

A photograph of a muscular older man with grey hair, shirtless, posing with his right arm raised. He is wearing dark shorts. The background is dark and textured.

DAVE
DURCH'S

AGELESS STRENGTH 4 WEEK SHRED

4 WEEK CHALLENGE
FOR THOSE OVER 40

MAIN GUIDE

LOSE WEIGHT, GET
STRONG, & GENERATE
EXPLOSIVE SPEED



**Dave
Durch's**

AGELESS STRENGTH

4 WEEK SHRED

I know you are driven! I know you have it in you - the ambition, the desire, the vision. I also know life gets in the way too many times to count. That's why I've written this plan. This guide explains the entire program. Read it at least 2 times (preferably 3) before the challenge starts!

The information provided in this PDF is intended for educational purposes only and is not a substitute for professional medical advice. Always consult with your doctor or healthcare provider before starting any exercise program, especially if you have pre-existing health conditions, are pregnant, or are over the age of 40. This program is not intended for use by individuals who are under the influence of alcohol or drugs. If you experience any pain or severe discomfort while performing the exercises, stop immediately and seek advice from a medical professional. The author and distributors of this information do not offer any guarantees regarding the content's accuracy or effectiveness. Use this information at your own risk.

**TO HAVE THIS GUIDE READ TO YOU,
VIEW THE AUDIOVISUAL VERSION -
PARTS 1 & 2 - BY SCANNING THE QR
CODE OR GO TO
[BIT.LY/AGELESSSTRENGTHGUIDE](https://bit.ly/agelessstrengthguide)**





Contents

PAGE

03	Introduction
06	Why I Created This Challenge
09	Why Fat Loss is Harder After 40
12	The 5 Phases of Motivation
15	Nutrition
17	Meal Plans
25	Training Overview
29	Cardio and Mobility
31	Mobility and Speed
33	Sleep, Recovery, and Self-Care
35	Congratulations! & Printable Trackers




Hello, everyone over 40!

Get ready to dive into the Ageless Strength 4-Week Challenge—a transformative fitness journey designed to help you embrace your age with confidence, strength, and vigor! I'm Dave Durch, a seasoned martial arts and self-defense instructor with over 50 years of experience, and I'm here to guide you through this exhilarating program.

Imagine this: At 70, I'm in peak physical condition, having dedicated my life to mastering the art of self-defense and fitness. Now, it's time to focus on helping men and women over 40 achieve their fitness goals, whether it's building muscle, shredding fat, or enhancing mobility and explosiveness.

Much like my extensive journey in martial arts, I've created a program that addresses the unique challenges and aspirations of those over 40. We understand that life at this age can be unpredictable—energy levels vary, fatigue can set in, and maintaining a consistent routine can be tough.

That's why our program allows for flexible intensity levels each week. Some days you'll feel unstoppable, while other days you might need to dial it back a bit. It's all about listening to your body and respecting your journey.



Just like in my previous teachings, I'm here to support you every step of the way. We've got tailored training plans, nutrition strategies, and a support system designed to match your determination. Whether you're a seasoned gym-goer or just starting out, we've got you covered. From those who thrive on intense workouts to those preferring home routines, we've crafted a plan that suits everyone.

We provide meal suggestions for meat-eaters and vegetarians, with vegan substitutions available, also. No need to worry about calorie counting or meal planning; we've taken care of that to make your journey smoother.

But that's not all; we also offer checklists and guides to ensure you have everything you need, from essential equipment to understanding the best cardio practices. We won't throw you into the deep end; our onboarding sessions will prepare you for this epic challenge. From mastering meal prep to pushing your limits safely, staying disciplined is part of the package.

Here's the game-changer: I'm here for you whenever you need assistance. Whether through live Q&As or Zoom calls or directly through email, you'll have the guidance and support needed to tackle any challenge.

Our mission is simple: to help you master your metabolism, achieve rapid fat loss, and boost your strength and mobility. Even if you've struggled with fitness in the past, this program is designed to keep you motivated and consistent. So, let's raise a glass to your best self. Together, we're going to build muscle, shred fat, and prove that life truly begins at 40. This program will get you started on a lifelong path of health and vitality that is sustainable long-term.

Welcome to the Ageless Strength 4-Week Challenge—let's embark on this journey together!

All the best,

**Are you ready?
Let's do this!**





BY FAILING TO PREPARE, YOU ARE PREPARING TO FAIL

Please read this pdf in its entirety at least 2 times.
yes, 2. Preferably even 3.

I have included a massive amount of information in this program so that you can learn the process instead of just blindly being told what to do. I also recommend that you watch all the instructional videos for the exercises **BEFORE** your first session so you do not have to search for how to do an exercise in the middle of your workout.

You will have loads of questions, but they will be answered within these pages. If they are not answered in these pages, you can ask in our private Facebook group or by attending our weekly live videos on YouTube and asking in the chat.

WHY I CREATED THIS CHALLENGE

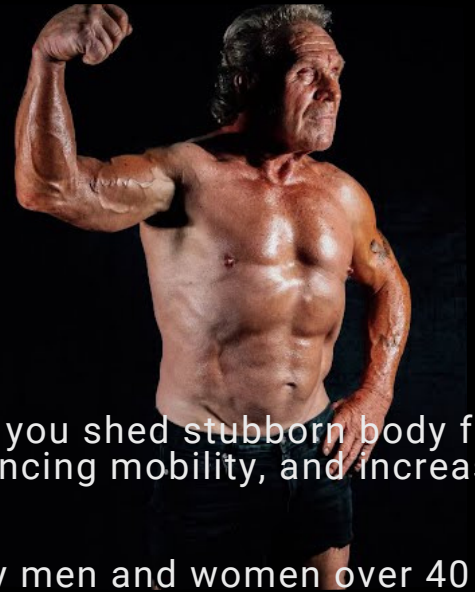


SECTION
01

Why Did I Create This Challenge?

I created this challenge because I've seen many people over 40 start to gain weight, particularly around the belly, even if they were never overweight before. This abdominal fat is the most dangerous for your overall health.

I've also witnessed people struggling with mobility and activity as they age, which doesn't have to be the case. As a street survival and self-defense instructor, I understand the crucial importance of maintaining speed and mobility to protect yourself and escape danger if necessary.



This program is meticulously crafted to help you shed stubborn body fat while simultaneously building strength, enhancing mobility, and increasing speed.

We recognize the unique challenges faced by men and women over 40 and have tailored our fitness and nutrition regimen accordingly. Our meal plans are straightforward and delicious, designed to be adaptable whether you prefer meat, vegetarian, or vegan options.

Our workouts are designed to fit into your lifestyle, whether you're hitting the gym, working out at home with minimal equipment, or looking for recommendations for follow-along sessions on YouTube.

