WE NEED TO:

REDEFINE WHAT IT MEANS TO BE 70+!

BY JOE E JOHNSON

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A guide to optimizing life at 70+ by increasing Overall Physical Strength and Controlling Inflammation

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PROLOGUE

I'm just old. I used to work out when I was younger."

I hear that phrase often. And I understand it—life gets busy, priorities change, injuries add up, and somewhere along the way many people are told, directly or indirectly, that decline is inevitable.

But if you're reading this, something in you knows that story isn't complete.

You may be questioning the limits that have been placed on you—by age, by conventional advice, or by systems that focus more on managing decline than building resilience. You may sense that your body is capable of more strength, more endurance, and more vitality than you've been led to believe.

At **EverFurther**, we believe that aging is not a finish line—it's a starting point.

Our mission is simple: to help people rediscover what they are capable of through movement, challenge, and intentional living. Not by chasing extremes, but by committing to progress. By getting outside. By training with purpose. By choosing to go *one more loop*—physically, mentally, and emotionally.

Modern health advice often focuses on caution and limitation. While there's a place for safety, too often it discourages strength training, intensity, or meaningful physical challenge—especially as we age. Yet evidence and real-world experience show that building muscle, improving cardiovascular capacity, and pushing personal limits are some of the most powerful tools we have for longevity, confidence, and independence.

This book is not about reckless extremes or quick fixes. It's about reclaiming ownership of your health. It's about understanding your body, respecting it, and asking more of it—intelligently and progressively. It's about recognizing that endurance isn't reserved for elite athletes; it's a skill that can be developed at any stage of life.

EverFurther exists to support that journey. Through education, community, events like ***The Next Loop Endurance Series***, and shared experience, we aim to help people reconnect with their potential and redefine what aging can look like.

Because the truth is simple:
You are capable of more than you think.
And the decision to move forward—one step, one mile, one loop at a time—can change everything.

1. ACHIEVING OPTIMAL HEALTH AT 70+

I'm not a doctor.

What I share here comes from lived experience—years of experimentation, learning, setbacks, and breakthroughs in my own pursuit of long-term health and performance.

Like many people, I reached a point where I had to decide whether aging would define my limits—or whether I would challenge the assumptions placed on people as they grow older. I chose the second path.

Over time, I've explored many approaches to improving health and longevity. Some worked. Some didn't. What mattered most was staying curious, staying active, and taking responsibility for understanding my own body. I've learned that real progress doesn't come from a single solution, supplement, or protocol—it comes from consistency, intention, and a willingness to adapt.

At this stage of my life, my focus isn't on chasing youth or extremes. It's about maintaining strength, mobility, endurance, and clarity so I can continue doing what I love—training, competing, exploring, and living fully. That commitment has led me to prioritize movement, recovery, nutrition, and a mindset centered on long-term resilience.

I've also learned that many people reach a point where they feel dismissed or overlooked by traditional systems that focus primarily on managing decline rather than supporting potential. That realization was a turning point for me. I

decided to take a more active role in understanding my own health—learning, asking questions, and seeking out credible information rather than passively accepting limitations.

This journey has reinforced one truth above all: aging does not have to mean slowing down in every sense. With the right mindset and intentional habits, it's possible to build strength, preserve vitality, and continue setting meaningful goals well into later decades of life.

That belief is at the heart of **EverFurther**.

EverFurther exists to encourage people to challenge assumptions about aging, to reconnect with movement, and to pursue health as a lifelong process—not a short-term fix. It's about choosing progress over complacency, curiosity over fear, and action over resignation.

You don't have to be an elite athlete. You don't need to chase extremes. You simply need the willingness to take that next step—physically, mentally, and emotionally.

Because the goal isn't just to live longer.
It's to live better.
And to keep going—one more loop at a time.

"I BELIEVE IT'S TIME TO REDEFINE WHAT IT MEANS TO BE 70 YEARS OLD—AND I'M DETERMINED TO DO JUST THAT."

2. OVERALL PHYSICAL STRENGTH

Overall Physical Strength

You can increase strength and gain muscle over the age of 70.

