A FREE GUIDE FOR ADULTS OVER 40

STRONGER AFTER 40

The Top 9 Strength Building Exercises

Nine movements for everyday life, plus three simple circuits to put them together.

9 EXERCISES | 3 CIRCUITS | SAFETY CUES FOR EVERY MOVE

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A NOTE FROM BRIAN

WELCOME

If you are over 40 and want to feel strong in your own body again, this guide is a good place to start.

Getting up from a chair. Carrying the groceries in one trip. Lifting a bag into the overhead bin. Strength shows up in ordinary moments, and the right handful of exercises can help keep those moments easy.

Inside you will find the nine strength exercises I come back to again and again with adults over 40, how to do each one with good form, simple cues to keep you safe, and three simple circuits that put them together.

Every exercise can be scaled to where you are today. Start light, move well, and let the progress come from showing up.

Let's get strong.

BRIAN MEISENBURG

Founder, Applied Fitness



ABOUT BRIAN

Brian Meisenburg has spent more than 20 years in fitness. He coaches adults over 40 on strength and on medical weight loss, including GLP 1, and he is the author of Stronger After 40. He holds a United States patent named Metabolic Reset for People Over 40.

INSIDE THIS GUIDE

- Nine exercises, each with clear form steps
- Coach cues and a safety note for every move
- Three simple circuits that put them together
- Where to go next, from the book to the studio



THE THINKING

WHY THESE NINE

Each exercise made the list for its own reason, but all nine share four things.

01

They use many muscles at once

These are compound exercises, so you train more of your body with every rep.

02

They copy real life

Lifting, pushing, pulling, carrying and turning are the movements you use every day.

03

They ask more of your body

Because they use your biggest muscles, they challenge your heart and lungs more than exercises that work one or two small muscles at a time.

04

They scale to you

Each one can be made easier or harder to fit your body and your current level. A qualified coach can help you find the right version.

A MINDSET SHIFT

TRAIN MOVEMENTS, NOT JUST EXERCISES

Here is a mindset shift that can help. Think of each exercise as practice for the life you want to keep living.

SQUAT	Getting up from a chair
DEADLIFT	Picking something up from the floor
OVERHEAD PRESS	Putting something on a high shelf or in the overhead bin, or lifting a grandchild up high
CHEST PRESS	Pushing open a heavy door
PULL UP	Pulling your own body weight up
ROW	Pulling a heavy drawer, door or bag toward you
WOOD CHOP	Turning and reaching, like loading the dishwasher or the back seat
SUITCASE CARRY	Carrying a suitcase, a laptop bag or a full bag of groceries
PLANK	Holding your body steady and straight, the base for every other movement



READ THIS FIRST

BEFORE YOU START

CHECK WITH YOUR DOCTOR

Check with your doctor before starting a new exercise program, especially if you have a heart condition, high blood pressure, a recent injury or surgery, or you take medication that affects your heart rate or balance.

Warm up first

Easy walking and gentle movement until your joints feel loose and ready.

Breathe

Breathe out as you push or pull. Never hold your breath through a hard rep.

Quality over quantity

End the set when your form starts to slip.

Start lighter than you think

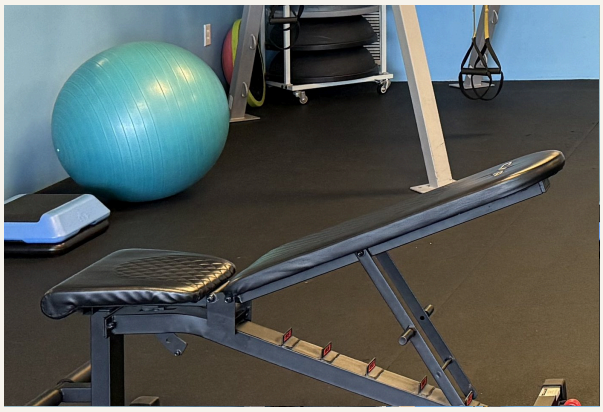
Learn each movement with body weight or light weights, then add load slowly.

Use the traffic light rule

From Stronger After 40: joint discomfort of 0 to 3 out of 10 is green, carry on. 4 or 5 is yellow, adjust the movement. Above 5, or any swelling, locking or giving way, is red: stop that movement for the day.