Each workout is strategically crafted to maximize lean muscle building, with modifications for any physical limitations you might have.

When it comes to cardio, we gradually increase the intensity over four weeks, starting at a manageable level and building up to optimize fat-burning results. You'll also have one day off each week to rest and rejuvenate.

Our program includes a focus on strength training and cardio from Monday to Friday, with Saturday dedicated to mobility and speed exercises, and Sunday as a full rest day.

In addition to physical training, we cover the five stages of motivation, helping you understand what to expect and how to stay motivated throughout your journey.

Our goal is not just to give you a temporary fix but to provide you with the tools and knowledge to create a sustainable, healthy lifestyle.

HOW IT WORKS

Week 1 - Get Prepped: The first week is dedicated to onboarding, helping you get familiar with the program and preparing you for the journey ahead. This includes Q&A sessions to address any concerns you might have.

Weeks 2-5 - Training & Nutrition: Over the next four weeks, you'll dive into the program with a structured plan for both dieting and training. You'll experience rapid progress and quick wins in your fitness journey.

Week 6 - Moving Forward: In the final week, we'll focus on transitioning back into everyday life, ensuring you have the tools to maintain your results long-term. We'll cover how to keep losing weight, build muscle, or maintain a healthy body.

We're not just giving you a program to follow blindly; we want you to understand the principles behind it so you can implement them for life.

With the Ageless Strength 4-Week Challenge, you're not just shedding pounds; you're building a stronger, more agile, and confident version of yourself.

THE SCHEDULE

- Monday - Friday: Training & Cardio
- Saturday: Mobility and Speed Exercises
- Sunday: Complete Rest & Relaxation

This program empowers you to take control of your fitness, achieve your goals, and maintain an active, healthy lifestyle well into your later years.

LIFESTYLE

WHY FAT LOSS IS HARDER AFTER 40

One of the primary challenges individuals face after forty is the accumulation of excess body fat, particularly around the abdominal area. Despite rigorous training and calorie reduction, many find it difficult to combat this "middle-age spread." Fat loss over forty definitely differs from younger years, but achieving a toned midsection and overall fitness is entirely possible when you understand the underlying factors.

Hormonal Changes

For women entering menopause, fluctuating hormones and a decrease in estrogen can make weight loss more challenging. Similarly, men also experience a decline in hormones as they age, which can contribute to weight gain and muscle loss.

Sarcopenia

One of the main reasons for weight gain after 40 is sarcopenia, the natural loss of muscle mass with age. Starting around age 30, individuals who do not engage in strength training or activities to maintain muscle mass can lose 3-5% of muscle mass per decade. Muscle burns a significant number of calories, so as muscle mass decreases, so does resting metabolism. This means your body requires fewer calories to function, and excess calories are more likely to be stored as fat.



LIFESTYLE: WHY FAT LOSS IS HARDER AFTER 40

Decreased Activity Levels

Another common reason for weight gain in later years is a decrease in physical activity. Many people become less active and more sedentary due to routines, discomfort from joint pain, or the challenges of carrying extra weight. This reduction in daily movement can lead to weight gain and further health complications.

Cortisol

Cortisol, the body's primary stress hormone, acts as a built-in alarm system and is produced by the adrenal glands. People over forty frequently report feeling constant stress, which is often exacerbated by symptoms like poor sleep, brain fog, and reduced energy levels. Both emotional and physical stress trigger cortisol production, which can negatively impact our waistlines, as studies indicate a strong link between prolonged high cortisol levels and increased abdominal fat. This can lead to insulin resistance, particularly with the accumulation of visceral fat around vital organs, further perpetuating the cycle of weight gain, heightened cortisol production, continued insulin resistance, and more belly fat. Managing stress becomes a crucial aspect of navigating weight loss after 40, and incorporating practices like meditation and breathwork can help activate the parasympathetic nervous system responsible for rest and digestion, effectively curbing the release of cortisol and the expansion of waistlines.

LIFESTYLE: WHY FAT LOSS IS HARDER AFTER 40

Insulin Resistance

As we age, the body's ability to manage blood sugar levels can decrease, leading to insulin resistance. When we consume food, it gets broken down into glucose and absorbed into the bloodstream, causing a rise in blood sugar levels.

The pancreas then releases insulin, a hormone that helps shuttle calories and sugar into our muscles. However, with insulin resistance, cells become less responsive to insulin, and the pancreas compensates by producing more insulin, which directs excess glucose into fat cells. This leads to increased fat storage, especially around the abdomen.

Understanding these factors can help you tailor your approach to weight loss and fitness. By focusing on building muscle, staying active, managing stress, and maintaining a balanced diet, you can overcome the challenges of weight loss after 40 and achieve your health and fitness goals.

That's exactly what this program is designed to do.



THE 5 STAGES OF MOTIVATION

I want to chat with you about something really important: the five stages of motivation. These stages are part of any big journey, and knowing them can really help you stay on track. Think of it as having a roadmap for when things get tough.

1 UNINFORMED OPTIMISM

This is the fun part! You're excited, pumped up, and ready to conquer the world with your new project. You've just started this challenge, and all you can see are the amazing results you're going to get. Everything looks easy from here. Enjoy this feeling, but remember, it's just the beginning.

2 INFORMED PESSIMISM

Alright, reality check. You've started to hit a few bumps, and things aren't as easy as they seemed. The workouts are tougher than you thought, meal prepping takes time, and maybe you're not seeing instant results. It's normal to feel a bit down or question if you can do this. But guess what? This stage is crucial because it means you're pushing yourself out of your comfort zone.





3 THE VALLEY OF DESPAIR

This is the hardest part. Everything feels like it's going wrong. You're tired, sore, and maybe even frustrated. The progress seems slow, and it's easy to feel like giving up. But here's the thing: this stage is temporary. It's called the Valley of Despair for a reason—because once you push through it, things get better. Remember, we're here for you. Join our weekly live videos and connect with others in the private Facebook group. You are not alone!

4 INFORMED OPTIMISM

You did it! You pushed through the hardest part. Now, you're starting to see real progress. Your strength is increasing, you're feeling more energetic, and your clothes might even fit better. You're optimistic again, but this time it's based on real achievements and a clear understanding of the effort required. This is where things get exciting again.



5 **SUCCESS AND FULFILLMENT**

Welcome to the finish line! You've achieved your goals and the results speak for themselves. You've gained strength, lost fat, and improved your mobility and speed. But more importantly, you've proven to yourself that you can do it. This feeling of success and fulfillment is why we started this journey.



KEEP PUSHING FORWARD

Knowing these stages helps you prepare for the highs and lows. Each stage is temporary, and with determination, you can push through them. We're here to support you every step of the way with our weekly live videos and the amazing community in our private Facebook group.

So, whenever you're feeling down, remember that it's just a stage. Keep going, stay connected, and you'll come out stronger on the other side. Let's do this together!

