

THE OVER 50 STANDARD

Eleven tests. Four rungs. One honest number. Find the rung you hold today, write it in the last column, then earn the next one.

	Test	01 Foundation	02 Working	03 Strong	04 Standard	My rung
STRENGTH	Push-up Strict, body in one line, chest to fist height.	5 reps, hands on a bench	15 from the floor	30 unbroken	50 unbroken	
	Pull-up Dead hang start, chin over bar, no kipping.	30-second dead hang	10 inverted rows	3 strict pull-ups	8 strict pull-ups	
	Squat Hip crease below knee, heels flat, chest up.	10 sit-to-stands, no hands	20 bodyweight squats	10 goblet · 24 kg / 53 lb	20 goblet · 32 kg / 70 lb	
	Kettlebell swing Hips throw the bell, spine neutral.	10 dowel hinges	20 swings · 16 kg / 35 lb	50 · 24 kg / 53 lb · <2 min	100 · 24 kg / 53 lb · <5 min	
	Turkish get-up Floor to standing and back, each side.	No weight, shoe on fist	8 kg / 18 lb	16 kg / 35 lb	24 kg / 53 lb	
	Loaded carry Tall, ribs down, walk, don't shuffle.	30 s · 2 × 8 kg / 18 lb	60 s · 2 × 16 kg / 35 lb	60 s · 2 × 24 kg / 53 lb	60 s · 2 × 32 kg / 70 lb	
CONTROL	Hollow hold Low back flat; clock stops when it lifts.	20 s front plank	60 s front plank	45 s hollow hold	60 s hollow + 45 s side plank	
	Single-leg stand Shoes off, hands on hips.	10 s each, eyes open	30 s each, eyes open	10 s each, eyes closed	20 s each, eyes closed	
MOBILITY	Deep squat hold Heels down, chest up, resting in it.	30 s holding a post	60 s unsupported	2 min, breathing easily	3 min + overhead reach	
	Overhead reach On your back, low back flat, no rib flare.	Clasp hands behind back	Arms reach the floor	Broomstick pass-over	Hang, then press, no flare	
ENGINE	Conditioning Continuous work; short sentences at the end.	10 min brisk walk	20 min continuous	5 × 3 min, 1 min rest	6 × 3 min, last as strong	

HOW TO TEST

Do it once, honestly. Retest every eight weeks.

The rules

- **Test rested, in one session.** Not after a workout, not on four hours of sleep.
- **Warm up, then go in order:** strength first, mobility and balance last.
- **Film every test.** The camera is the only honest judge of form.
- **Score each test on its own.** Most men land on three different rungs. That's normal.
- **Retest every eight weeks.** Weekly testing just measures noise.

Before you test

- Talk to your doctor first if you have heart or blood pressure issues, a joint you're managing, or you've been away from training a long time.
- Stop for sharp or joint-line pain. Muscular burn is fine; sharp is not.
- Swings and loaded carries punish ego fastest. Start a rung below where you think you belong.

General educational content, not medical advice. Nine of the eleven tests need no equipment; the other two need a bar and one kettlebell.

Train your weakest link

Your lowest rung is where the next eight weeks of training go. Find it below. As a thank-you, each code takes **50% off that book** (first 100 uses).

If your lowest rung is...	Start with	Where	50% off
Push-up, pull-up or loaded carry	Building Muscle After 50	theover50standard.com/building-muscle-after-50.html	MUSCLE50
Squat, swing or get-up	Functional Strength	theover50standard.com/functional-strength.html	FUNCTION50
Hollow hold	Core Strength	theover50standard.com/core-strength.html	CORE50
Single-leg stand, deep squat or overhead reach	Reclaim Your Movement	theover50standard.com/reclaim-your-movement.html	MOVE50
Conditioning	HIIT for the Over 50 Body	theover50standard.com/hiit-for-the-over-50-body.html	HIIT50
Mostly Foundation, or starting again after years off	The 30-Day Reset	theover50standard.com/the-30-day-reset.html	RESET50
Short on time	The 20-Minute Solution	theover50standard.com/the-20-minute-solution.html	TWENTY50
Only have dumbbells at home	Dumbbell Training	theover50standard.com/dumbbell-training.html	DUMBBELL50

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