<Untitled Chapter 1>

Hey, it happens. We Hey, it happens. We all start out hot. all start out hot. When you're really busy When you're really busy and you have 10 or 15 minutes, and you have 10 or 15 minutes, but that seems like all but that seems like all you can squeeze out you can squeeze out of your day. Do of your day. Do you you exercise? And if exercise? And if so, what do you so, what do you do? It's in this do? It's in this video. Stay tuned for video. Stay tuned for updates. Hi, updates. Hi, I'm Deborah Atinson. I am the I'm Deborah Atinson. I am the founder of Flipping 50. And I founder of Flipping 50. And I flipped my 50. At flipped my 50. At 49, I quit everything, 49, I quit everything, security and protection, and security and protection, and started living at 50, started living at 50, coaching, coaching, coaching, marketing, and marketing, and selling for selling for good people: good people: health coaches, health coaches, fitness instructors, fitness instructors, personal personal personal trainers, who trainers, who felt that I didn't felt that I didn't know how to know how to promote myself and therefore promote myself and therefore couldn't make a couldn't make a living. And if you living. And if you want to find want to find good ones, you know, with good ones, you know, with all of this, I've been very all of this, I've been very busy for a very busy for a very short time. And short time. And can you imagine can you imagine starting over at 49?

Very often I Very often I found myself a fitness professional with professional with over 30 years of over 30 years of experience and only had a experience and only had a few minutes to few minutes to exercise. So I exercise. So I needed to needed to make make make every minute every minute count. A year later, I count. A year later, I found myself found myself in better shape than when I spent in better shape than when I spent hours hours hours teaching workouts teaching workouts or training for or training for marathons and marathons and endurance events. So, I endurance events. So, I think this applies to think this applies to you too. This is how the you too. This is how the " " Inverted 50" system was born, which Inverted 50" system was born, which we now teach to we now teach to trainers and coaches.

trainers and coaches. But here's what I want to But here's what I want to share with you. What are share with you. What are you doing? So, movement you doing? So, movement matters. Everything matters. Everything matters. But if you matters.

My #1 Rule: Resistance Training Comes First

But if you really want to really want to maximize your metabolism, muscle strength, because, muscle strength, because we're interested not only in we're interested not only in the now, but also in helping to the now, but also in helping to alleviate the symptoms of alleviate the symptoms of menopause, which can menopause, which can include overall include overall weight gain or weight gain or belly fat, that's what belly fat, that's what gets our attention gets our attention first. Let's be first. Let's be frank. But also frank. But also mood, anxiety, and mood, anxiety, and depression have reached depression have reached record record record highs in postmenopausal women highs in postmenopausal women over 60 over 60, and we're looking, and we're looking at our sleep support. Movement matters,. Movement matters, but how do you also but how do you also take control of your take control of your life? The health of your life? The health of your muscles, bones, and muscles, bones, and brain will be your brain will be your top priority in top priority in 10 and 20 years. I don't know 10 and 20 years. I don't know about you, but I'm going into the about you, but I'm going into the triple digits. So, at 61 years old, I'm pretty, at 61 years old, I'm pretty serious about serious about how I spend how I spend my time. Here's how I my time. Here's how I do it. So, first of do it. So, first of all, this is a time for all, this is a time for decision-making. There decision-making. There won't be enough space for the whole time won't be enough space for the whole time. But if.

Compound Exercises That Boost Metabolism

But if I have 10 minutes, 15 I have 10 minutes, 15 minutes, I'll start with minutes, I'll start with core exercises, and those 10 core exercises, and those 10 minutes will be minutes will be dedicated dedicated dedicated to core exercises. If I have 15 to core exercises. If I have 15 minutes, I can add minutes, I can add something else, but

these exercises are something else, but these exercises are already there. If I have 20 already there. If I have 20 minutes, I'll start with the same thing minutes, I'll start with the same thing and then reinforce and then reinforce them with additional them with additional exercises. I just want to exercises. I just want to clarify. This is really clarify. This is really important. We will important. We will focus on focus on whether I have been whether I have been strength strength strength training training training within the last 72 within the last 72 hours, approximately 3 hours, approximately 3 days. This means days. This means Monday through Thursday.