LET'S TALK ABOUT HOW TO EAT RIGHT TO LOSE FAT & GAIN MUSCLE

When you're over 40, losing weight isn't just about eating less and exercising more. While these are important, there are other key strategies to effectively shed those extra pounds and keep them off. If you want to lose that stubborn belly fat and prevent your body from storing more, you need to focus on two main things:

1. Follow a calorie and macro-counted diet.
2. Limit white, high glycemic starchy carbs to no more than 10% of your diet. Instead, focus on slow carbohydrates.

Slow Carbohydrates

The term "slow carb," popularized by Tim Ferriss in "The Four Hour Body," refers to fibrous carbohydrates that are digested slowly, providing a steady release of energy. Examples of slow carbs include green cruciferous vegetables like spinach, green beans, asparagus, broccoli, and cauliflower. Beans and legumes also fall into this category and are excellent sources of slow-release energy. They don't create high insulin spikes, although anytime you eat, your insulin goes up somewhat.

White starchy carbs, on the other hand, have had their fiber removed, causing them to be absorbed quickly into the bloodstream. This rapid absorption spikes blood glucose levels and prompts a swift release of insulin, leading to fat storage. White starchy carbs include anything "that is white, was white, or could be white," and should make up no more than 10-15% of your overall diet. Think bread, rice, flour, etc.



NUTRITION



The Benefits of Slow Carbs

By shifting 85-90% of your carb intake to slow carbs, your body receives a constant, slow drip of energy. This minimizes insulin spikes and reduces the likelihood of fat storage. When you consume slow carbs, you intake both soluble and insoluble fiber. Fiber slows the absorption of calories into the bloodstream, meaning fewer calories are absorbed as energy, and the rest is excreted.

Soluble fiber, found in foods like beans, absorbs water and forms a gel-like substance in the bowel, aiding in smooth digestion. Insoluble fiber, also found in many vegetables, helps move food through the digestive system. This is why you can eat large quantities of fibrous vegetables like broccoli without consuming many calories, as much of the food is passed out as waste.

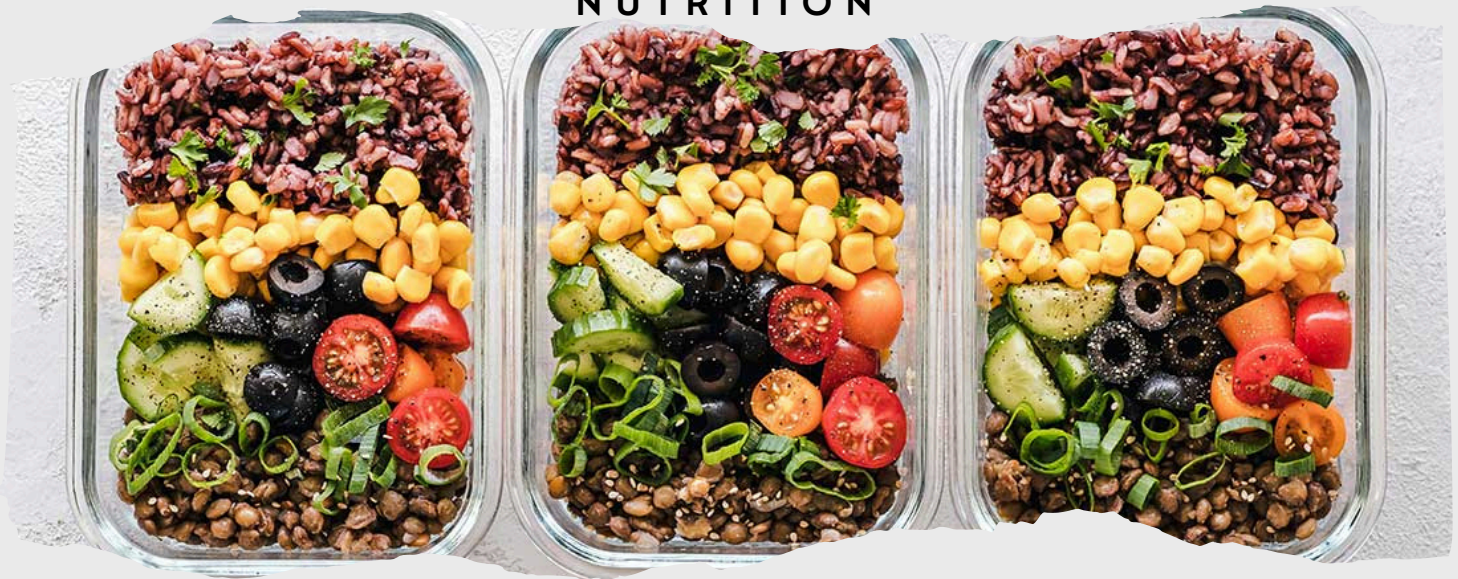
Managing Your Carb Intake

Controlling your carb intake is crucial for managing belly fat and preventing unmanageable weight gain as you age. Slow carbs provide a sustainable energy source that your body can use immediately. While they do cause a slight rise in blood glucose and insulin secretion, the amount is small enough that it's used up quickly, leaving little to be stored as fat. This approach helps prevent insulin resistance and fat accumulation, allowing you to eat plenty of slow carbs without gaining body fat. If you eat this way, you don't have to be hungry all the time while slimming down!

Meal Plan Options

In this program, we offer meal plan options for meat-eaters, vegetarians, and vegans. The principles are the same across all diets—focus on slow carbs, maintain a calorie and macro balance, and keep starchy carbs to a minimum. This way, you can choose the best plan that fits your dietary preferences while ensuring you get the nutrients and energy you need.

By understanding and implementing these nutritional principles, you can effectively manage your weight and improve your overall health, setting yourself up for long-term success.



THE MEAL PLANS

Do You Want to Use Ready-Made Meal Plans or Create Your Own?

This program gives you two options for meal planning - use ready-made plans, or create your own. These meal plans were created to be simple, effective, and designed to get results.

If you choose to create your own meal plan and have experience doing so successfully, you will need to use the recommended calorie amounts and macro counts.

Choose One Option; Don't Combine the Two.

1. Follow the Prescriptive Meal Plans

- We offer three meal plans to choose from: for meat-eaters, vegetarians, and vegans. All the meal plans are based on the slow carb principles of keeping starchy carbs below 10-20% of total calorie intake. The meal plans are designed to work regardless of your weight, whether you're 110 lbs or 320 lbs.
- The food will vary depending on your location and preferences. The key is consistency, not perfection. Don't stress if you can't get the exact product or hit the exact macros every time. A few grams off won't make a huge difference in the long run. Weekly averages matter more than daily measurements.

