					
	1	Squat	Goblet Squat	3	12	2 minutes
	2	Hip Hinge	Dumbbell Romanian Deadlift	3	8	2 minutes
	3	Squat Accessory	Split Squat	3	10 per side	2 minutes
	4	Hip Hinge	Kettlebell Swing	3	15	2 minutes
	5	Quad Isolation	Leg Extension	3	12	2 minutes
	HIIT WORKOUT #1					

WEEK 2: THURSDAY

THURSDAY	Exercise Type		Exercise	Sets	Reps	Rest
	Warmup					
	1A	Jumping	Box Jump	2	8	30 seconds
	1B	Throws	Medicine Ball Throw	2	5 per side	2 minutes
	2A	Squat	Reverse Lunges	3	8 per side	30 seconds
	2B	Vertical Push	Dumbbell Push Press	3	10	2 minutes
	3A	Hamstring Isolation	Stability Ball Leg Curl	3	12	30 seconds
	3B	Anti Extension	TRX Rollout	3	8 - 10	2 minutes

WEEK 2: FRIDAY

FRIDAY	Exercise Type		Exercise	Sets	Reps	Rest
	Warmup					
	1A	Hip Isolation	Single Leg Hip Thrust	3	12 per side	30 seconds
	1B	Weighted Carry	Farmers Carry	3	30 meters	1.5 minutes
	2A	Arm Isolation	Biceps Curl	3	15	30 seconds
	2B	Anti Rotation	Shoulder Taps	3	10 per side	1.5 minutes
	45 minutes of cardio at 60-70% of your max heart rate (cycling, incline walking, joging, etc.)					

LONGEVITY - 4 WEEK PROGRAM

WEEK 3: MONDAY

MONDAY	Exercise Type		Exercise	Sets	Reps	Rest
	Warmup					
	1	Horizontal Push	Dummbell Bench Press	3	10	2 minutes
	2	Horizontal Pull	Seated Cable Row	3	8 per side	2 minutes
	3	Vertical Push	Dumbbell Overhead Press	3	10	2 minutes
	4	Vertical Pull	Lat Pulldown	3	8	2 minutes
	5	Rear Delt Isolation	Reverse Delt Flyes	3	15-20	1 minute
	6	Core	Dead Bug	3	8 per side	1 minute

WEEK 3: TUESDAY

TUESDAY	Exercise Type		Exercise	Sets	Reps	Rest
	Warmup					
	1	Squat	Goblet Squat	3	8	2.5 minutes
	2	Hip Hinge	Dumbbell Romanian Deadlift	3	8	2.5 minutes
	3	Squat Accessory	Split Squat	3	8 per side	2.5 minutes
	4	Hip Hinge	Kettlebell Swing	3	10	2 minutes
	5	Quad Isolation	Leg Extension	3	12	2 minutes
	HIIT WORKOUT #2					

WEEK 3: THURSDAY

THURSDAY	Exercise Type		Exercise	Sets	Reps	Rest
	Warmup					
	1A	Jumping	Box Jump	3	8	30 seconds
	1B	Throws	Medicine Ball Throw	3	5 per side	2 minutes
	2A	Squat	Side Lunges	3	8 per side	30 seconds
	2B	Vertical Push	Dumbbell Alternating Press	3	8 per side	2 minutes
	3A	Hamstring Isolation	Seated Leg Curl	3	10	30 seconds
	3B	Anti Extension	Ab Roller	3	8 - 10	2 minutes

WEEK 3: FRIDAY

FRIDAY	Exercise Type		Exercise	Sets	Reps	Rest
	Warmup					
	1A	Hip Isolation	Barbell Hip Thrust	3	12 per side	30 seconds
	1B	Weighted Carry	Suitcase Carry	3	20m per side	1.5 minutes
	2A	Arm Isolation	Preacher Curl	3	10	30 seconds
	2B	Anti Rotation	Pallof Press	3	10 per side	1.5 minutes
	50 minutes of cardio at 60-70% of your max heart rate (cycling, incline walking, jogging, etc.)					