Monday through Thursday. If I'm If I'm short on time on Thursday, I won't short on time on Thursday, I won't think about whether think about whether I should walk, do punches, I should walk, do punches, or do barbells. I or do barbells. I will do barbells.

will do barbells. So you always want to So you always want to stimulate that stimulate that muscle mass when you muscle mass when you need it. So if need it.

The 10-Minute Workout Formula (Push, Pull, Legs)

So if it's a day I can it's a day I can choose between hitting choose between hitting and walking, it matters and walking, it matters a little less, a little less, but anytime I but anytime I need to decide what need to decide what I'm going to do and I I'm going to do and I need need need resistance training, I need to do it. By the way, 48. By the way, 48 hours is the hours is the minimum minimum minimum rest. It's not rest. It's not every 48 hours.

every 48 hours. Let's check Let's check again. Have you again. Have you recovered, does recovered, does everything hurt? everything hurt? Feel good. Feel good.

Your energy level Your energy level is great, you are really is great, you are really ready to work. And ready to work. And if not, maybe you if not, maybe you should take an should take an extra extra extra recovery day. So, recovery day. So, first of all, let's first of all, let's sum it up. If sum it up. If you have you have resistance training, dedicate resistance training, dedicate your time to your time to resistance training. Even if resistance training. Even if you only have 10 minutes, and you only have 10 minutes, and I'll show you how to I'll show you how to do it. If that's you, do it. If that's you, when you're doing this when you're doing this resistance training, resistance training, I would much rather I would much rather see someone after see someone after 10, 15, or 20 minutes to 10, 15, or 20 minutes to focus on focus on compound exercises.

Why Consistency Beats Intensity

This means that This means that more than more than one joint is involved. one joint is involved. Squatting. So, we Squatting. So, we bend our ankle, bend our ankle, knee, and hip knee, and hip when we do a when we do a squat. Lunges are the same. We stand with a same. We stand with a slouched stance, slouched stance, but still bend our but still bend our knees, ankles, and knees, ankles, and hips. So, the major hips. So, the major muscle groups muscle groups cross over the cross over the joints, and we joints, and we recruit them more.

If I do a If I do a single-joint exercise instead of a single-joint exercise instead of a compound exercise, compound exercise, I'm working a smaller I'm working a smaller muscle group. This does not muscle group. This does not contribute that much to contribute that much to accelerating accelerating accelerating metabolism. Even metabolism.

How Many Sets to Do (and Why It Matters After 50)

Even if you want to see if you want to see yourself sleeveless and yourself sleeveless and slimmer, with slimmer, with toned and toned and sculpted arms, sculpted arms, the way to achieve this is to speed up your is to speed up your metabolism metabolism metabolism by doing strength by doing strength training for your training for your major muscle groups. And in fact, those people. And in fact, those people who, as you can see, have who, as you can see, have nice, toned arms nice, toned arms probably do probably do a lot less a lot less arm exercises than you arm exercises than you think. You just think. You just see nice muscles see nice muscles underneath because

there is underneath because there is less fat there as less fat there as they boost they boost metabolism with metabolism with the help of core the help of core muscles. So muscles. So let me let me make this clear. If you make this clear. If you train the core train the core muscles like muscles like squats, namely squats, namely quadriceps, quadriceps, quadriceps, hamstrings hamstrings, glutes, you, glutes, you do chest presses, pectorals, pectorals in front of you, and in front of you, and do rowing. You can. You can pull up or pull up or pull up or pull up or forward, depending on your forward, depending on your position, and also position, and also from the floor if you from the floor if you are doing are doing incline rowing. These large incline rowing. These large back muscles, the back muscles, the latissimus dorsi, the latissimus dorsi, the trapezius trapezius trapezius, these are the major, these are the major muscle groups, very large.

muscle groups, very large.