In 2024, at 71 years old and living with chronic blood cancer, I achieved a lifetime personal record on the bench press, lifting 215 lbs. The first half of the year was dedicated to training for and competing in five ultramarathons, ranging from 50K to 100K, where I placed either first or second in my 70+ age group at each event.

Admittedly, I have a bit of a head start when it comes to training and maintaining health. However, before 2017, my focus was entirely on endurance and adventure sports. My life revolved around ultra running, trail running, cycling (both road and mountain), paddling, and adventure racing—participating in 24-hour and multi-day events. The emphasis was always on endurance, long cardio sessions, and keeping my weight as low as possible, with very little attention to strength training.

Looking back, I'm not convinced this was the healthiest approach. I thrived on pushing my body to its limits—running through extreme conditions, racking up long miles, and impressing others with sheer endurance. It was addicting, especially being surrounded by like-minded people, but was it truly sustainable or beneficial for long-term health?

Reality hit in 2017. After a mild stroke, I was diagnosed with Polycythemia Vera (PV), a chronic blood cancer in which my bone marrow overproduces red blood cells and platelets, causing dangerously thick blood. My treatment included daily doses of hydroxyurea, a chemotherapy capsule to limit bone marrow production, and periodic phlebotomies to manage

my blood levels. Testosterone replacement therapy (TRT) was off the table due to its potential to exacerbate red blood cell production, which could be fatal in my condition.

For years, I traveled to Houston to visit the MD Anderson Leukemia Floor, meeting with an oncologist two or three times a year. While my doctor was thoughtful and curious about my ability to stay active and healthy despite the PV and chemotherapy, the conversations began to feel routine. By the second year, it became clear that no one was actively trying to cure me. I was too healthy for clinical trials, and my visits boiled down to brief discussions, a handshake, and encouragement to "keep doing what you're doing."

In early 2020, I decided to take matters into my own hands. I delved into regenerative medicine, anti-aging therapies, and longevity research, which eventually led me to stem cell research and biohacking. Through trial and error with supplements, protocols, and workout routines, I saw tangible progress. I've now gone three years without needing a phlebotomy, and my blood counts are steadily stabilizing.

I've learned that physical strength—a strong, functional body—is essential to combat aging and the challenges it brings. Our bodies aren't meant to sit idle all day. Movement, whether it's yard work, walking the dog, or chasing after grandkids, keeps us healthier and happier. Yet society often tells us that aging means scaling back, opting for easier routines. Social media is rife with ads promising miraculous results from 15-minute chair workouts. Let's be honest—that's not how fitness works, and achieving real strength requires effort.

In fact, if you're 70+ years old, you might have more time to dedicate to fitness than someone in their 30s juggling work and family responsibilities. Even as I launch a new company, I find I have better control of my time than I did during my 39

years in a corporate job. More importantly, my health is now a priority. Every day I spend building strength and staying healthy adds to the days I'll be able to live actively and enjoy life.

3. CONTROLLING INFLAMMATION

Controlling Inflammation

Inflammation is considered the critical factor in age-related decline.

When I began working with seminars and clinics focused on Regenerative Medicine and Stem Cell Therapies, specifically Umbilical Tissue Stem Cells, I was shocked by how many people, my age or younger, were living with daily pain caused by inflammation and autoimmune diseases.

It became clear that anywhere in the country, we could easily fill a seminar with people over 60 seeking relief from inflammation, arthritis, and autoimmune disorders. Many of these individuals had been suffering for years, even decades, and had resigned themselves to the belief that these issues were permanent—a burden they'd have to carry for the rest of their lives.

I had no idea how widespread this problem was.

What struck me as irrational was the deep-rooted belief these individuals held: that their MDs, the medical system, and biopharmaceutical companies were their only hope for pain relief. The number of prescriptions people were taking was staggering—shoeboxes full of pill bottles prescribed by a range of doctors, each treating different symptoms without much coordination. Even more perplexing was that patients with the same conditions were often prescribed entirely different medications by different physicians. It didn't add up.

Many of these individuals admitted they felt their medications might be contributing to their problems, yet they continued to trust their doctors and stick to the prescribed regimens. The medical advice they received felt untouchable, even when

they knew the solutions weren't addressing the root causes of their pain.

