

YOURS WITH THE BOOK

STRONGER AFTER 40 JUMPSTART

The training program, nutrition and accountability tracking, in one place.

01 **THE TRAINING PROGRAM**
The Top 9 Strength Building Exercises guide, the Top 9 Workout Cards, and your 8 Week Plan, with Session A and Session B.

02 **NUTRITION**
The Protein Plate Guide and 7 Days of Strong Meals. How to build a plate, and a week of meal ideas, with no counting.

03 **THE ACCOUNTABILITY TRACKER**
The 8 Week Home Tracker, a printable PDF, so you can log every session and see week 1 next to week 8.

WHAT IS INSIDE

Three bonuses, in the order they appear. Use the training program, eat to support your muscle, and log the work so you can see what changed.

THE TRAINING PROGRAM

The Top 9 Strength Building Exercises guide, the Top 9 Workout Cards, and your 8 Week Plan, with Session A and Session B.

- The Top 9 Strength Building Exercises guide 3
- Top 9 Workout Cards 21
- Your 8 Week Plan, with Session A and Session B 26

NUTRITION

The Protein Plate Guide and 7 Days of Strong Meals. How to build a plate, and a week of meal ideas, with no counting.

- The Protein Plate Guide 28
- 7 Days of Strong Meals 31

THE ACCOUNTABILITY TRACKER

The 8 Week Home Tracker, so you can log every session and see week 1 next to week 8.

- 8 Week Home Tracker 33

> Print the tracker pages and keep them where you train.

WANT A COACH TO BUILD THE PLAN AROUND YOU?

Book a Starting Point Session at fatlossbuffalo.com or call 716 380 2448.

For education only. Not medical advice. Check with your doctor before starting a new exercise program.

A 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

BRIAN MEISENBURG
Author of Stronger After 40 · Founder of Applied Fitness

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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

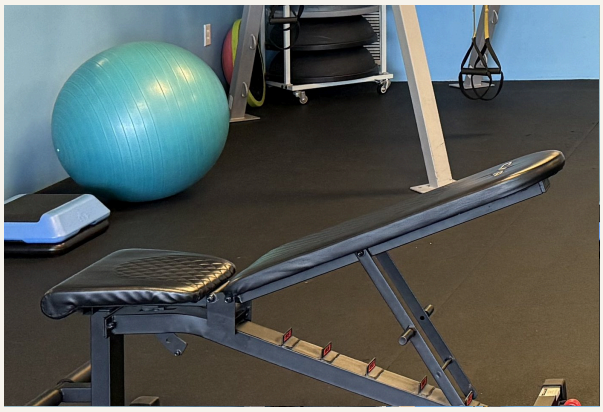
Learn each movement with body weight or light weights, then add load slowly.

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

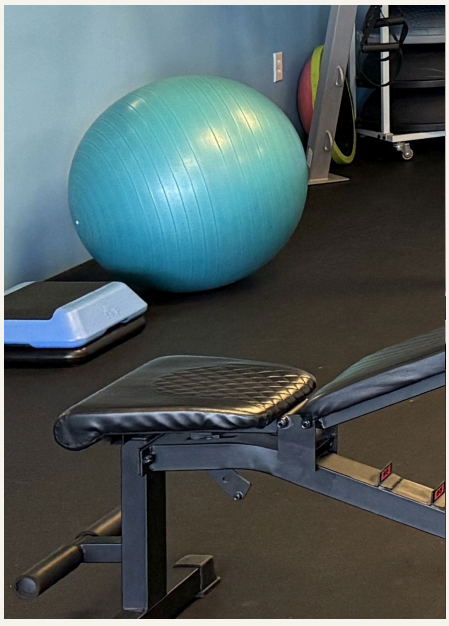
CORE AND SHOULDER CIRCUIT

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.