Recover

Give the same muscles a day of rest between hard strength workouts.



HOW TO USE THIS GUIDE

Read each exercise, practice the form, then try one of the three circuits near the end of this guide. Pick a schedule you can keep. Consistency matters more than any single workout.

EXERCISE 1 OF 9

BUILDS ON: SIT TO STAND

01

THE SQUAT

It earns the top spot because it trains the muscles you use to get up out of a chair and keep moving.



HOW TO DO IT

1. Stand tall with your feet about shoulder width apart, toes turned slightly out.
2. Keep your eyes forward and your chest up as you send your hips down and back, as if sitting into a chair behind you.
3. Lower as far as you can with good form. Thighs parallel to the floor is a good goal over time.
4. Press your feet into the floor and stand back up tall.

COACH CUES

- Keep your chest from folding toward your thighs.
- Keep your back flat, not rounded.
- Keep your knees in line with your toes, not caving in or flaring out.

EASIER VERSION

Sit to stand. Sit on a sturdy chair with no wheels, feet flat. Lean your chest slightly forward, press through your whole foot and stand up. Sit back down slowly, taking about three seconds to lower.

SAFETY

If the bottom of the movement is uncomfortable, raise the seat. Use your hands on your thighs or the armrests if you need to.

EXERCISE 2 OF 9

BUILDS ON: PULL

02

THE PULL UP

It looks like an upper body exercise, but a pull up asks a lot of your core too.



HOW TO DO IT

1. Stand under a pull up bar, reach up and grip it with your palms facing away from you.
2. Cross your ankles, brace your abs and draw your shoulders back and down, away from your ears.
3. Bend your elbows and pull them toward your sides until your chin reaches the bar.
4. Pause for a second, then lower slowly to the start.

COACH CUES

- Practice hangs. Hold the bar and let your body hang to build grip and shoulder strength. Keep your feet on a box or chair to support some of your weight.

EASIER VERSION

Band row. Loop a resistance band around a sturdy post or door anchor. Hold an end in each hand, arms straight in front of you, and pull your elbows back past your ribs, squeezing your shoulder blades together.

SAFETY

If you have a shoulder injury, hold off on hangs and full pull ups until a coach or your provider clears you.

EXERCISE 3 OF 9

BUILDS ON: PUSH

03

THE OVERHEAD PRESS

Many people find reaching overhead harder as they get older. Getting strong here now may help keep everyday reaching easier later.



HOW TO DO IT

1. Hold two dumbbells or a barbell at collarbone height, hands slightly wider than your shoulders, palms facing forward.
2. Brace your abs, squeeze your glutes and press the weight toward the ceiling.
3. At the top, keep your abs and glutes engaged so your lower back does not arch.
4. Lower the weight with control back to shoulder height. With a barbell, tilt your head back slightly so the bar can pass your face, then return to neutral.

COACH CUES

- Keep breathing.
- Keep your wrists straight, not bent back.

EASIER VERSION

Press one light dumbbell at a time, or build your push first with the wall push up: stand an arm's length from a wall, bend your elbows to bring your chest toward it, then push back.

SAFETY

Shoulder tightness is common. Press only as high as feels comfortable, and stop if you feel pinching.

EXERCISE 4 OF 9

BUILDS ON: HIP HINGE

04

THE DEADLIFT

There are many deadlift variations, and all of them use the back of your body (hamstrings, glutes and back) to lift the weight. Thinking about those muscles as you move can help.



HOW TO DO IT

1. Stand close to the weight (barbell, kettlebell or dumbbells), feet about shoulder width apart. Knees soft, abs braced, back and shoulders lined up.
2. Push your hips back, bend your knees slightly and lean your braced torso forward to reach the weight.
3. Grip it, press your feet into the floor and stand up tall, arms straight but not locked. Squeeze your glutes at the top.
4. Lower the weight slowly by pushing your hips back and bending your knees, keeping it close to your legs.

COACH CUES

- Keep your back flat the whole time, never rounded or arched.
- If the floor is too far to reach with good form, set the weight on a step or raised platform.

EASIER VERSION

Hands on thighs hinge. Soft knees, hands on your thighs. Push your hips back like you are closing a car door with your backside, sliding your hands toward your knees and keeping your back long. Then squeeze your hips forward to stand tall.