At the seminars I attended, the majority of participants—close to 80%—were seeking pain management solutions, with most of their pain directly linked to inflammation. What stood out was the growing frustration with the system. Many attendees believed their primary care doctors, pain management clinics, and biopharmaceutical companies were prioritizing profits over cures.

The most puzzling part was their hesitation when presented with alternative treatments—options with proven results in other countries. These treatments had demonstrated success, yet many attendees felt compelled to consult their doctors, fully aware that their physicians would likely dismiss anything outside of conventional medicine or Big Pharma's interests. The medical system's focus on masking pain with pharmaceuticals, rather than addressing the underlying issues, was glaringly obvious. People recognized this, but breaking away from the norm was a challenge.

My goal was to help people see that the inflammation they had resigned themselves to live with could, in fact, be managed—or even eliminated. Around the world, successful treatments were available and making a difference. Meanwhile, in the U.S., we were spending more on medications than any other nation, consuming 83% of the world's prescribed pain pills (including 99% of hydrocodone), yet ranking 47th in life expectancy.

Regenerative therapies, like MSC (Mesenchymal Stem Cell) treatments, are designed to tackle inflammation at its source. MSC therapy's primary function is to identify, control, and reduce inflammation in the body. However, in the U.S., biopharmaceutical companies have worked to suppress stem cell therapies—largely because stem cells and their

associated proteins cannot be patented. While other countries embraced these therapies and developed clinics that achieved remarkable results, the U.S. lagged behind, prioritizing profits over progress.

In 2023, the Texas Heart Institute published an article highlighting that MSC therapy reduced the risk of heart disease by 59%, which is an impressive finding. Furthermore, the study revealed that by addressing severe inflammation in patients, they could lower the risk of heart disease by an astounding 209%.[1]

This reality underscored the need for change. People deserve solutions that address the root causes of their pain, not just temporary relief. Regenerative therapies are a step in the right direction, offering hope for real, lasting results.

While it's difficult to assign a universal percentage, chronic inflammation is undeniably a major factor in the decline of health and wellness in those over 60, significantly contributing to morbidity and mortality. Addressing it is crucial for healthy aging.

The evidence is clear: chronic inflammation is a critical factor in age-related decline and a major contributor to the pain and suffering experienced by millions. While traditional medicine has focused heavily on masking symptoms with pharmaceuticals, this approach often overlooks the root cause of the problem. Regenerative therapies, such as MSC treatments, offer a promising alternative by targeting inflammation directly and promoting true healing.

The findings from institutions like the Texas Heart Institute highlight the transformative potential of addressing

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[1] Texas Heart Institute - DREAM-HF Trial Findings - https://www.texasheart.org/the-texas-heart-institute-delivers-a-new-first-in-heart-failure-treatment-using-cell-therapy/

inflammation, not just to manage pain but to significantly reduce the risk of life-threatening conditions like heart disease. However, the road to widespread adoption in the U.S. remains hindered by systemic resistance and profit-driven priorities.

It's time for a shift in perspective. Patients deserve access to innovative, effective treatments that address the underlying causes of their conditions, rather than settling for temporary relief. By embracing regenerative therapies and focusing on reducing inflammation, we can pave the way for healthier, more vibrant aging and a higher quality of life for millions.

The path forward starts with education, advocacy, and the courage to challenge outdated paradigms. Together, we can move toward a healthcare system that prioritizes healing over profits and offers real solutions to those in need.

For individuals over the age of 60, reducing inflammation is not just about managing pain—it is about reclaiming vitality and extending both the length and quality of life. Chronic inflammation accelerates the aging process and increases the risk of debilitating conditions such as arthritis, heart disease, and autoimmune disorders, which can severely limit mobility and independence.

By embracing regenerative therapies that address inflammation at its source, older adults have the opportunity to live longer, more active lives, free from the burdens of chronic pain and the side effects of overmedication. This proactive approach to health can empower individuals to enjoy their golden years with energy, mobility, and a renewed sense of purpose.

4. STRENGTH TRAINING AT 70+

Strength training at 70+ isn't just beneficial—it's transformative.
It's about rewriting what it means to age and proving that we can stay strong, capable, and vibrant well into our later years.

