

SOMA

40+

SOMA 40+

Day 1: Strength

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minute rest
between sets

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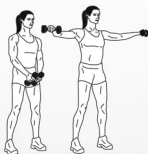
24 reverse lunges



12 calf raises



12 alt bicep curls



6 lateral raises



12 chest rows

SOMA 40+

Day 2: HIIT

20 seconds
each exercise

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest

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jumping jacks



pacer steps



jumping jacks



step jacks



pacer steps



step jacks

SOMA 40+

Day 3: Strength

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minute rest
between sets

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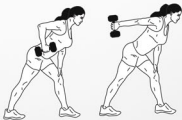
12 squats



10-count hold



12 overhead tricep extensions



12 tricep extensions

SOMA 40+

DAY 4: BREATHING & STRETCHING © darebee.com

#1 Slowly shift from *Cat Pose* to *Cow Pose* continuously for 30 seconds.

#2 Breathe out quickly 5 times then hold the pose for 30 seconds.

Hold each pose after #2 for 30 seconds.



2



3



4



5



6



SOMA 40+

Day 5: Strength

Level I 3 sets

Level II 4 sets

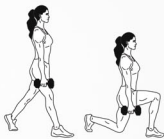
Level III 5 sets

2 minute rest
between sets

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12 squat into shoulder press



24 split lunges



12 hammer curls



12 chest rows



12 deadlifts

SOMA 40+

Day 6: HIIT

20 seconds
each exercise

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest

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butt kicks



high knees



butt kicks



march steps



high knees



march steps

SOMA 40+

DAY 7: YOGA @ darebee.com

Hold each pose for 30 seconds then move on to the next one.

Repeat the sequence again on the other side.



SOMA 40+

Day 8: Strength

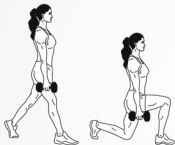
Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minute rest
between sets

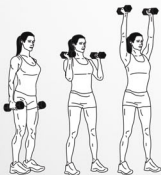
© darebee.com



24 split lunges



24 side lunges



12 curls into shoulder press



12 chest rows



6 bent over raises

SOMA 40+

Day 9: HIIT

20 seconds
each exercise

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest

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jumping jacks



side jacks



jumping jacks



step jacks



half jacks



step jacks

SOMA 40+

Day 10: Strength

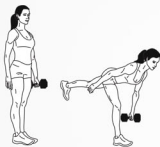
Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minute rest
between sets

© darebee.com



24 single leg deadlifts



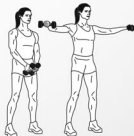
12 squats



12 hammer curls



12 chest rows



6 lateral raises

SOMA 40+

DAY 11: BREATHING & STRETCHING © darebee.com

#1 Slowly shift from *Cat Pose* to *Cow Pose* continuously for 30 seconds.

#2 Breathe out quickly 5 times then hold the pose for 30 seconds.

#3 Hold the pose afor 2 minutes.



2



3



Box breathing:

Set a timer for 2 minutes and repeat until the time is up:

1. Gently inhale through your nose to a slow count of 4.
2. Hold at the top of the breath for a count of 4.
3. Then gently exhale through your mouth for a count of 4.
4. At the bottom of the breath, pause and hold for the count of 4.



SOMA 40+

Day 12: Strength

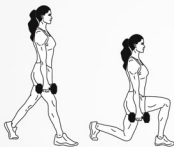
Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minute rest
between sets

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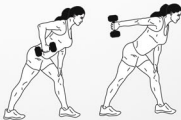
24 split lunges



24 side lunges



12 overhead tricep extensions



12 tricep extensions

SOMA 40+

Day 13: HIIT

**20 seconds
each exercise**

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest

© darebee.com



high knees



butt kicks



high knees



march steps



high knees



march steps

SOMA 40+

DAY 14: YOGA © darebee.com

Hold each pose for 30 seconds then move on to the next one.

Repeat the sequence again on the other side.