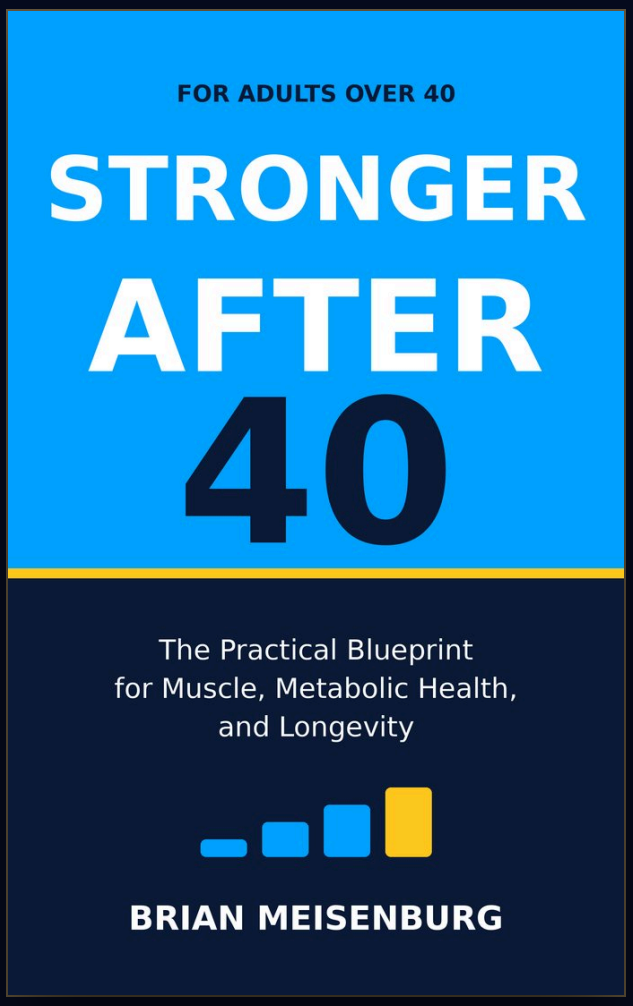
A qualified coach can build a plan that blends both, safely and around your goals.



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

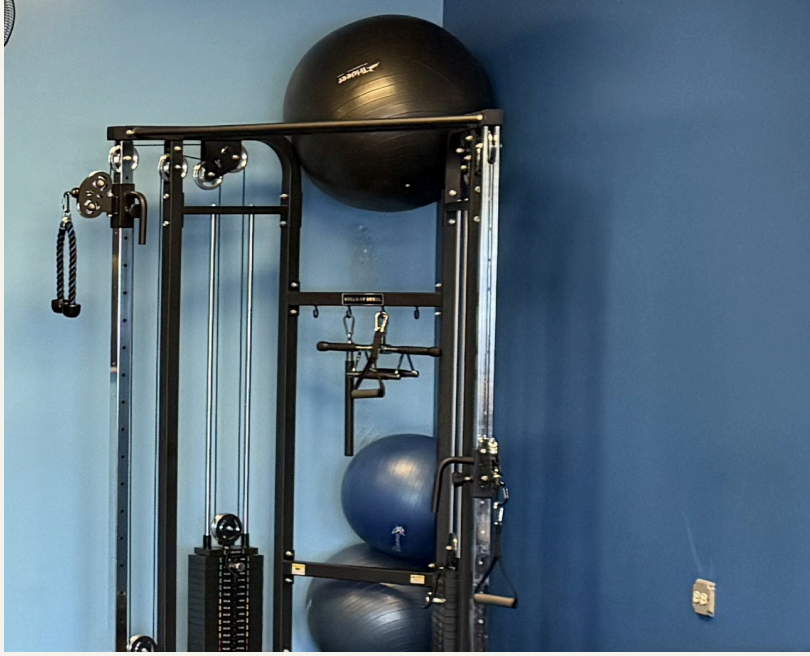
- A simple warm up
- Five foundation movements: sit to stand, hip hinge, push, pull and carry
- Your first 8 weeks, laid out step by step
- The traffic light rule for reading your joints
- Seven questions to bring to your doctor before you start
- Protein, sleep, recovery, walking and balance, in plain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

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

PAPERBACK ON AMAZON	KINDLE ON AMAZON	LEARN MORE
amazon.com/dp/B0HPBH3QQY	amazon.com/dp/B0HP8FCQ3T	www.fitbodybuffalo.com

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.

STRONGER AFTER 40 COMPANION

TOP 9 WORKOUT CARDS

Key cues, an easier option and a harder option for every move.

Cut along the dashed lines and keep the cards where you train. Start with the easier option if you are new, and move to the harder option when the main version feels easy for two weeks in a row. Use the traffic light rule from the book: green, carry on; yellow, adjust; red, stop that movement for the day.

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CUT



01 THE SQUAT

BUILDS ON: SIT TO STAND

KEY CUES

- Feet about shoulder width apart, toes turned slightly out.
- Send your hips down and back, as if sitting into a chair behind you.
- Keep your back flat and your knees in line with your toes.
- Press your feet into the floor and stand back up tall.

EASIER

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.

HARDER

Use a heavier dumbbell or kettlebell at your chest, adding weight in small steps while your knees stay in line with your toes.

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.



02 THE PULL UP

BUILDS ON: PULL

KEY CUES

- Grip the bar with your palms facing away from you.
- Brace your abs and draw your shoulders back and down, away from your ears.
- Pull your elbows toward your sides until your chin reaches the bar.
- Pause for a second, then lower slowly to the start.