Here are some key results you can expect from Strength Training:

Physical Benefits:

1. **Increased Muscle Mass and Strength**: Helps counteract age-related muscle loss (sarcopenia).
2. **Improved Bone Density**: Reduces the risk of osteoporosis and fractures.
3. **Enhanced Balance and Stability**: Decreases the likelihood of falls and injuries.
4. **Better Joint Health**: Strengthens the muscles around joints, reducing pain and improving mobility.
5. **Boosted Metabolism**: Increases calorie burn and supports healthy weight management.
6. **Improved Cardiovascular Health**: Enhances circulation and can lower blood pressure.
7. **Increased Flexibility**: Maintains range of motion in muscles and joints.
8. **Better Posture**: Strengthens core muscles, reducing strain on the spine.

Mental and Emotional Benefits:

1. **Enhanced Mood**: Releases endorphins, reducing stress, anxiety, and depression.
2. **Improved Cognitive Function**: May help preserve memory and cognitive abilities.

3. **Better Sleep Quality**: Regular exercise promotes deeper and more restful sleep.
4. **Increased Energy Levels**: Improves stamina and reduces feelings of fatigue.

Longevity and Independence:

1. **Reduced Risk of Chronic Diseases**: Lowers the chances of developing diabetes, heart disease, and other age-related conditions.
2. **Improved Mobility and Independence**: Maintains your ability to perform daily tasks and live independently.
3. **Enhanced Longevity**: Supports a longer, healthier life.

Social and Lifestyle Benefits:

1. **Increased Confidence**: Achieving fitness goals can boost self-esteem.
2. **Community Connection**: Joining a fitness class or group can enhance social interactions.
3. **Sense of Purpose**: Establishing and sticking to a routine can provide daily motivation.

Strength training for individuals over the age of 60 is not just a form of exercise—it's a cornerstone for maintaining a vibrant, independent, and fulfilling life. By incorporating regular strength training into your routine, you can combat the physical challenges of aging, such as muscle loss, reduced bone density, and joint pain, while also enhancing mental clarity, emotional well-being, and overall quality of life.

The benefits go beyond the gym. Strength training helps individuals stay active, reduces the risk of chronic diseases, and improves mobility, making daily tasks easier and more

manageable. Moreover, it fosters a sense of confidence and purpose, empowering older adults to embrace their golden years with strength, resilience, and joy.

Aging doesn't have to mean slowing down or giving up the activities you love. Through consistent strength training, individuals over 60 can defy the stereotypes of aging, proving that it's never too late to build a stronger, healthier body and mind. This commitment to health and fitness not only extends lifespan but also enriches it, ensuring that the years ahead are lived with energy, independence, and vitality.

5. REDUCING INFLAMMATION WITH REGENERATIVE THERAPY

Mesenchymal stem cell (MSC) therapy handles inflammation

Through the unique immunomodulatory properties of MSCs. These cells can detect and respond to inflammatory signals in the body, releasing anti-inflammatory cytokines and growth factors. Key mechanisms include:

1. ***Cytokine Release:*** *MSCs produce anti-inflammatory cytokines like IL-10, TGF-β, and prostaglandin E2, which reduce pro-inflammatory responses.*

2. ***Immune Cell Modulation:*** *MSCs interact with immune cells such as T-cells, B-cells, and macrophages, promoting a shift from a pro-inflammatory (M1) to an anti-inflammatory (M2) phenotype in macrophages.*

3. ***Paracrine Signaling:*** *MSCs secrete extracellular vesicles and exosomes carrying bioactive molecules that regulate inflammation at the cellular level.*

4. ***Reduction of Oxidative Stress:*** *MSCs help mitigate oxidative stress, often associated with chronic inflammation, through antioxidant enzyme production.*

These combined actions reduce inflammation, promote tissue repair, and restore immune balance, making MSC therapy a promising approach for treating inflammatory and autoimmune conditions.

As of 2016 theses therapies are available in the US., though not supported by our medical system, fought by Big Pharma

and not covered by insurance companies here. These protocols are available.