NUTRITION

2. Create Your Own Meal Plan

- To create your own meal plans, make sure you understand how to count macros and calories. MyFitnessPal does this for you, as do other trackers, like Loselt. You can watch a video on YouTube if you're new to tracking. It's better to avoid recipes with lots of ingredients because they're hard to track. For best results, eat whole, nutritious foods that are easy to track. In other words, shop at the outer aisles of the grocery store, not the inner ones with processed, packaged food. Weigh everything you eat. Don't guess; use a scale. You can use any nutrition tracker, but I recommend MyFitnessPal.
- To create your own meal plan, enter the following calorie amounts and macro split into MyFitnessPal to create your meal plans:
 - 1700 calories (45% protein, 30% carbs, 25% fat)
 - If you're under 5'3", start at 1500 calories.

If after 2 weeks you haven't seen positive change in weight (not dropping any weight), decrease your weekly calories by 100 (so 1600 calories per day, on average). It takes time to personalize your weekly plan and find the perfect calorie number for YOU that results in 1-2 lbs lost per week. And, you won't lose weight every single week. So look at your progress over 2-3 week periods.

- Double-check the ingredients in MyFitnessPal for accuracy. There are many incorrect entries, which can throw off your tracking. Compare the labels of everything you use with the entry in the tracker.

Here Are 2 Easy Hacks:

You can also use <https://eatthismuch.com> to easily create daily meal plans for you. You enter your macro and calorie targets, how many meals you eat per day, your daily budget, what foods you will and won't eat, and it creates meal plans and shopping lists for you based on your criteria. A yearly subscription costs \$60/year if you pay annually. Otherwise, it's \$14.99/month.

Another option is to use chatgpt. But chatgpt isn't always accurate at calculating calories and macros, so double-check the results against the labels, or for produce and meat, the USDA has an online database of nutritional information.

NUTRITION

Daily Treat

Anyone familiar with the Slow-Carb diet realizes that it employs one refeed day a week, where you can eat anything you want, as long as you start with 30 grams of protein within 30 minutes of waking.

However, this is a 4-week shred designed to get results, so there is no refeed day on this plan. However, 2-3 times a week, you can have a small treat if you feel the need to indulge and just want a small break. These treats are around 100-130 calories and low in fat, making them suitable for your diet.

Choose one of these daily treats if you need it:

- 150ml (5.3 oz) low-sugar wine like pinot noir or cabernet sauvignon (125 calories)
- 1-2 squares of 80% dark chocolate (70 calories per square)
- 1/2 cup of nonfat plain Greek yogurt with a handful of raspberries/blueberries/strawberries (65-80 calories)
- 4 Andes chocolate mints (100 calories)

A small amount of red wine doesn't negatively impact fat loss. However, I would limit it to 2-3 times per week, and measure to stay around 5 oz. You don't need a treat every day, but knowing you can have one can be motivating. It's about giving yourself a small reward for your hard work.

The Importance of Water

Aim to drink 2-3 liters (0.5-0.8 gallons) of water daily. This helps your digestive system function efficiently and flushes out extra water that may accumulate in fat cells once your body has depleted them of fat. Many people feel disheartened if they don't see immediate weight loss on the scale. It's important to have realistic expectations and understand that when the body uses fat stores, it fills the fat cells with water to keep them ready for more storage. This water takes about 10-12 days to dissipate, so don't be discouraged by temporary weight fluctuations. Fat cells rarely die but simply shrink, initially filling with water. This is normal, so trust the process and stay hydrated.

NUTRITION

FREE FLAVORINGS

You can use any of the following to flavor your food:

- Tajin Seasoning (this is AMAZING for flavoring food and available anywhere!)
- Italian Seasoning Mix
- Tamari/soy sauce/liquid aminos/liquid smoke
- Spices, fresh or dried
- Herbs, fresh or dried
- Fresh or powdered garlic
- Fresh or powdered ginger
- Spice mix or seasoning
- Apple cider or balsamic vinegar
- Fresh lemon or lime juice
- Salt & pepper

One of my favorite ways to flavor food is with spice mixes or seasonings that don't contain extra calories. Montana Mex has some good spice blends. You can buy these in the supermarket, on Amazon, or search on Google to make your own. Don't be afraid to get innovative with marinades and seasonings.

TEA & COFFEE

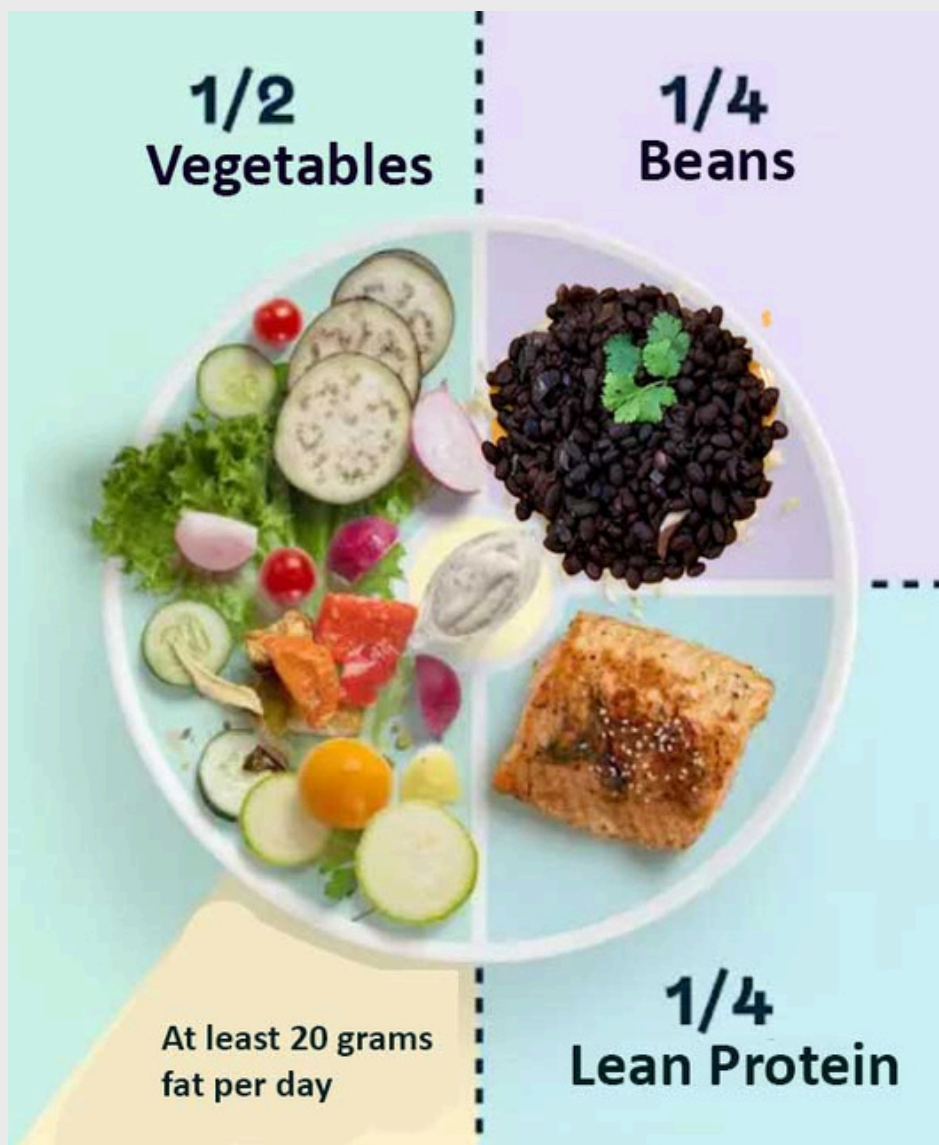
Tea and coffee are allowed in unlimited amounts but need to be consumed without milk, cream, or sugar. Try to get used to drinking your coffee black. It usually only takes about two weeks to adjust, and black coffee becomes normal! If you really need sweetener, use pure stevia powder (without erythritol) or monk fruit sweetener.