Building Bone Density & Longevity Strength

They cover They cover large areas, which large areas, which means that there means that there is a lot of is a lot of oxygen consumption and oxygen consumption and recovery recovery recovery work during recovery. It is during work during recovery. It is during road construction and road construction and restoration restoration restoration work that you actually work that you actually speed up your speed up your speed up your metabolism. So you metabolism. So you want to think about how want to think about how these muscles are these muscles are much more important much more important than the little ones, like than the little ones, like unilateral action, unilateral action, even even even leg extensions. Certainly leg extensions. Certainly bigger muscles than your bigger muscles than your arms, but not as arms, but not as valuable as squats, valuable as squats, lunges, or even lunges, or even deadlifts. So deadlifts. So consider that in 10 consider that in 10 minutes, each strength minutes, each strength exercise you exercise you do will do will take take take about a minute on average. If about a minute on average. If you're not doing very you're not doing very many reps because you're many reps because you're really really really pushing hard, you may pushing hard, you may need less, need less, but you'll be more but you'll be more careful in lifting careful in lifting and lowering the weight.

Quick Tips for Recovery and Balance

So the average minute So the average minute still makes sense. You still makes sense. You can do three can do three sets of three exercises sets of three exercises and get enough and get enough reps reps reps even in 10 minutes.

So 1 2 3 do it So 1 2 3 do it again. 1 2 3. And you don't again. 1 2 3. And you don't rest much rest much between squats, bench presses, between squats, bench presses, and and and deadlifts before deadlifts before going back to going back to squats. But while squats. But while you were doing the you were doing the chest press and deadlift and squat chest press and deadlift and squat, your legs, your legs were getting 2 minutes of were getting 2 minutes of rest. The same rest. The same applies to other applies to other muscle groups. This is not the kind of muscle groups. This is not the kind of rest where you rest where you sit on a bench and sit on a bench and spin, but you are spin, but you are resting resting resting that muscle group and using your using your time very efficiently. We argue time very efficiently. We argue that yes, you should that yes, you should do a warm-up.

do a warm-up. Measure your Measure your Measure your body temperature, body temperature, walk for 5-10 minutes and walk for 5-10 minutes and relax a bit. Don't relax a bit. Don't miss this.

miss this. They become more They become more important with age. But if important with age. But if you can find that you can find that window where you locked window where you locked the dog, work on the the dog, work on the weights, and then stretch a little before jumping in the shower, before jumping in the shower, you'll be much you'll be much better off. So, it's very better off. So, it's very important that you important that you think about this.

think about this. Main muscle groups, complex exercises. Choose three exercises: Choose three exercises: a push, a pull, and a a push, a pull, and a leg exercise. And you've leg exercise. And you've already worked already worked most of the major most of the major muscle groups. Even muscle groups. Even smaller muscle groups smaller muscle groups will be involved. When will be involved. When you push up, you you push up, you use your use your

use your triceps. When you triceps. When you pull, you pull, you use your use your use your biceps. And you biceps. And you get this game get this game even if we don't even if we don't focus on focus on them. During this them. During this training, we can training, we can check a check a large box. And this is a large box. And this is a sequence. And you sequence. And you will hear it again and will hear it again and again. Consistency again. Consistency trumps trumps trumps intensity. And I don't intensity. And I don't know if I like that know if I like that saying, because saying, because we need a certain we need a certain intensity. But intensity. But if you stay if you stay consistent on some consistent on some of those days when life of those days when life throws a lot of throws a lot of things at you, by staying things at you, by staying consistent and consistent and just using those just using those muscles, you muscles, you stay stay stay connected. So when that connected. So when that window of time window of time opens up and it opens up and it gets bigger for a gets bigger for a better workout, better workout, you're already there. You haven't you're already there. You haven't missed a missed a day or a week. And this is day or a week. And this is also important. Now also important. Now let's talk about networks.

let's talk about networks. So why is it much So why is it much better to choose three better to choose three exercises? Do them exercises? Do them three or four times three or four times if you have 15 minutes.

That's how I would intensify That's how I would intensify this workout this workout because I would get a bigger because I would get a bigger metabolic boost, and not metabolic boost, and not just during the just during the workout. The key workout. The key is that this is that this happens after happens after a workout, my resting metabolic rate. This resting metabolic rate. This means that in a state of means that in a state of rest I work at rest I work at the computer. I'm sitting on a the computer. I'm sitting on a plane or sleeping, these plane or sleeping, these actions or passive actions or passive activities activities activities will actually consume more will actually consume more energy. So, the energy. So, the energy expenditure is energy expenditure is greater, and we could greater, and we could equate this to equate this to burning calories. I do burning calories. I do n't like to n't like to get hung up on get hung up on this, but it's this, but it's much more much more about how about how it affects your it affects your hormones than it is about calorie intake and expenditure. You will boost your boost your metabolism much more if metabolism much more if you do three or you do three or four sets than if four sets than if you choose many you choose many exercises and exercises and do those do those exercises, say, only exercises, say, only twice. This twice. This won't really give you the won't really give you the metabolic boost you need for these metabolic boost you need for these major muscle groups.