To estimate the number of people in the U.S. who suffer daily pain from inflammation, we can examine the prevalence of conditions directly linked to chronic inflammation, such as arthritis, autoimmune diseases, and chronic pain disorders.

Key Data Points:

1. **Population of the U.S.**: Approximately 333 million people (2025 estimate).

2. **Prevalence of Chronic Pain**:

    - About **50 million adults (20%)** in the U.S. suffer from chronic pain.
    - Around **25 million adults (10%)** experience high-impact chronic pain, significantly limiting daily activities.

3. **Inflammation-Linked Conditions**:

    - **Arthritis**: About **24% of adults (58.5 million people)** have doctor-diagnosed arthritis. Most experience pain primarily due to inflammation.
    - **Autoimmune Diseases**: Affect **5-8% of the population** (16.7–26.6 million people).
    - **Chronic Inflammatory Disorders**: Conditions like inflammatory bowel disease (1.3% or 3.4 million people) and fibromyalgia (2-4% or 6.6–13.3 million people) also contribute to daily pain.

Estimate: Given the overlap between these groups and accounting for those with undiagnosed conditions, it's reasonable to estimate that 60-80 million people in the U.S.

(18-25% of the population) experience daily pain caused or exacerbated by chronic inflammation.

Factors Impacting the Estimate:

- **Age**: Pain from inflammation is more prevalent in older populations, especially those over 60.
- **Lifestyle**: Sedentary lifestyles, poor diets, and obesity increase the risk of inflammation.
- **Access to Care**: Undiagnosed or untreated conditions may add to the burden of inflammatory pain.

This estimate highlights the significant impact of chronic inflammation on public health, emphasizing the need for better prevention, treatment, and management strategies.

Autoimmune diseases are conditions in which the immune system mistakenly attacks the body's own tissues. In people over 60, autoimmune diseases are increasingly common due to changes in immune function associated with aging. Below is a list of common autoimmune diseases in older adults and their prevalence in the U.S.:

1. Rheumatoid Arthritis (RA)

- **Description**: A chronic inflammatory disorder affecting the joints, causing pain, swelling, and potential joint deformities.
- **Prevalence**: Affects about **1% of the U.S. population**.
- **Older Adults**: Higher prevalence in individuals over 60, with nearly **50% of cases diagnosed in this age group**.

2. Systemic Lupus Erythematosus (SLE)

- **Description**: A systemic autoimmune disease that can affect skin, joints, kidneys, brain, and other organs.
- **Prevalence**: Approximately **0.1% (1 in 1,000 people)** in the U.S.
- **Older Adults**: Less common in those over 60, but late-onset lupus occurs in about **10-20% of cases**.

3. Psoriatic Arthritis

- **Description**: An inflammatory arthritis associated with psoriasis, affecting the joints and skin.
- **Prevalence**: Around **0.3-1% of the U.S. population**.
- **Older Adults**: Can manifest or persist in older individuals, with about **10-15% of cases occurring in those over 60**.

4. Hashimoto's Thyroiditis

- **Description**: An autoimmune condition leading to hypothyroidism, where the immune system attacks the thyroid gland.
- **Prevalence**: Affects approximately **5% of the U.S. population**.
- **Older Adults**: Becomes more prevalent with age, particularly in women, with estimates suggesting over **10% of older women are affected**.

5. Graves' Disease

- **Description**: An autoimmune disorder leading to hyperthyroidism, where the thyroid is overactive.
- **Prevalence**: Around **1.2% of the U.S. population**.
- **Older Adults**: Less common than Hashimoto's but still seen in older populations, especially women.

6. Sjögren's Syndrome

- **Description**: An autoimmune disorder that primarily affects moisture-producing glands, causing dry eyes and mouth.
- **Prevalence**: About **0.5% (4 million people)** in the U.S.
- **Older Adults**: Primarily diagnosed in people over 40, with prevalence increasing in those over 60.

7. Type 1 Diabetes (Adult-Onset or Latent Autoimmune Diabetes of Adults - LADA)

- **Description**: An autoimmune disease causing the destruction of insulin-producing cells in the pancreas.
- **Prevalence**: Affects about **1.4 million Americans** (~0.4%).
- **Older Adults**: LADA is often diagnosed later in life, representing about **10% of diabetes cases in adults**.