4-WEEK LONGEVITY WORKOUT PROGRAMME

WEEK 4: MONDAY

MONDAY	Exercise Type		Exercise	Sets	Reps	Rest
	Warmup					
	1	Horizontal Push	Barbell Bench Press	3	8	3 minutes
	2	Horizontal Pull	Barbell Overhead Press	3	10	2.5 minutes
	3	Vertical Push	Dumbbell Overhead Press	3	10	2 minutes
	4	Vertical Pull	Single Arm Lat Pulldowns	3	10 per side	2 minutes
	5	Rear Delt Isolation	Lu Raises	3	15-20	1 minute
	6	Core	Dead Bug	3	8 per side	1 minute

WEEK 4: TUESDAY

TUESDAY	Exercise Type		Exercise	Sets	Reps	Rest
	Warmup					
	1	Squat	Leg Press	3	6	3 minutes
	2	Hip Hinge	Dumbbell Romanian Deadlift	3	8	2.5 minutes
	3	Squat Accessory	Bulgarian Split Squat	3	8 per side	2.5 minutes
	4	Hip Hinge	Kettlebell Swing	3	10	2 minutes
	5	Quad Isolation	Leg Extension	3	12	2 minutes
	HIIT WORKOUT #3					

WEEK 4: THURSDAY

THURSDAY	Exercise Type		Exercise	Sets	Reps	Rest
	Warmup					
	1A	Jumping	Single Leg Box Jump	3	8	30 seconds
	1B	Throws	Medicine Ball Throw	3	5 per side	2 minutes
	2A	Squat	Curtsy Lunges	3	10 per side	30 seconds
	2B	Vertical Push	Dumbbell Push Press	3	8	2 minutes
	3A	Hamstring Isolation	Nordic Hamstring Curl	3	3-5	30 seconds
	3B	Anti Extension	Ab Roller	3	8 - 10	2 minutes

WEEK 4: FRIDAY

FRIDAY	Exercise Type		Exercise	Sets	Reps	Rest
	Warmup					
	1A	Hip Isolation	Barbell Hip Thrust	3	8	30 seconds
	1B	Weighted Carry	Suitcase Carry	3	20m per side	2.5 minutes
	2A	Arm Isolation	Cable Tricep Kickback	3	10	30 seconds
	2B	Anti Rotation	Pallof Press	3	10 per side	1.5 minutes
	50 minutes of cardio at 60-70% of your max heart rate (cycling, incline walking, jogging, etc.)					

WARM-UP - WHOLE WEEK PROGRAM

DAY 1: MONDAY

MONDAY	Exercise Type		Exercise	Sets	Reps	Rest
	Warmup					
	1		Easy Bike Ride or Jog	1	2-5 min	
	2A	Thoracic Spine Mobility	Open Book	1	6-10 per side	/
	2B	Thoracic Spine Mobility	Bench Lat Stretch	1	6-10 per side	/
	2C	Rotator Cuff Warmup	External Rotation	1	10-15	/
	2D	Rotator Cuff Warmup	Face Pulls	1	10-15	/
	2E	Seratus Anterior Warmup	Banded Wall Slide	1	10-15e	/

DAY 2: TUESDAY

TUESDAY	Exercise Type		Exercise	Sets	Reps	Rest
	Warmup					
	1		Easy Bike Ride or Jog	1	2-5 min	
	2A	Hip Mobility	90/90 Stretch	1	5-8 per side	/
	2B	Ankle Mobility	Weight Bearing Lunge	1	30 sec per side	/
	2C	Spine Mobility	Cat-Camel Exercise	1	5-8 per side	/
	2D	Hip Mobility	Deep Goblet Squat Hold	1	20 sec	/
	2E	Glute Activation	Monster Walk	1	10 per side	/
	2F	Core Activation	Pallof Press	1	5-8 per side	/