NUTRITION

AN EASY WAY TO CREATE A MEAL

If you really don't want to track your food during this 4-week challenge, you can still participate. While tracking is better, you can use these guidelines and still achieve results.

- Eat 30 grams of protein within 30 minutes of waking up
- Eat 2-3 meals per day (no snacking except for the aforementioned snacks) using this guideline:



NUTRITION

To make things easy, here's a list of lean proteins, beans, and slow-carb vegetables. Simply pick one from each column to create a meal. **For ready-made meal plans, read the Meal Plans pdf.**

PROTEINS

- Eggs
- Chicken
- Fish
- Lean Beef
- Bison
- Pork
- Salmon
- Sardines
- Mackerel
- Nonfat Greek Yogurt
- Protein Shake (under 5g sugar per serving!)
- Seitan (vegan)
- Tempeh (vegan)
- Tofu (fatty, limit to 5 oz)
- Tuna
- Lamb
- Venison
- Turkey

BEANS

- Black Beans
- Lentils
- Pinto Beans
- Soybeans (Edamame)
- Adzuki Beans
- Kidney Beans
- Cannellini Beans

VEGETABLES

- Asparagus
- Green Beans
- Salad Greens
- Kale
- Broccoli
- Cauliflower
- Cabbage
- Cucumbers
- Peas
- Sauerkraut
- Kimchi
- Swiss Chard
- Brussel Sprouts
- Okra

We don't include starchy vegetables in this plan like potatoes, sweet potatoes, squash. We also limit carrots and corn.

A WORD ABOUT PROTEIN

Protein is very satiating, so we aim to get 1 gram of protein per lb of ideal body weight. So if you weigh 200 lbs but your ideal body weight is 130 lbs, aim for 130 grams of protein per day.

If you get at least 100 grams of protein in per day and prioritize your protein **FIRST** before you eat carbs and fat, you'll likely be full so it's a lot harder to overeat and fill up on carbs.

You can't build muscle without adequate protein to supply the amino acids needed for muscle growth.

If you eat 3 meals a day, as I recommend, aim for 35 grams of protein per meal.

Also, if you find that you're hungry between meals, eat cruciferous veggies! You can eat as many as you want! Fill up on veggies! There's no reason to be hungry while shredding weight when you eat this way.



4 EATING RULES

1

NO WHITE STARCHY CARBS OR FLOUR

We're staying away from grains, potatoes, breads, rices, and flours, including bean/rice/almond/whatever flour. They are all processed with the fiber removed.

2

DON'T DRINK CALORIES

Drink non-caloric drinks like black coffee, black tea, green tea, hibiscus tea, herbal tea, and water.

3

DON'T EAT FRUIT

You've always heard fruit is so healthy, and it is. But it's also chock full of fructose, which gets converted to glycerol phosphate which gets converted to body fat. On this plan, we skip the fruit while shredding body fat. A small amount of berries is okay.

3

MAKE IT SIMPLE

It's easier if you eat the same meals multiple times per week. It's easier to prepare and track. Making a 10-ingredient gourmet meal once in a while is ok, but let's keep it simple and straightforward.

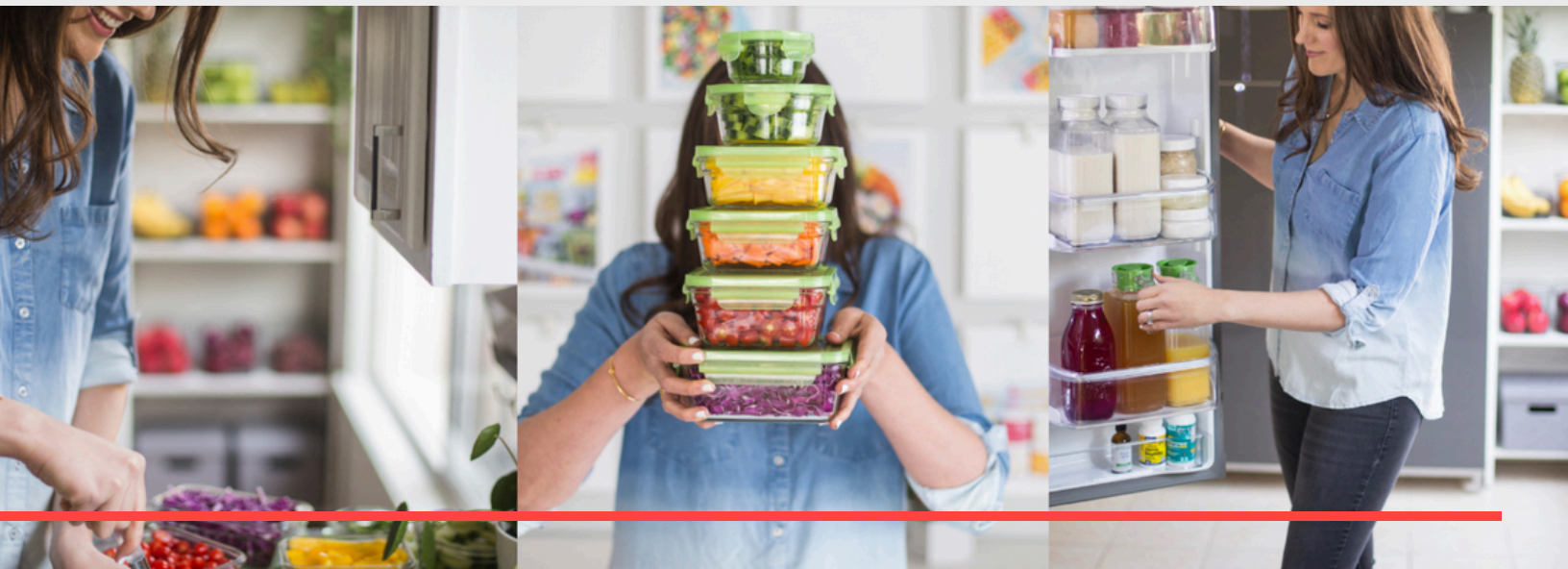


A WORD ABOUT MEAL PREPPING

Meal prepping all or most of your meals once or twice a week is an excellent way to stay on track with your nutrition. When the food is already made and sitting there in the fridge for you to just grab and heat up, it is SO much easier to stay on track and not eat foods you shouldn't!