8. Multiple Sclerosis (MS)

- **Description**: An autoimmune disease that attacks the central nervous system, affecting mobility and coordination.
- **Prevalence**: About **0.1% (1 in 1,000 people)** in the U.S.
- **Older Adults**: Rarely diagnosed after 60, but older individuals with MS may face compounding effects of age and disease.

9. Giant Cell Arteritis (GCA)

- **Description**: An inflammation of the blood vessels, primarily in the head and neck, leading to headaches and vision issues.
- **Prevalence**: Affects about **0.1-0.2% of individuals over 50**.

- **Older Adults**: Almost exclusively occurs in those over 50, with higher risk in individuals over 70.

10. Celiac Disease

- **Description**: An autoimmune reaction to gluten, causing damage to the small intestine.
- **Prevalence**: Affects about **1% of the U.S. population**.
- **Older Adults**: Often underdiagnosed in older populations but increasingly recognized in those over 60.

Total Prevalence of Autoimmune Diseases

- It's estimated that **5-8% of the U.S. population** has an autoimmune disease.
- Prevalence increases with age due to factors like immunosenescence (aging of the immune system) and environmental exposures.

Autoimmune diseases can significantly impact the quality of life, especially in older adults, and early recognition and management are key to maintaining health and wellness.

The exact percentage by which inflammation negatively affects health and wellness in individuals over the age of 60 can vary significantly depending on the individual's overall health, lifestyle, and the presence of chronic conditions. However, chronic low-grade inflammation, often referred to as **inflammaging**, is widely recognized as a critical factor in age-related health decline.

Key Points:

1. **Prevalence of Inflammation in Aging**: Inflammaging is characterized by persistent, low-level inflammation

that increases with age.It contributes to the onset and progression of many age-related diseases, including cardiovascular disease, diabetes, Alzheimer's disease, osteoporosis, and certain cancers.

2. **Impact on Specific Systems**:

    1. **Cardiovascular System:** Chronic inflammation is implicated in atherosclerosis, leading to heart attacks and strokes. Studies suggest inflammation is a primary driver in nearly 50-60% of cardiovascular disease cases.

    2. **Metabolic Health:** Inflammation contributes to insulin resistance and type 2 diabetes, with a significant impact on individuals over 60.

    3. **Cognitive Decline:** Neuroinflammation is a major factor in Alzheimer's disease, contributing to nearly 40-50% of cases of dementia.

    4. **Musculoskeletal System:** Chronic inflammation accelerates muscle loss (sarcopenia) and joint degradation (arthritis), which are leading causes of disability in older adults.

3. **Overall Mortality Risk**: Elevated levels of inflammatory markers like C-reactive protein (CRP) and interleukin-6 (IL-6) are associated with a 30-40% increased risk of mortality in older adults, based on various epidemiological studies.

Mitigation Strategies:

Reducing inflammation through lifestyle interventions can significantly improve health and wellness:

- **Diet**: Anti-inflammatory diets, like the Mediterranean diet, can lower systemic inflammation.
- **Exercise**: Regular strength and aerobic training reduce inflammatory markers.
- **Sleep**: Adequate sleep helps regulate immune function.
- **Stress Management**: Chronic stress exacerbates inflammation; mindfulness and relaxation techniques can mitigate this.
- **Avoiding Chronic Infections**: Proper management of periodontal disease, viral infections, and other chronic conditions can reduce systemic inflammation.

For individuals over the age of 60, addressing chronic inflammation is not just a matter of comfort—it's essential for living a longer, healthier, and more active life. Regenerative medicine, particularly Mesenchymal Stem Cell (MSC) therapies, offers a groundbreaking solution by directly targeting the root causes of inflammation. By leveraging the unique immunomodulatory properties of MSCs, these therapies not only reduce inflammation but also promote tissue repair, restore immune balance, and mitigate the progression of chronic inflammatory conditions.