SAFETY

Your back stays long, not rounded. The movement comes from your hips, not from bending your spine.

EXERCISE 5 OF 9

BUILDS ON: PUSH

05

THE CHEST PRESS



A strong push helps with everything from opening heavy doors to getting up off the floor.

HOW TO DO IT

1. Hold a dumbbell in each hand and lie back on a flat bench, feet on the floor (or on a raised platform if they do not reach). Press your arms straight up.
2. Draw your shoulders down and back into the bench.
3. Breathe in as you lower the dumbbells slowly toward the middle of your chest.
4. Breathe out as you press back to the top. Keep your head, shoulders and hips on the bench the whole time.

COACH CUES

- Grip the weights firmly.
- Relax your shoulders slightly so your chest does most of the work.
- Do not arch your back to drive the weight up.

EASIER VERSION

Wall push up. Stand an arm's length from a wall, hands on the wall at shoulder height. Bend your elbows to bring your chest toward the wall, then push back. Keep your body in a straight line.

SAFETY

Plan how you will get the weights into position and back down before you start. When in doubt, use a spotter or work with a coach.

EXERCISE 6 OF 9

BUILDS ON: PULL

06

THE ROW

Rows build the strong muscles of your back, and they also work your core, shoulders and hamstrings.



HOW TO DO IT

1. Hold a barbell, or a dumbbell in each hand, with your feet hip width apart and knees soft.
2. Hinge at your hips, sending them back, and lean forward as far as you can with a flat back, up to parallel with the floor.
3. Let the weight hang with straight arms. Draw your shoulders away from your ears and brace your abs.
4. Pull the weight toward your hips, elbows close to your body, then lower it slowly.

COACH CUES

- An underhand grip helps focus the work on your mid back.
- Keep your core braced through the whole set.
- Keep breathing.

EASIER VERSION

Band row. Loop a resistance band around a sturdy post or door anchor. Hold an end in each hand, arms straight in front of you, and pull your elbows back past your ribs. Return slowly.

SAFETY

If bending forward bothers your back, rest one hand on a bench and row one arm at a time.

EXERCISE 7 OF 9

CORE EXTRA

07

THE WOOD CHOP

Most workouts move you forward and back. The wood chop adds turning, which you do all day long, and helps build a strong core for moving in every direction.



HOW TO DO IT

1. Stand in a split stance, left foot slightly ahead of your right. Hold a medicine ball or dumbbell in both hands.
2. Draw your shoulders down and back and brace your abs.
3. Rotate and lift the weight up and to your left, as if reaching for a high shelf behind you.
4. Bring it down and across your body to the right, finishing between your hip and knee, as if chopping wood. Pause, return, and after your reps switch sides.

COACH CUES

- Make it harder: reach farther out and bend your knees as you pivot down.

EASIER VERSION

Keep the weight close to your body and your legs fairly straight, and use a lighter ball or dumbbell.

SAFETY

Turn from your hips and upper back, not just your lower back, and keep the motion smooth, never jerky.

EXERCISE 8 OF 9

BUILDS ON: CARRY

08

THE SUITCASE CARRY

Carrying is one of the most useful things you do every day, and one of the most overlooked in workouts. It builds core strength, grip strength and endurance.



HOW TO DO IT

1. Hold a dumbbell or kettlebell in your non dominant hand. Choose a weight that feels challenging without making you lean or hunch.
2. Stand tall, brace your abs and draw your shoulders down and back.
3. Walk 10 to 20 steps forward, turn around and walk back. Move with control, not speed.
4. Set the weight down on the floor or a bench, rest, then repeat on the other side.

COACH CUES

- Keep your head, neck and back tall and straight.
- Skip wraps and grip aids if you can. Your grip is part of what you are training.

EASIER VERSION

Light two hand carry. Hold something with some weight in each hand, like two shopping bags or two dumbbells. Stand tall and walk for 30 seconds, steady and upright.

SAFETY

Clear your path first and wear supportive shoes. If balance is a concern, walk next to a wall or rail.

EXERCISE 9 OF 9

CORE EXTRA

09

THE PLANK



The plank is not a movement, but it asks your whole body to work together. It builds the core strength and endurance that support everything else you do.