EASIER

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.

HARDER

Add one rep at a time, and take about three seconds to lower yourself from the bar.

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

CUT



03 THE OVERHEAD PRESS

BUILDS ON: PUSH

KEY CUES

- Hold the weights at collarbone height, palms facing forward.
- Brace your abs, squeeze your glutes and press toward the ceiling.
- At the top, keep your lower back from arching.
- Keep your wrists straight and keep breathing.

EASIER

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.

HARDER

Add weight in small steps, or move to a barbell once your form stays solid with dumbbells.

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



04 THE DEADLIFT

BUILDS ON: HIP HINGE

KEY CUES

- Stand close to the weight, knees soft, abs braced.
- Push your hips back and keep your back flat, never rounded or arched.
- Press your feet into the floor, stand up tall and squeeze your glutes.
- Lower slowly, keeping the weight close to your legs.

EASIER

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.

HARDER

Move to a heavier kettlebell, then a barbell from the floor, adding weight in small steps while your back stays long.

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

CUT



05 THE CHEST PRESS

BUILDS ON: PUSH

KEY CUES

- Draw your shoulders down and back into the bench.
- Breathe in as you lower the dumbbells slowly toward the middle of your chest.
- Breathe out as you press back to the top.
- Keep your head, shoulders and hips on the bench. Do not arch your back.

EASIER

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.

HARDER

Add a little weight, or take about three seconds to lower the dumbbells on every rep.

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.



06 THE ROW

BUILDS ON: PULL

KEY CUES

- Hinge at your hips and lean forward with a flat back.
- Draw your shoulders away from your ears and brace your abs.
- Pull the weight toward your hips, elbows close to your body.
- Lower it slowly and keep breathing.

EASIER
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.

HARDER
Add weight in small steps, or pause for a second with the weight at your hips before you lower it.

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

CUT



07 THE WOOD CHOP

CORE EXTRA

KEY CUES

- Split stance, left foot slightly ahead of your right.
- Draw your shoulders down and back and brace your abs.
- Rotate and lift the weight up and to your left, as if reaching for a high shelf.
- Chop down and across to the right. After your reps, switch sides.

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

HARDER
Reach farther out and bend your knees as you pivot down.

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



08 THE SUITCASE CARRY

BUILDS ON: CARRY

KEY CUES

- Choose a weight that feels challenging without making you lean or hunch.
- Stand tall, brace your abs and draw your shoulders down and back.
- Walk 10 to 20 steps, turn and walk back. Control, not speed.
- Keep your head, neck and back tall and straight. Switch sides.

EASIER
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.

HARDER
Heavier weight or a longer walk. Keep your shoulders level so the weight does not pull you sideways.

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

CUT



09 THE PLANK

CORE EXTRA

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

HARDER
Lift one foot a few inches off the floor for a few breaths, then switch, keeping your hips level.

Safety. If your lower back starts to ache, lower your knees, get your straight line back and try again.

KEY CUES

- Elbows under your shoulders, forearms on the floor.
- Brace your core and lift onto your forearms and toes.
- Keep a straight line from head to heels.
- Watch for a sagging back, high hips or shrugging shoulders.

STRONGER AFTER 40 JUMPSTART

YOUR 8 WEEK PLAN, BUILT ON THE TOP 9

Start easier than you think. Add a little at a time.

This plan follows the three ideas in Chapter 8 of the book: start easier than you think you need to, add a little at a time, and let your body vote every morning. The moves come from the Top 9 Strength Building Exercises guide and its three circuits. Log every session in your 8 Week Home Tracker.

Weeks 1 and 2

LEARN THE MOVES

Two sessions a week. Use the easier version of every move. One or two rounds of each circuit. The goal is practice, not effort; finish each session feeling like you could have done more.

Weeks 3 and 4

BUILD THE BASE

Two sessions a week. Two or three rounds. Choose one move that has felt green for two weeks and make it a little harder. Only one. Next week, maybe another.

Weeks 5 and 6

ADD A THIRD DAY

If your mornings are mostly the same or better, add a third session. If not, stay at two. Three rounds. Effort goes up a notch: leave two or three good reps in the tank. Add a little weight to squats and deadlifts.

Weeks 7 and 8

OWN IT

Two or three sessions. Main or harder versions where your joints allow, three to five rounds. Add a little power on the squat: up with intent, down with control. At the end of week 8, fill in the look back in your 8 Week Home Tracker, so you can see what changed.

The traffic light rule. Green, carry on. Yellow, make the movement easier. Red, stop that movement for the day.

Every session. Warm up from Chapter 7, do the circuits, then an easy cool down: a slow walk and a few deep, easy breaths.