The prevalence of inflammation-related diseases, such as arthritis, autoimmune disorders, and cardiovascular conditions, underscores the urgent need for effective interventions. Traditional treatments often focus on symptom management, leaving the underlying inflammation unchecked. MSC therapies provide a paradigm shift, offering older adults the opportunity to regain mobility, reduce pain, and improve overall well-being without the long-term dependence on pharmaceuticals.

By reducing inflammation, individuals over 60 can maintain their independence, enhance their quality of life, and significantly lower their risk of life-altering diseases. Embracing regenerative medicine allows for not only healthier aging but also the ability to remain vibrant, active, and engaged in the later years of life. It's time to redefine what aging can look like—strong, resilient, and full of possibility.

6. A VIEW OF MY WEEKLY WORKOUT ROUTINE

Here's an example of my 6-day workout program designed to target bulk and strength, incorporating compound lifts, accessories, cardio, core work, and metcon (metabolic conditioning). Each body part is worked twice weekly, with a balanced approach to training volume, intensity, and recovery.

I make it a point to train each muscle group twice a week, which becomes increasingly important as we age. I firmly believe that taking each muscle group to failure at least once a week is crucial for progress. Sure, it's uncomfortable—but let's face it, you've endured far tougher challenges over the past six or seven decades, and those didn't take you down! If you want to outmatch the kid next door in strength, you've got to be willing to put in the effort and push harder.

I began designing my own workouts a few years ago because I felt that most of my coaches underestimated my potential, and the routines they provided were too generic.

These workouts are tailored to the equipment I've collected in my garage over the years. I grew frustrated with going to CrossFit boxes or public gyms, where distractions and other people's input disrupted my focus. Training at home allows me to stay locked in and work at the intensity necessary to achieve the results I'm aiming for.

Hey, I'm not a superhero. I've learned enough from the years of training for different sports or disciplines that I know it's necessary to adjust a day or swap workouts when a body part is feeling some wear.

Overtraining is always a concern and often sneaks up on you when you least expect it. If I catch myself waking up in the middle of the night, staring at the ceiling, and debating whether to sneak into the garage for another set, that's my signal to take a day off. I've learned to recognize when I've pushed myself to the point where another workout won't add value. At my age, it's crucial to train smart, not just hard.

Day 1 Tuesday: Upper Body Push (Strength Focus)

Warm-Up (10 min):

- Rowing machine: 5 minutes steady pace
- Dynamic stretches (shoulder circles, arm swings, chest openers)

Workout (80 min):

1. **Barbell Bench Press:** 5 sets of 5 reps (progressive overload)
2. **Incline Dumbbell Press:** 4 sets of 8-10 reps
3. **Overhead Dumbbell Press:** 4 sets of 8-10 reps
4. **Close-Grip Bench Press:** 3 sets of 10-12 reps
5. **Box Jumps:** 3 sets of 10 reps (explosiveness)
6. **Core - GHD Sit-ups:** 3 sets of 15-20 reps

Cool-Down (5 min):

- Stretching: chest, shoulders, and triceps

Day 2 Wednesday: Lower Body Pull (Strength & Power)

Warm-Up (10 min):

- Echo Bike: 5 minutes steady pace
- Dynamic stretches (hip openers, hamstring stretches, ankle mobility)

Workout (80 min):

1. **Barbell Deadlift:** 5 sets of 5 reps (progressive overload)
2. **Romanian Deadlift (Dumbbells):** 4 sets of 8-10 reps
3. **Barbell Row:** 4 sets of 8-10 reps
4. **Pull-Ups (Weighted if possible):** 3 sets of 8-12 reps
5. **Ski Erg Sprints:** 5 rounds of 30 seconds all-out, 90 seconds rest
6. **Core - Hanging Leg Raises:** 3 sets of 15-20 reps

Cool-Down (5 min):

- Stretching: hamstrings, glutes, and back

Day 3 Thursday: Metcon & Conditioning

Warm-Up (10 min):

- Rowing machine: 5 minutes steady pace
- Dynamic full-body stretches

Metcon Workout (50-60 min):
For Time (5 Rounds):

1. **Echo Bike:** 20 calories
2. **Box Jumps:** 15 reps
3. **Pull-Ups:** 10 reps
4. **Barbell Thrusters:** 8 reps (moderate weight)