major muscle groups. So, let's So, let's review. You review. You will perform will perform compound exercises that compound exercises that force more force more joints to flex joints to flex and extend. This and extend. This means you means you use use use more muscles. You more muscles. You will will will focus on the focus on the big exercises: big exercises: push-ups, deadlifts, and push-ups, deadlifts, and leg exercises, not the leg exercises, not the small ones. Not on a small ones. Not on a day when you are very day when you are very busy. You will busy. You will do several do several approaches. Three trumps are approaches. Three trumps are more than two. So more than two. So realize that three is realize that three is actually a significant actually a significant improvement over two improvement over two or two approaches.

Four is even better if Four is even better if you can. Sometimes I do you can. Sometimes I do five exercises, and I do five exercises, and I do five sets of each of them five sets of each of them when I have when I have more time. So more time. So if I don't have if I don't have that much time, I can that much time, I can do two or three do two or three exercises five times exercises five times or three exercises four or three exercises four times. Focus on the times. Focus on the goal. So goal. So bone density is also push- pull, we work pull, we work through the spine, through the spine, leg exercises and squats leg exercises and squats or leg presses if or leg presses if you're in the gym you're in the gym, or lunges, or lunges focused on that focused on that hip and femur hip and femur, are also very, are also very important for important for bone density.

Therefore, metabolism, Therefore, metabolism, bone density, bone density, strength, and muscle strength, and muscle mass also mass also increase to a greater increase to a greater extent with multiple extent with multiple approaches. So, approaches. So, third or fourth.

And by the way, if you're And by the way, if you're postmenopausal, we postmenopausal, we need more need more volume, meaning more volume, meaning more sets, than we sets, than we did in did in perimenopause or

perimenopause or premenopause. An important distinction: important distinction: you don't slow down you don't slow down just because of age.

just because of age. You will only slow down when you decide I am you decide I am too old, I too old, I will do less. Don't will do less. Don't do this.

In fact, we In fact, we need more to need more to compensate for age and the fact that we are that we are postmenopausal with postmenopausal with lower lower lower estrogen levels. Even estrogen levels. Even if you are on if you are on hormone replacement hormone replacement therapy, you are probably still therapy, you are probably still not not not going back to the going back to the factory or factory or industrial industrial industrial settings of when you settings of when you were young. So were young. So you have a little less, you have a little less, a little different. So a little different. So make sure you make sure you get the get the volume you need. This is how I would volume you need. This is how I would use 10 use 10 minutes, or if minutes, or if I have 15 minutes, this is how I I have 15 minutes, this is how I use them.

use them. Increasing to 20 or 25, Increasing to 20 or 25, that's where I that's where I can potentially do hamstring curls either on either on a machine or, if I'm a machine or, if I'm at home, I'm lying on my at home, I'm lying on my back with a ball, back with a ball, rolling it rolling it in and out.

in and out. By the way, it is very important By the way, it is very important to exercise your to exercise your hamstrings to hamstrings to tighten tighten tighten them first. When you them first. When you balance between balance between squats and quadriceps-dominant lunges, quadriceps-dominant lunges, we have better balance in we have better balance in the front and back of the the front and back of the leg. Our leg. Our knees are much knees are much happier for a happier for a longer period of time. And longer period of time. And you all understand what I mean you all understand what I mean. This is important.

. This is important. Let me know Let me know if you have any questions. if you have any questions. But that's exactly how you need to But that's exactly how you need to use the 10 use the 10 or 15 minutes when or 15 minutes when this window appears. This is this window appears. This is the most important thing. Always the most important thing. Always put the most important put the most important things first in things first in your training and your training and narrow it down to those narrow it down to those things. If you're things. If you're short on time, it short on time, it always matters.

always matters. Be consistent. Be consistent. See you on the See you on the