Whether you eat meat, or whether you're a vegetarian or vegan, there are a ton of useful meal prep videos and articles online. Check them out and see which ones work for you and your tastes and lifestyle. It really is a gamechanger!

For those who prefer plant-based eating, check out the Hello Nutritarian ready-made meal prep plan. For \$60, you get a step-by-step 6-week meal-prepping plan with schedule, step-by-step instructions, grocery list, and meal plans, and the recipes taste great! They are not designed to be high-protein, however, so I would still track your macros and add protein in where necessary. You can check that out at <https://hellonutritarian.com/nutritarian-power-prep-program/>





TRAINING OVERVIEW

In this challenge, you have three different workout plans to choose from: Gym Training Program, Home Training Program with Dumbbells and Barbells, and Minimal Equipment Home Program (using resistance bands and bodyweight). There are also plans available with modifications for those with knee and shoulder pain. Each plan is designed to fit different lifestyles and preferences, ensuring you can follow a routine that works best for you. Choose one training plan and follow it for five days a week, with a sixth day dedicated to mobility and speed exercises, and take one day off for complete rest.

Training to Near-Failure

Regardless of the training program you choose, it's important to push yourself close to muscle failure to build strength and muscle. However, it's okay to stop 1-3 reps before failure, as research shows this is just as effective as training to failure and a bit safer, especially when lifting solo.

What is Muscle Failure?

Muscle failure means your muscles are fully exhausted and can no longer complete another rep with proper form. For this program, stopping 1-3 reps before this point is recommended to maintain safety while still pushing your limits. This approach helps recruit more muscle fibers, stimulating growth without the need for a spotter.

TRAINING OVERVIEW

The Three Types of Muscle Failure

1. Failure on Form:

- Most people stop when their form starts to break down. It's important to push safely beyond perfect form to fully exhaust your muscles. A slight loosening of form in your final reps is acceptable as long as you maintain control and focus on the muscle group you're working.

2. Failure on the Positive - Concentric:

- This occurs when you can no longer lift the weight during the positive phase of the movement (e.g., pushing up in a squat or curling up in a bicep curl, shortening your muscles). If you have a spotter, they can assist you in completing these reps to ensure maximum muscle recruitment.

3. Failure on the Negative - Eccentric:

- This is the point where you can no longer control the weight during the negative phase (e.g., lowering the bar in a bench press, lengthening your muscles). Controlling the negative part of the rep is crucial for muscle growth, so focus on lowering weights slowly and with control.

Choosing the Right Weight

Selecting the appropriate weight for each exercise is crucial. Start with a weight that allows you to perform the exercise with proper form and gradually increase it as you progress. Remember, the goal is to challenge yourself while maintaining safety, especially if you're training alone.



KEY POINTS TO REMEMBER

1

WARM-UP SETS

- Your first set is a warm-up, allowing you to get a feel for the movement. You should have about 10-15 reps in reserve.
- The second set is also a warm-up, with 5-10 reps in reserve.

2

WORKING SETS

- The third set is your first working set, aiming for only 2-3 reps in reserve.
- The final set is where you push close to muscle failure, aiming to complete 8-10 reps with only 1-3 reps left in the tank.

3

PROGRESSIVE OVERLOAD

To grow stronger, you need to progressively overload your muscles by increasing the weight or the number of reps. If you can complete the recommended reps easily, add more weight and challenge yourself further.

4

STICK WITH IT WHEN IT'S UNCOMFORTABLE

The final reps of your last set should be challenging. Expect to sweat, struggle, and maybe even grunt a bit. This is where muscle growth happens, so push yourself through the discomfort.

5

SAFETY FIRST

Always prioritize safety. If you're lifting heavy weights, use machines or ask for a spot from someone nearby. For exercises like squats or bench presses, ensure you have a plan in place to safely re-rack the weight if needed.



C A R D I O



CARDIO & MOBILITY

LISS Cardio (Low-Intensity Steady State Cardio)

While weight training is important for building muscle and boosting metabolism, to accelerate fat loss and improve your stamina, as well as help your heart, lungs, and brain, we add cardio. Cardio, combined with proper nutrition, creates the necessary calorie deficit for this program. Being consistent with it over time is the biggest key for the best results.

You will perform LISS cardio five days a week, starting with 30 minutes in week one and increasing by 10 minutes each week until you reach 60 minutes in week four. The 6th day has a speed and mobility workout.

This type of cardio is highly effective for fat loss and muscle preservation when done correctly. Slow, steady cardio helps preserve muscle tissue while effectively burning fat. It doesn't raise cortisol and doesn't leave you feeling exhausted. I suggest performing your cardio from Monday to Saturday, taking Sunday as a rest day, but you can adjust the days to fit your schedule.

LISS Cardio Schedule:

- **Week 1: 30 minutes LISS cardio, Monday - Friday**
- **Week 2: 40 minutes LISS cardio, Monday - Friday**
- **Week 3: 50 minutes LISS cardio, Monday - Friday**
- **Week 4: 60 minutes LISS cardio, Monday - Friday**

C A R D I O

Stay in Your Target Heart Rate Zone

For optimal fat burning, maintain your cardio in the fat-burning zone, which is typically 130-145 bpm for most people, or around 70-80% of your maximum heart rate (MHR).

Calculating Maximum Heart Rate (MHR):

$$\text{MHR} = 220 - \text{age}$$

So, if you're 55 years old, your maximum heart rate is $220 - 55 = 165$ beats per minute.

Calculating Desired Intensity (70% & 80%):

$$\text{MHR} \times 0.70$$

$$\text{MHR} \times 0.80$$

So if you're 55 and your MHR is 165, 70% is 115 beats per minute. 80% is 132 bpm. So ideally, you want to stay between 115-132 bpm.

Signs You're in the Fat-Burning Zone:

- Slightly out of breath
- A thin layer of sweat on your back
- Difficulty holding a conversation without pausing for breath

Examples of LISS Cardio

- Brisk Walking
- Elliptical
- Stationary or Regular Bike
- Swimming
- Rowing
- Water Aerobics
- Dancing (moderate)

MOBILITY



MOBILITY & SPEED

IT MATTERS!