Core Circuit (20 min):

- GHD Stand (weighted if possible): 3 sets of 12-15 reps
- Russian Twists (with weight): 3 sets of 20 reps (10 each side)
- Plank Holds: 3 sets of 60 seconds

Cool-Down (5 min):

- Stretching: quads, shoulders, and back

Day 4 Friday: Upper Body Pull (Strength Focus)

Warm-Up (10 min):

- Ski Erg: 5 minutes steady pace
- Shoulder and back stretches

Workout (80 min):

1. **Barbell Bent-Over Rows:** 5 sets of 5 reps
2. **Weighted Pull-Ups:** 4 sets of 6-8 reps
3. **Single-Arm Dumbbell Rows:** 4 sets of 8-10 reps each arm
4. **Barbell Shrugs:** 3 sets of 12-15 reps
5. **Core - Ab Rollouts:** 3 sets of 15 reps

Cool-Down (5 min):

- Stretching: lats, traps, and biceps

Day 5 Saturday: Lower Body Push (Strength & Power)

Warm-Up (10 min):

- Echo Bike: 5 minutes steady pace
- Dynamic lower-body stretches

Workout (80 min):

1. **Barbell Back Squat:** 5 sets of 5 reps (progressive overload)
2. **Front Squat (Barbell):** 4 sets of 8 reps
3. **Walking Lunges (Dumbbells):** 3 sets of 12 steps per leg
4. **Box Jumps:** 3 sets of 12 reps (explosiveness)
5. **Core - Weighted Sit-Ups:** 3 sets of 15 reps

Cool-Down (5 min):

- Stretching: quads, hamstrings, and glutes

Day 6 Sunday: Metcon & Conditioning

Warm-Up (10 min):

- Rowing machine: 5 minutes steady pace
- Full-body dynamic stretches

Metcon Workout (50-60 min):
AMRAP (As Many Rounds As Possible in 20 Minutes):

1. **Ski Erg:** 15 calories
2. **Dumbbell Snatch:** 10 reps each arm
3. **Push-Ups:** 15 reps
4. **Box Jumps:** 15 reps

Accessory Work (20 min):

- Bicep Curls (Dumbbells): 3 sets of 12 reps
- Tricep Dips: 3 sets of 10-12 reps
- Core - Side Planks: 3 sets of 45 seconds each side

Cool-Down (5 min):

- Stretching: full body

Day 7 Monday: Rest or Active Recovery

- Easy 2 to 3 mile run, foam rolling, or a light 20-minute walk

Programs like this provide a mix of strength, hypertrophy, and conditioning while ensuring balanced training for each body part twice weekly. Rest days or active recovery are essential for performance and recovery!

ABOUT THE AUTHOR

Joe E Johnson

For more than seven decades, Joe Johnson has pursued a life defined by challenge, discipline, and the belief that age should never dictate potential. His journey has been shaped by a relentless drive to test limits—physically, mentally, and professionally—and to prove that growth is possible at every stage of life.

Throughout a 40-year career in senior leadership roles across both the public and private sectors, Joe became known for stepping into complex, underperforming environments and helping rebuild them into strong, resilient organizations. His work has consistently focused on

accountability, innovation, and developing people to perform at their highest level.

That same mindset has guided his lifelong commitment to physical challenge. Beginning with rock climbing and rugby in the 1970s, and later moving into endurance sports, Joe has spent decades pushing himself through triathlons, ultra-distance races, adventure competitions, and expedition-style events. His athletic journey has included hundreds of endurance events and continued into his late sixties and seventies, including participation in The Tactical Games and a featured appearance on *Surviving Mann*. At age 70, he marked the milestone by completing six ultramarathons—ranging from 50K to 100K—within a single year.

Today, Joe's focus is not on proving how far he can go, but on demonstrating what is possible when people commit to consistent movement, lifelong learning, and personal accountability.

Through **EverFurther** and **The Next Loop Endurance Series**, he seeks to inspire others to redefine aging, embrace challenge, and pursue a healthier, more capable version of themselves—one step, one mile, one loop at a time.

For More Information or Discussion please feel free to contact me at:

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