HOW TO DO IT

1. Lie face down with your elbows under your shoulders, forearms on the floor, palms down.
2. Brace your core and squeeze your legs to lift your body onto your forearms and toes.
3. Check your line: shoulders over elbows, body straight from head to heels.
4. Keep breathing and hold. Build up gradually toward 60 to 90 seconds, then lower slowly.

WATCH FOR

- Sagging or arching your lower back.
- Lifting your hips too high.
- Sinking or shrugging through your shoulders.

EASIER VERSION

Plank with your knees down, or with your hands on a bench or kitchen counter.

SAFETY

If your lower back starts to ache, lower your knees, reset your line and try again.

PUT IT TOGETHER

THREE SIMPLE STRENGTH CIRCUITS

Use one as a full workout, or add one to the end of your usual routine. Warm up first, rest as needed, and cool down afterward to let your heart rate come back down.

1

POSTERIOR CHAIN CIRCUIT

3 TO 5 ROUNDS

- 10 deadlifts
- 10 pull ups
- 10 rows

Rest 1 minute between rounds

2

POWER CIRCUIT

3 TO 5 ROUNDS

- 10 squats
- 10 chest presses
- 20 steps of suitcase carry, each side

Rest 2 minutes between rounds

3

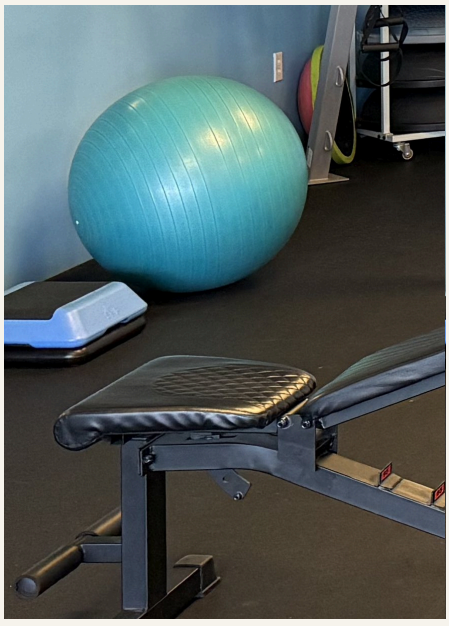
CORE AND SHOULDER CIRCUIT

3 ROUNDS

- 10 overhead presses
- 10 wood chops, each side
- 60 second plank

Rest 2 minutes between rounds

New to strength training? Start with one or two rounds and use the easier versions on each exercise page. Add rounds as your form and confidence grow.



COMMON QUESTION

WHAT ABOUT OTHER EXERCISES?

Love biceps curls or triceps extensions? Like crunches, or leg lifts for your glutes? You can keep doing them.

These are isolation exercises. They work one muscle or muscle group at a time, so they give you less overall strength for your effort than the big movements in this guide.

TWO SIMPLE WAYS TO FIT THEM IN

- Do isolation work after the big movements in this guide.
- Or plan one or two lighter workouts a week built around isolation exercises.

> One more thing: no exercise can take fat off one spot, like the belly. Strength training, nutrition and recovery work together on your whole body.

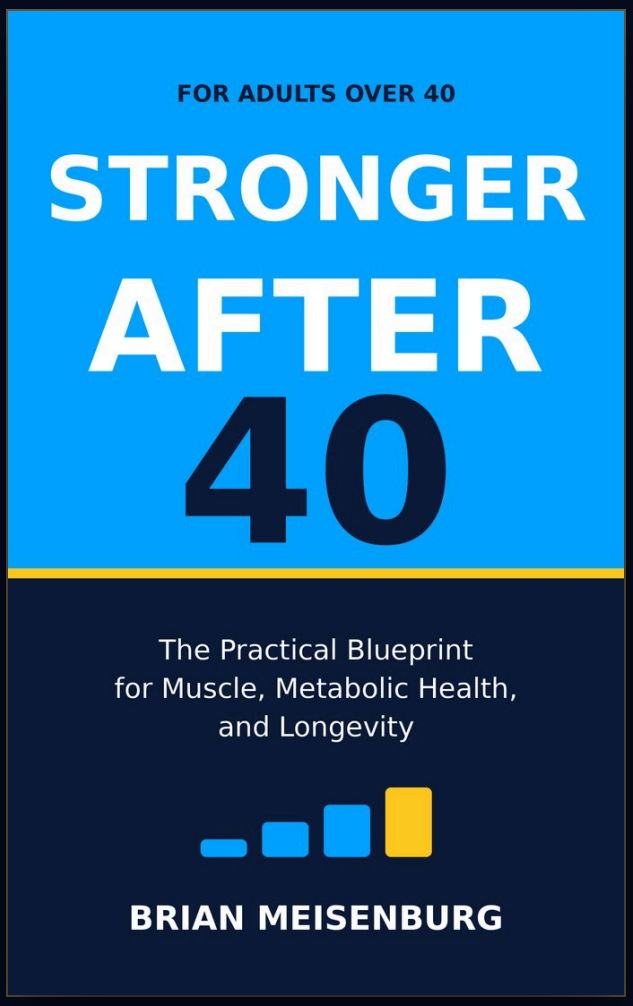
A qualified coach can build a plan that blends both, safely and around your goals.