WEEK 1: THURSDAY

THURSDAY	Exercise Type		Exercise	Sets	Reps	Rest
	Warmup					
	1		Easy Bike Ride or Jog	1	2-5 min	
	2A	Hip Mobility	90/90 Stretch	1	5-8 per side	/
	2B	Hip Mobility	Deep Goblet Squat Hold	1	20 sec	/
	2C	Thoracic Spine Mobility	Open Book	1	6-10 per side	/
	2D	Rotator Cuff Warmup	External Rotation	1	10-15	/
	2E	Glute Activation	Monster Walk	1	10 per side	/
	2F	Core Activation	Pallof Press	1	5-8 per side	/

WEEK 1: FRIDAY

FRIDAY	Exercise Type		Exercise	Sets	Reps	Rest
	Warmup					
	1		Easy Bike Ride or Jog	1	2-5 min	
	2A	Hip Mobility	90/90 Stretch	1	5-8 per side	/
	2B	Ankle Mobility	Weight Bearing Lunge	1	30 sec per side	/
	2C	Spine Mobility	Cat-Camel Exercise	1	5-8 per side	/
	2D	Glute Activation	Monster Walk	1	10 per side	/
	2E	Core Activation	Pallof Press	1	5-8 per side	/

HIIT WORK-OUT PROGRAM

SET A: MONDAY

MONDAY	#	Exercise	Reps	Rest
	1	High Knees	30 seconds	30 seconds
	2	Jumping Jacks	30 seconds	30 seconds
	3	Mountain Climbers	30 seconds	30 seconds
	4	Lunges	30 seconds	30 seconds
	Set 1: Complete the exercises two times in a circuit format			
	Rest 2 minutes after the first set			
	Set 2: Set 1: Complete the exercises two times in a circuit format			

SET B: MONDAY

MONDAY	#	Exercise	Reps	Rest
	1	High Knees	30 seconds	30 seconds
	2	Burpees	30 seconds	30 seconds
	3	Mountain Climbers	30 seconds	30 seconds
	4	Lunge Jumps	30 seconds	30 seconds
	Set 1: Complete the exercises two times in a circuit format			
	Rest 2 minutes after the first set			
	Set 2: Set 1: Complete the exercises two times in a circuit format			

SET C: MONDAY

MONDAY	#	Exercise	Reps	Rest
	1	Burpees	30 seconds	30 seconds
	2	Squat Jump	30 seconds	30 seconds
	3	Mountain Climbers	30 seconds	30 seconds
	4	Lunge Jumps	30 seconds	30 seconds
	Set 1: Complete the exercises two times in a circuit format			
	Rest 2 minutes after the first set			
	Set 2: Set 1: Complete the exercises two times in a circuit format			
	Rest 2 minutes after the first set			
	Set 3: Complete the exercises two times in a circuit format			

EXERCISE ALTERNATIVES

Horizontal Pushing	Vertical Pushing	Horizontal Pulling	Vertical Pulling	Squat	Hip Hinge
Dips	Barbell Overhead Press	Barbell Row	Pullups	Barbell Back Squat	Deadlift
Assisted Dips	Dumbbell Overhead Press	Pendlay Row	Lat Pulldowns	Barbell Lowbar Squat	Romanian Deadlift
Pushups	Log Press	Seated Cable Row	Single Arm Lat Pulldowns	Bulgarian Split Squat	Dumbbell Romanian Deadlift
Weighted Pushups	Dumbbell Alternating Press	Standing Cable Row	Chinups	Reverse Lunge	Stiff Legged Deadlift
Incline Barbell Bench Press	Landmine Overhead Press	Split Squat Cable Row	Neutral Grip Pullups	Side Lunge	Single Leg Deadlift
Incline Dumbbell Bench Press	Barbell Push Press	Dumbbell Row	L Sit Pullups	Leg Press	Kettlebell Swing
Decline Pushups	Dumbbell Push Press	Machine Row		Pistol Squat	Good Mornings
Ring Pushup	Z Press	Seal Row		Single Leg Press	Snatch Grip Deadlift
Machine Press	Split Squat Single Arm Overhead Press	Chest Supported Bench Row		Step Up	Hyperextension
Dumbbell Bench Press		Trapbar Row		Goblet Squat	Reverse Hyperextension
CHEST ADDUCTION:		3 Point Row		Hack Squat	Seated Good Morning
Dumbbell Chest Fly				Box Squat	Glute-Ham Raise
Machine Chest Fly				Overhead Press Squat	
Cable Chest Fly				Safety Bar Squat	
				Front Squat	