1



2



3



4



5



6



SOMA 40+

Day 15: Strength

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minute rest
between sets

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12 goblet squats



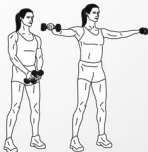
12 calf raises



12 bicep curls



12 chest rows



6 lateral raises

SOMA 40+

Day 16: HIIT

20 seconds
each exercise

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest

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step jacks



pacer steps



step jacks



pacer steps



jumping jacks



pacer steps

SOMA 40+

Day 17: Strength

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minute rest
between sets

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12 bridges



10-count hold



12 renegade rows



10-count hold

SOMA 40+

DAY 18: BREATHING & STRETCHING @ darebee.com

#1 Slowly shift from *Cat Pose* to *Cow Pose* continuously for 30 seconds.

#2 Breathe out quickly 5 times then hold the pose for 30 seconds.

Hold each pose after #2 for 30 seconds.



2



3



4



5



6



SOMA 40+

Day 19: Strength

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minute rest
between sets

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24 split lunges into shoulder press



12 hammer curls



12 chest rows



12 deadlifts

SOMA 40+

Day 20: HIIT

20 seconds
each exercise

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest

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high knees



butt kicks



high knees



knee-to-elbow



high knees



knee-to-elbow

SOMA 40+

DAY 21: YOGA © darebee.com

Hold each pose for 30 seconds then move on to the next one.

Repeat the sequence again on the other side.

1



2



3



4



5



6



SOMA 40+

Day 22: Strength

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minute rest
between sets

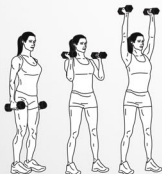
© darebee.com



12 squats



12 calf raises



12 curls into shoulder press



12 chest rows



6 bent over raises

SOMA 40+

Day 23: HIIT

20 seconds
each exercise

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest

© darebee.com



jumping jacks



pacer steps



jumping jacks



pacer steps



step jacks



pacer steps

SOMA 40+

Day 24: Strength

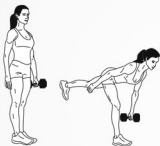
Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minute rest
between sets

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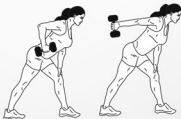
24 single leg deadlifts



12 squats



12 overhead tricep extensions



12 tricep extensions

SOMA 40+

DAY 25: BREATHING & STRETCHING © darebee.com

#1 Slowly shift from *Cat Pose* to *Cow Pose* continuously for 30 seconds.

#2 Breathe out quickly 5 times then hold the pose for 30 seconds.

#3 Hold the pose afor 2 minutes.



Box breathing:

Set a timer for 2 minutes and repeat until the time is up:

1. Gently inhale through your nose to a slow count of 4.
2. Hold at the top of the breath for a count of 4.
3. Then gently exhale through your mouth for a count of 4.
4. At the bottom of the breath, pause and hold for the count of 4.



SOMA 40+

Day 26: Strength

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minute rest
between sets

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12 bridges

10-count hold



8 renegade rows

10-count hold

8 renegade rows

SOMA 40+

Day 27: HIIT

20 seconds
each exercise

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest

© darebee.com



high knees



knee-to-elbow



high knees



butt kicks



high knees



butt kicks

SOMA 40+

DAY 28: YOGA © darebee.com

Hold each pose for 30 seconds then move on to the next one.

Repeat the sequence again on the other side.

1



2



3



4



5



6



SOMA 40+

Day 29: Strength

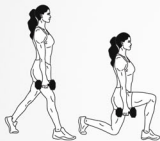
Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minute rest
between sets

© darebee.com



24 split lunges



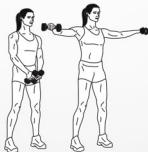
24 side lunges



12 calf raises



12 alt bicep curls



6 lateral raises



12 chest rows

SOMA 40+

Day 30: HIIT

20 seconds
each exercise

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest

© darebee.com



jumping jacks



pacer steps



jumping jacks



pacer steps



high knees



pacer steps