As we age, maintaining and improving mobility becomes increasingly important.

Enhanced mobility ensures that you can move freely and without pain, reducing the risk of injuries and improving your overall quality of life. Incorporating mobility exercises into your routine will help you stay flexible, keep your joints healthy, and improve your range of motion, making daily activities easier and more comfortable.

In addition to mobility, the ability to react with speed and explosiveness is crucial, especially in emergency situations.

Training for speed and explosiveness can enhance your reaction time and overall agility, which is not only beneficial for self-defense but also for everyday tasks. Exercises that focus on quick, powerful movements can help you develop these skills, ensuring that you can move swiftly and efficiently when needed.

By integrating both mobility and speed training into your regimen, you'll be better equipped to handle physical challenges as they arise. These exercises will not only complement your strength and cardio routines but also enhance your overall fitness, making you more resilient and capable in all aspects of life.

See the TRAINING GUIDE pdf for the 6th day's Mobility and Speed Training regimen.

RECOVERY



SLEEP, RECOVERY, AND SELF-CARE

Starting a new training program can be surprisingly tiring. It's completely normal to feel fatigued, experience muscle soreness, and even have an urge to nap more often. This happens because the increased exercise leads to a significant release of growth hormones in your body, which are essential for muscle growth and repair. However, this surge can also result in increased fatigue as your body adjusts to the demands of the workouts. Remember, muscles aren't made in the gym—they grow during rest. That's why balancing your training intensity with adequate rest and recovery is crucial in this challenge.

Muscle Soreness (DOMS)

Delayed Onset Muscle Soreness (DOMS) is a common experience when you start or intensify your workout regimen. This discomfort typically occurs 12-72 hours after exercise, especially if you're new to working out or trying new exercises. Over time, as your body adapts, the severity of DOMS will decrease. This adaptation is known as the "repeated bout effect." While less soreness may make you wonder if you're still working hard enough, remember that progressive overload and pushing your limits remain key for continued muscle growth.

SLEEP, RECOVERY, AND SELF-CARE

Tips to Manage DOMS:

- Keep Moving: Even if you're sore, continue training to help your body adapt and lessen future soreness.
- Stay Hydrated: Aim for 2-3 liters of water daily to support hydration and recovery.
- Prioritize Sleep: Quality sleep is vital for muscle repair and growth. Aim for consistent, restful sleep each night.

•

Rest and Recovery

In this program, you'll train with the intensity of a professional athlete, which means rest and recovery are paramount. Without prioritizing these two aspects, you won't achieve the full benefits of the program. Here are some ways to enhance your rest and recovery:

- Infrared Sauna / Sauna: Helps with muscle relaxation and detoxification.
- Naps: A great way to give your body additional recovery time.
- Massage: Relieves muscle tension and improves circulation.
- Epsom Salt Baths: Soothe muscles and promote relaxation.
- Ice Baths: Reduce inflammation and speed up recovery.
- Sleep: Aim for quality sleep, focusing on hours before midnight.
- Foam Rolling and Stretching: Essential for maintaining muscle flexibility and health.
- Nature Exposure: Try to do some workouts outdoors for fresh air and mental relaxation.
- Meditation and Breathing Techniques: Help reduce stress and improve overall well-being.

SLEEP, RECOVERY, AND SELF-CARE

Self-Care

Self-care is crucial, especially as we age and our responsibilities shift. Many people spend much of their lives prioritizing the needs of others, often neglecting their own well-being. This imbalance can lead to burnout and dissatisfaction. Use this challenge to reclaim control and make yourself a priority. Schedule time for your training, cardio, and self-care activities.

Remember, you can't pour from an empty cup. Every Sunday, give yourself permission to rest and engage in activities that rejuvenate your mind and body. Whether it's reading a book, enjoying a hobby, or simply relaxing, take this time to reconnect with yourself and recharge. This practice will not only enhance your physical recovery but also improve your emotional and mental health, making you better equipped to meet the demands of your life and this challenge.

By incorporating these practices, you'll set yourself up for long-term success, both during and after the program.

Prioritize rest, recovery, and self-care to maintain your progress and achieve a healthier, happier you.

Visit the website to access a list of resources that can help you reach your goals faster and more easily. These are optional and are not required.

CONGRATULATIONS - YOU ARE AMAZING!

You've made it! Congratulations on completing the Ageless Strength 4-Week Challenge! My friend, I want to personally congratulate you for taking the time to go through this process of self-advancement!

It takes extreme courage and persistence to get out of your comfort zone and do the hard work of changing your habits and developing the plans and routines that will transform your life for the better.

As you change your habits, you begin to discover confidence in yourself, and you find yourself more energetic, more wide-awake and mentally stronger.

You've taken a significant step towards a healthier, fitter future, and that's something to be incredibly proud of. By taking on this challenge, you're already ahead of so many others who haven't yet taken the initiative to improve their health and well-being. You've proven to yourself that you can commit to a goal and see it through. Well done!

Remember, this journey is just the beginning. While you might not have achieved the body of your dreams in these four weeks, you've laid a solid foundation for lasting change. By learning and applying the principles of effective training, nutrition, and mobility, you're building habits that will serve you for a lifetime. Each step you take brings you closer to a healthier, stronger version of yourself.

It's important to recognize that real, lasting change doesn't happen overnight. The progress you've made in these four weeks is a fantastic start, but the key to continued success lies in consistency. Keep pushing yourself, stay committed to your fitness routine, and make healthy choices every day. The habits you've developed during this challenge are the building blocks for a healthier lifestyle.

I'm here to support you every step of the way. Whether you need motivation, advice, or just a friendly reminder of how far you've come, don't hesitate to reach out. Our community and resources are always available to help you stay on track and reach your goals. Together, we can achieve great things.

Remember, you have the power to create the life you want. By continuing to apply what you've learned, staying active, and making mindful choices, you'll keep moving forward on your fitness journey. Celebrate your successes, learn from your challenges, and never stop striving for improvement. You are amazing, and you can do this. Here's to a healthier, stronger you!

MY FITNESS & HEALTH GOALS

What are your fitness and health goals? What are you hoping to accomplish?

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

How will you feel when you accomplish your goals? What would be different?