Quad Isolation	Hamstring Isolation	Hip Isolation	Rear Delt Isolation	Anti Extension Core	Anti Rotation Core
Leg Extension	Lying Leg Curl	Hip Thrust	Rear Delt Fly	Plank	Pallof Press
Single Leg Extension	Seated Leg Curl	Single-Leg Hip Thrust	Bent-Over Rear Delt Fly	Ab Roll	Pallof Press Walkout
Sissy Squat	Standing Leg Curl	Banded Hip Thrust	Cable Rear Delt Fly	Body Saw	Standing Anti-Rotation Press
Hindu Squat	Single-Leg Lying Leg Curl	Glute Bridge	Single-Arm Cable Rear Delt Fly	Dead Bug	Half-Kneeling Anti-Rotation Press
Narrow Stance Leg Press	Single-Leg Seated Leg Curl	Single-Leg Glute Bridge	Face Pull	Bird Dog	Plank with Shoulder Tap
Heels Elevated Squat	Single-Leg Standing Leg Curl	Banded Glute Bridge	Reverse Pec Deck Fly	TRX Rollout	Cable Anti-Rotation Chop
Terminal Knee Extension	Stability Ball Leg Curl	Cable Hip Extension	Bent-Over Dumbbell Raise		Bird Dog
Sled Pushes	Sliding Leg Curl	Fire Hydrants	High Cable Cross-Over		Dead Bug
	Nordic Hamstring Curl	Donkey Kicks	Banded Face Pull		Kettlebell Halo
	TRX Hamstring Curl	Side Lying Hip Raise	Lying T-Raise		
		Hip Abduction	Incline T-Raise		
			Prone Y-Raise on Bench		
			Lu Raises		

EXERCISE ALTERNATIVES

Flexion Core	Weighted Carry	Arm Isolation	Jumping/ Plyometric	Throws	Other Exercises
Crunches	Farmers Walk	Dumbbell Bicep Curl	Box Jumps	Medicine Ball Throw	Calf Raises
Bicycle Crunches	Suitcase Carry	Barbell Bicep Curl	Depth Jumps	Overhead Medicine Ball Throw	Tibialis Raises
Reverse Crunches	Zercher Carry	Preacher Curl	Jump Squats	Rotational Medicine Ball Throw	Copenhagen Plank
V-Ups	Overhead Carry	Concentration Curl	Broad Jumps	Medicine Ball Slam	Bear Crawl
Leg Raises	Single-Arm Overhead Carry	Hammer Curl	Single-Leg Hops	Single-Arm Medicine Ball Throw	Turkish Get-Up
Hanging Leg Raises	Rack Carry	Cable Bicep Curl	Lateral Jumps	Plyometric Pushups	
Lying Leg Raises	Bottoms-Up Kettlebell Carry	EZ-Bar Curl	Depth Drop to Box Jump	Medicine Ball Squat to Press Throw	
	Plate Carry	Incline Dumbbell Curl	Skater Jumps		
	Bottoms-Up Kettlebell Carry	Spider Curl	Pogo Jumps		
	Sandbag Carry	Reverse Curl	Skater Jumps		
	Yoke Carry	Zottman Curl	Bounding		
		Resistance Band Bicep Curl	Lunge Jumps		
		TRICEPS:			
		Tricep Pushdown			
		Overhead Tricep Extension			
		Skull Crusher			
		Close-Grip Bench Press			
		Cable Tricep Kickback			