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## Six Essential Exercises for Men Over 50, Says Coach

### Description

Many men over 50 don't need complex workout routines. Instead, they benefit from specific strength goals to maintain their health and independence. Without the ability to lift bodyweight, rise from the floor, or carry items easily, daily activities like climbing stairs or shopping become increasingly challenging.

These strength benchmarks are not about impressing others at the gym. They focus on functional strength, which is crucial for joint protection, muscle preservation and maintaining independence as you age.

David Getz, a strength coach known as @fitover50man, emphasises the importance of training for strength and longevity. He suggests that men over 50 should be able to perform certain exercises with specific targets to stay fit.

The deadlift, for example, is vital. Men should aim to lift 1.5 times their bodyweight. This reflects real-life tasks like lifting luggage. Start with lighter weights and perfect your form first.

The goblet squat, using 50% of bodyweight, strengthens the legs safely. It helps with daily movements such as stairs and standing up from a chair with ease.

Push-ups test upper body strength. Aim for 20 consecutive reps to ensure overall strength. For upper body and grip, strive for at least 5 pull-ups.

Farmer's carry builds total body strength. Walking with 50lb dumbbells enhances your grip and core while mirroring everyday loads.

Finally, the overhead press ensures shoulder health. Men should press half their bodyweight to maintain this strength.

These exercises and benchmarks are key to staying independent and active as you age. Getz encourages consistent training to build resilience and maintain an independent lifestyle.

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### Vocabulary List:

1. **strength** //streŋθ// (noun): physical power to move or carry things
2. **independence** //,ɪndɪ'pɛndəns// (noun): ability to live and act without help
3. **functional** //'fʌŋkʃənəl// (adjective): useful for normal daily tasks and movements
4. **deadlift** //'dɛd,lɪft// (noun): exercise lifting weight from floor to standing
5. **consecutive** //kən'sɛkjətɪv// (adjective): happening one after another without stopping
6. **grip** //grɪp// (noun): holding power of the hands and fingers



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## Comprehension Questions

### Multiple Choice

1. What is a vital exercise for men over 50 according to David Getz?  
Option: Bench press  
Option: Deadlift  
Option: Bicep curl  
Option: Leg press
2. How much of their bodyweight should men aim to lift in the deadlift?  
Option: 1.2 times  
Option: 1.5 times  
Option: 2 times  
Option: 0.5 times
3. What percentage of bodyweight should be used for the goblet squat?  
Option: 25%  
Option: 50%  
Option: 75%  
Option: 100%
4. How many consecutive push-ups should men aim for?  
Option: 10  
Option: 15  
Option: 20  
Option: 25
5. What weight should be used during the farmer's carry to build total body strength?  
Option: 25lb dumbbells  
Option: 35lb dumbbells  
Option: 50lb dumbbells  
Option: 75lb dumbbells
6. What does the overhead press ensure?  
Option: Leg health



- Option: Shoulder health
- Option: Core strength
- Option: Grip strength

### True-False

- 7. The goblet squat helps with movements like climbing stairs.
- 8. David Getz advises men over 50 to ignore strength training.
- 9. Push-ups are a test for lower body strength.
- 10. The deadlift is described as similar to lifting luggage.
- 11. Men should press their full bodyweight during the overhead press.
- 12. Consistent training is encouraged to maintain an independent lifestyle.

### Gap-Fill

- 13. Men over 50 benefit from specific strength goals to maintain their health and \_\_\_\_\_.
- 14. The deadlift reflects real-life tasks like lifting \_\_\_\_\_.
- 15. Aim for at least 5 \_\_\_\_\_ for upper body and grip strength.
- 16. The farmer's carry enhances your grip and core while mirroring everyday \_\_\_\_\_.
- 17. To build resilience and maintain an independent lifestyle, consistent training is \_\_\_\_\_.
- 18. Men should aim to press \_\_\_\_\_ their bodyweight to maintain shoulder strength.