JANUARY	FEBRUARY	MARCH
APRIL	MAY	JUNE
JULY	AUGUST	SEPTEMBER
OCTOBER	NOVEMBER	DECEMBER

YEAR: _____

SIX MONTHS CHALLENGE

MONTH:

MON TUE WED THU FRI SAT SUN

MONTH:

MON	TUE	WED	THU	FRI	SAT	SUN
-----	-----	-----	-----	-----	-----	-----

MONTH:

MON	TUE	WED	THU	FRI	SAT	SUN
-----	-----	-----	-----	-----	-----	-----

MONTH:

MON	TUE	WED	THU	FRI	SAT	SUN
-----	-----	-----	-----	-----	-----	-----

MONTH:

MON TUE WED THU FRI SAT SUN

MONTH:

MON	TUE	WED	THU	FRI	SAT	SUN
-----	-----	-----	-----	-----	-----	-----

SIX MONTHS CHALLENGE

MONTH:

MON TUE WED THU FRI SAT SUN

[illegible]

MONTH:

MON	TUE	WED	THU	FRI	SAT	SUN
-----	-----	-----	-----	-----	-----	-----

[illegible]

MONTH:

MON	TUE	WED	THU	FRI	SAT	SUN
-----	-----	-----	-----	-----	-----	-----

[illegible]

MONTH:

MON	TUE	WED	THU	FRI	SAT	SUN
-----	-----	-----	-----	-----	-----	-----

[illegible]

MONTH:

MON	TUE	WED	THU	FRI	SAT	SUN
-----	-----	-----	-----	-----	-----	-----

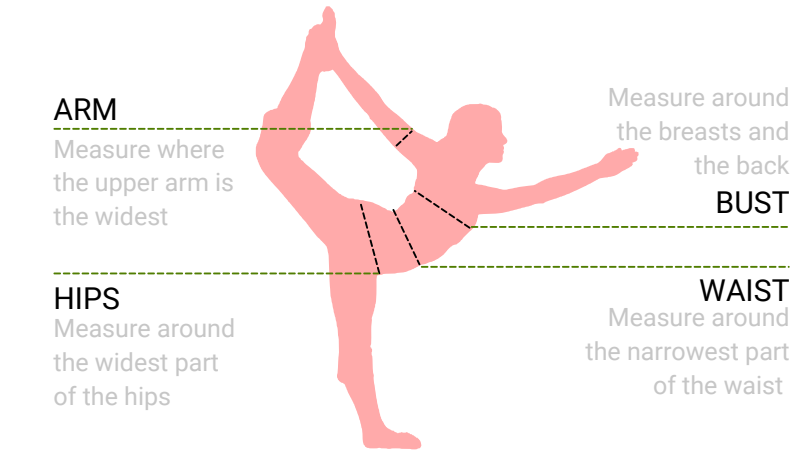
[illegible]

MONTH:

MON	TUE	WED	THU	FRI	SAT	SUN
-----	-----	-----	-----	-----	-----	-----

[illegible]

QUARTERLY PROGRESS TRACKER



“
If you want something you’ve never had, you must be willing to do something you’ve never done.”

		MEASUREMENTS	LOSS/GAIN
MONTH:	WEIGHT		
	WAIST		
	BUST		
	ARMS		
	HIPS		

		MEASUREMENTS	LOSS/GAIN
MONTH:	WEIGHT		
	WAIST		
	BUST		
	ARMS		
	HIPS		

		MEASUREMENTS	LOSS/GAIN
MONTH:	WEIGHT		
	WAIST		
	BUST		
	ARMS		
	HIPS		

NOTES

MONTHLY FITNESS PLANNER

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

GOALS FOR THE MONTH

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

ACTION STEPS

REFLECTION

THINGS I NAILED

- ☐ _____
- ☐ _____
- ☐ _____

THINGS THAT WERE A CHALLENGE

- ☐ _____
- ☐ _____
- ☐ _____

MESSAGE TO SELF

MONTHLY FITNESS TRACKER

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

STARTING WEIGHT

WAIST

BUST

ARMS

HIPS

--	--	--	--	--

MON

TUE

WED

THU

FRI

SAT

SUN

<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>

WEIGHT AFTER A MONTH

WAIST

BUST








ARMS








HIPS








--	--	--	--	--








WEEKLY FITNESS PLANNER








MONTH: _____ WEEK OF: _____








MONDAY	
CARDIO	STRENGTH
WATER       	








TUESDAY	
CARDIO	STRENGTH
WATER       	

WEDNESDAY	
CARDIO	STRENGTH
WATER       	

THURSDAY	
CARDIO	STRENGTH
WATER       	

FRIDAY	
CARDIO	STRENGTH
WATER       	

SATURDAY	
CARDIO	STRENGTH
WATER       	

SUNDAY	
CARDIO	STRENGTH
WATER       	

NOTES

DAILY FITNESS PLANNER

DATE:

☐ ☐ ☐ ☐ ☐ ☐ ☐
M T W T F S S

I FEEL: 😍 😊 😐 😞

CARDIO

STRENGTH TRAINING

GOALS FOR THE DAY

- 1.
- 2.
- 3.

AFFIRMATION FOR THE DAY

MESSAGE TO SELF

CUPS OF WATER        

HOW THE DAY WENT?

BAD

OK

GOOD

GREAT

“
*All progress takes place
outside the comfort
zone.*

WEEKLY FOOD PLANNER

WEEK OF _____

	MEALS	CALORIES
MON		
TUE		
WED		
THU		
FRI		
SAT		
SUN		

DAILY FOOD PLANNER

DATE:

☐ ☐ ☐ ☐ ☐ ☐ ☐
M T W T F S S

I FEEL: 😍 😊 😐 😞

ENERGY: ☐ ☐ ☐ ☐
LOW HIGH

ACTIVITY: ☐ ☐ ☐ ☐
LOW HIGH

☐ SUGAR FREE ☐ ALCOHOL FREE ☐ GLUTEN FREE ☐ DAIRY FREE ☐ LOTS OF VEGGIES
☐ LOW CARB ☐ ORGANIC ☐ NO PROCESSED FOODS

TODAY'S MEALS

BREAKFAST

	PROTEINS	
	CARBS	
	FATS	

LUNCH

	PROTEINS	
	CARBS	
	FATS	

DINNER

	PROTEINS	
	CARBS	
	FATS	

SNACKS

	PROTEINS	
	CARBS	
	FATS	

HOW THE DAY WENT?

TOTAL

--

30 DAYS OF WORKOUT

MONTH: _____

DAY 1 _____	DAY 2 _____	DAY 3 _____	DAY 4 _____	DAY 5 _____
DAY 6 _____	DAY 7 _____	DAY 8 _____	DAY 9 _____	DAY 10 _____
DAY 11 _____	DAY 12 _____	DAY 13 _____	DAY 14 _____	DAY 15 _____
DAY 16 _____	DAY 17 _____	DAY 18 _____	DAY 19 _____	DAY 20 _____
DAY 21 _____	DAY 22 _____	DAY 23 _____	DAY 24 _____	DAY 25 _____
DAY 26 _____	DAY 27 _____	DAY 28 _____	DAY 29 _____	DAY 30 _____

“

*We do not stop exercising
because we grow old—we grow
old because we stop exercising*

- DR. KENNETH COOPER

