

Exercise Protocol Summary Sheet

Weekly training structure, benchmarks, and progressive overload tracking

The Longevity Exercise Protocol

VO2 max is the single strongest predictor of all-cause mortality. Grip strength, muscle mass, and cardiorespiratory fitness are independently associated with lifespan. This is the evidence-based protocol.

WEEKLY STRUCTURE

DAY	SESSION TYPE	DURATION	DETAILS
Monday	Upper Body Resistance	45-60 min	Push/pull compounds at 75-85% 1RM
Tuesday	Zone 2 Cardio	45-60 min	Conversational pace; walk, cycle, swim
Wednesday	Lower Body Resistance	45-60 min	Squat, deadlift, hip thrust, lunges
Thursday	Zone 2 Cardio + Mobility	45-60 min	Cardio + 15 min stretching/mobility
Friday	Full Body Resistance	45-60 min	Moderate intensity; compound movements
Saturday	VO2 Max Intervals	30-40 min	4x4 min at 85-95% HRmax, 3 min recovery
Sunday	Active Recovery	30-60 min	Walking, yoga, gentle movement, or rest

THE NON-NEGOTIABLES

- **Resistance training 3-4x/week** — compound movements, progressive overload
- **150-200 min Zone 2 cardio/week** — builds mitochondrial density and fat oxidation
- **1-2 VO2 max sessions/week** — the strongest mortality predictor
- **Daily steps: 8,000-10,000** — the dose-response curve flattens around 10K

KEY BENCHMARKS

TEST	TARGET	HOW TO MEASURE
VO2 Max	Above 75th percentile for age	Lab test or field estimate annually
Grip Strength	M: > 40 kg / F: > 30 kg	Hand dynamometer every 3 months
Dead Hang	> 60 seconds	Shoulder health + grip endurance
Sit-to-Stand	5 reps in < 12 seconds	Lower body power + balance
Floor Sit-to-Stand	No hands needed	Functional mobility marker

TEST	TARGET	HOW TO MEASURE
Single-Leg Balance	> 30 seconds each leg	Fall prevention; eyes open and closed

PROGRESSIVE OVERLOAD LOG

EXERCISE	CURRENT WEIGHT	CURRENT REPS	TARGET	DATE ACHIEVED

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