

May 18 Call Summary

- Q&A session covering workout modifications, program selection, creatine, bone density, and supplementary tools for Flipping 50 members. [00:00:02](#)
- Consistency ranks above progression — a 30-minute workout using a go-to routine that hits major muscle groups can be as effective as a full session, especially when life is busy. [00:00:02](#)
- Workout plans in Flipping 50 programs are structured so the most important sets come first, meaning dropping later sets still preserves the most valuable stimulus. [00:04:21](#)
- Stronger 3 is the recommended starting point for apparently healthy individuals; Stronger 7 and Stronger 5 are shorter alternatives suited for busy or returning members. [00:12:52](#)
- Neural connection and mind-to-muscle signaling must be built before adding heavy weight — ligaments and tendons require longer adaptation than muscles, making a foundational phase essential. [00:07:14](#)
- Bone density benefits from resistance training are present even at moderate rep ranges (15–16 reps), with a potential plateau after ~48 weeks where heavier loads or high-impact activity may provide additional stimulus. [00:08:39](#)
- Hormone therapy combined with resistance training yields the best bone density outcomes — resistance training alone outperforms hormone replacement alone. [00:11:27](#)
- Creatine supports muscle hydration, glycogen availability, cognitive function, sleep deprivation recovery, and jet lag adaptation — daily consistency for 3–6 months is required for meaningful results. [00:14:20](#)
- Amy asked about the at-home testing. SiPhox at-home blood testing offers hormone, metabolic, and longevity panels with FaceTime-guided collection, FedEx return, and results delivered via app within days. [00:17:16](#) <https://siphoxhealth.com/flipping50> 20% off at this link.
- Members with clotting gene conditions (e.g., prothrombin gene) advised against blood flow restriction bands should use very light weights and focus on recovery-level effort during deload weeks. [00:27:30](#)
- Shanna offered Dr. Fishman's recommendation to split yoga-for-osteoporosis poses into two sessions separated by 8+ hours may offer marginal added benefit, but is unnecessary if weight training, walking, and daily bone stimulus are already in place. [00:29:00](#)
- For neck and shoulder tightness limiting upper body training, the recommended approach is lighter weights, proper scapular depression and retraction, postural realignment, and gradual progression before adding load. [00:39:44](#)
- Power plate integration should follow a "date before marry" approach — master the exercise and the equipment separately before combining them; short plank holds (15–30 seconds) on the power plate are a safe starting point. [00:42:32](#)
- Arthritis in the hands may be managed with padded gloves, dumbbell wraps, or grip aids to reduce strain while still progressing load. [00:45:29](#)
- Pre-surgical fitness directly improves post-surgical resilience and recovery speed, as illustrated by Linda's successful return after hip replacement. [00:35:44](#)