### Answer

- Multiple Choice:** 1. Deadlift 2. 1.5 times 3. 50% 4. 20 5. 50lb dumbbells 6. Shoulder health  
**True-False:** 7. True 8. False 9. False 10. True 11. False 12. True  
**Gap-Fill:** 13. independence 14. luggage 15. pull-ups 16. loads 17. key 18. half



## Vocabulary quizzes

### Multiple Choice ( Select the Correct answer for each question. )

1. What is a common term for a different form of a gene?  
Option: Phenotype  
Option: Allele  
Option: Variant  
Option: Genotype
2. What term describes a disease regularly found among particular people or in a certain area?  
Option: Epidemic  
Option: Pandemic  
Option: Endemic  
Option: Acute
3. What is the term for groups of cases that occur closer together in time and space?  
Option: Outbreaks  
Option: Clusters  
Option: Incidents  
Option: Sporadic events
4. In a set of numbers, what is the term for the middle value when the numbers are arranged in order?  
Option: Mean  
Option: Median  
Option: Mode  
Option: Range
5. What is the practice of maintaining health through cleanliness called?  
Option: Sanitation  
Option: Hygiene  
Option: Cleanliness  
Option: Disinfection
6. What is the process by which green plants and some other organisms use sunlight to synthesize foods from carbon dioxide and water?  
Option: Respiration  
Option: Fermentation  
Option: Photosynthesis



Option: Transpiration

7. What term is used to describe a set of medical signs and symptoms that are correlated with each other?

- Option: Condition
- Option: Syndrome
- Option: Disorder
- Option: Illness

8. What does NADPH stand for in biochemistry?

- Option: Nicotinamide adenine dinucleotide phosphate
- Option: Nuclear adenosine diphosphate
- Option: Nucleotide adenine dihydrogen phosphate
- Option: Nicotinic acid dinucleotide phosphate

9. What is the body's response to injury or infection that causes redness, swelling, and pain called?

- Option: Inflammation
- Option: Contusion
- Option: Laceration
- Option: Blackening

10. What type of substances can cause oxidative stress by producing free radicals?

- Option: Antioxidants
- Option: Oxidants
- Option: Nutrients
- Option: Vitamins

**Gap-Fill ( Fill in the blanks with the correct word from the vocabulary list. )**

11. Photosynthesis occurs in the \_\_\_\_\_ of plant cells.

12. The metabolic \_\_\_\_\_ of glycolysis is essential for glucose breakdown.

13. Amylase is an \_\_\_\_\_ that breaks down starch into sugars.

14. Triglycerides are composed of three fatty acids and a molecule of \_\_\_\_\_.

15. Genetic \_\_\_\_\_ can lead to variations in traits among individuals.

16. A gene product that controls the expression of another gene is called a \_\_\_\_\_.

17. Excessive body fat leads to health issues such as \_\_\_\_\_.



18. Resistance training is used to build muscle \_\_\_\_\_ and endurance.
19. Personal \_\_\_\_\_ is often associated with higher self-esteem.
20. A \_\_\_\_\_ exercise is one that simulates movements used in daily life.

**Matching Sentences ( Match each definition to the correct word from the vocabulary list. )**

21. The deadlift is an excellent exercise for building overall body strength.
22. Consecutive numbers follow one after the other without any gaps.
23. A strong grip is essential for lifting heavy weights safely.
24. A compound exercise involves multiple joints and muscle groups.
25. To promote a healthy lifestyle, one should eat well and exercise regularly.
26. A restrictive diet can lead to nutrient deficiencies if not planned properly.
27. Amino acids are the building blocks of proteins crucial for bodily functions.
28. Glutathione is an antioxidant that helps protect cells from oxidative damage.
29. Bone density is an important factor in assessing skeletal health.
30. The presence of oxidants in the body can lead to oxidative stress and damage.

**Answer**

**Multiple Choice:** 1. Variant 2. Endemic 3. Clusters 4. Median 5. Hygiene 6. Photosynthesis 7. Syndrome 8. Nicotinamide adenine dinucleotide phosphate 9. Inflammation 10. Oxidants

**Gap-Fill:** 11. chloroplasts 12. pathway 13. enzyme 14. glycerol 15. mutations 16. regulator 17. obesity 18. strength 19. independence 20. functional

**Matching sentence:** 1. deadlift 2. consecutive 3. grip 4. compound 5. promote 6. restrictive 7. amino 8. glutathione 9. density 10. oxidants

**CATEGORY**

1. Health - LEVEL4

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1. B2
2. ESL learning
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5. Level 4
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