THE BOOK

GO DEEPER WITH STRONGER AFTER 40

The Practical Blueprint for Muscle, Metabolic Health, and Longevity



This guide gives you nine exercises. Stronger After 40 gives you the full plan, written in plain words for adults over 40 who want to feel strong in their own body again, starting at home.

INSIDE THE BOOK

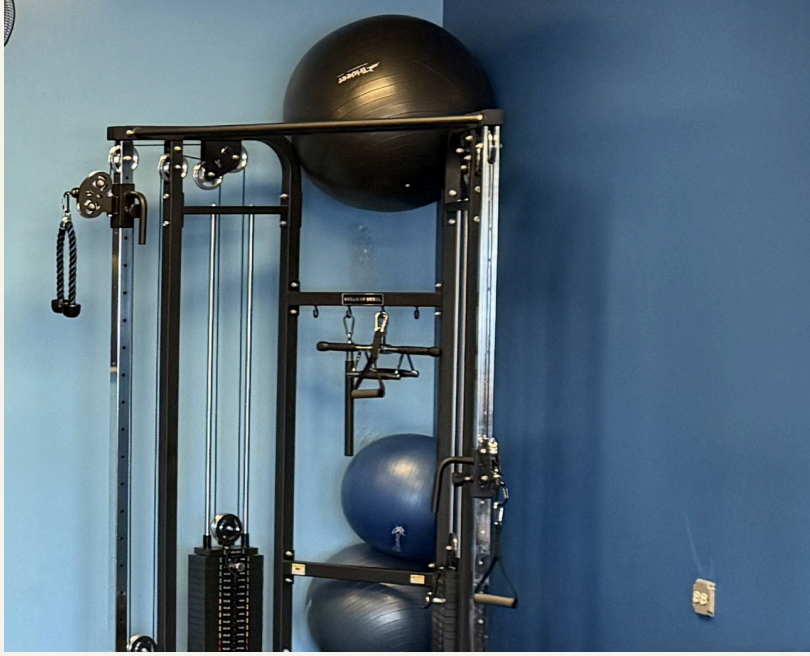
- A simple warm up
- Five foundation movements: sit to stand, hip hinge, push, pull and carry
- Your first 8 weeks, laid out step by step
- The traffic light rule for reading your joints
- Seven questions to bring to your doctor before you start
- Protein, sleep, recovery, walking and balance, in plain words

> *"Reading about strength does not build any."*
>
> FROM STRONGER AFTER 40

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Every exercise in this guide builds on the five foundation movements. Turn to Chapter 7 of Stronger After 40 for all five, then Chapter 8 for your first 8 weeks.





APPLIED FITNESS · STRONG AGAIN

YOUR NEXT STEP

If you would like a coach in your corner, the next step is simple.

Book a Starting Point Session with Applied Fitness. We will talk through your goals, your history and what strength looks like for you, and you will leave knowing your next step.

BOOK YOUR STARTING POINT SESSION

fatlossbuffalo.com or 716 380 2448

5651 Main St, Williamsville
9372 Transit Rd, East Amherst

We would love to be part of your strength journey.

BRIAN

This guide is for education only and is not medical advice. Check with your doctor before starting a new exercise program. Individual results vary. Decisions about medication belong with your prescriber.