YOUR SESSIONS

SESSION A AND SESSION B

Alternate the two sessions. Two days a week: Monday A, Thursday B. Three days a week from week 5: Monday, Wednesday and Friday, switching A and B each time. Leave at least one day between strength sessions, and walk on the other days.

SESSION A

POSTERIOR CHAIN CIRCUIT

- 10 deadlifts. Easier: hands on thighs hinge
- 10 pull ups. Easier: band row
- 10 rows. Easier: band row

CORE AND SHOULDER CIRCUIT

- 10 overhead presses. Easier: one light dumbbell or wall push up
- 10 wood chops, each side. Easier: weight close, lighter ball
- Plank hold. Easier: hands on a counter

SESSION B

POWER CIRCUIT

- 10 squats. Easier: sit to stand
- 10 chest presses. Easier: wall push up
- 20 steps of suitcase carry, each side. Easier: light two hand carry

CORE AND SHOULDER CIRCUIT

- Same as Session A

EAT AND RECOVER FOR STRENGTH

A palm of protein at every meal, plenty of vegetables, water with each meal, and a regular bedtime. No counting needed. See your Protein Plate Guide.

WHAT YOU NEED AT HOME

A sturdy chair, a resistance band with a door anchor, one or two dumbbells or a kettlebell, a step, and a clear wall. Shopping bags work for carries.



WANT A COACH TO BUILD THE PLAN AROUND YOU?

Book a Starting Point Session at fatlossbuffalo.com or call 716 380 2448.

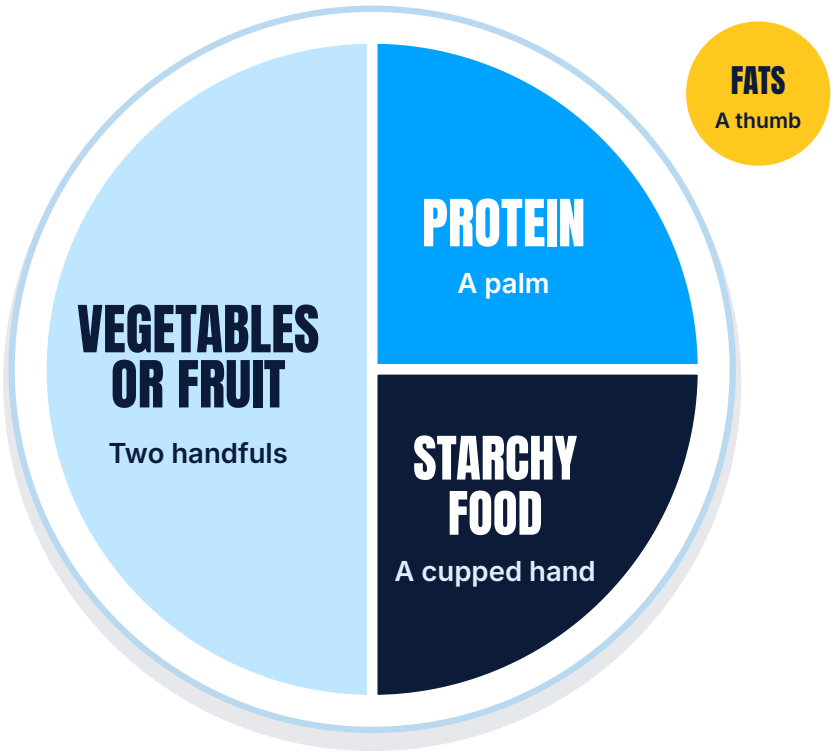
For education only. Not medical advice. Check with your doctor before starting a new exercise program.

STRONGER AFTER 40 COMPANION

PROTEIN AND PLATE GUIDE

A repeatable plate for adults over 40

This is not a diet. No forbidden foods, no calorie counts. Build each meal on the same simple plate, start with protein, and adjust for your appetite and how active you have been.



A PALM OF PROTEIN

Eggs, Greek yogurt, cottage cheese, chicken, turkey, fish, lean beef, tofu, beans or lentils.

TWO HANDFULS OF PLANTS

Vegetables or fruit. Bagged salad, frozen vegetables and frozen berries all count.

A CUPPED HAND OF STARCH

Potatoes, rice, oats or whole grain bread, sized to how active you have been.

A THUMB OF FATS

Olive oil, nuts or avocado.

PROTEIN FIRST

Eat your palm of protein before the rest of the plate.

SPREAD IT OUT

Some protein at breakfast, some at lunch and some at dinner, rather than most of it at night.

PLANT BASED?

Your palm may need to be a little bigger, or combine two sources, like beans with rice.

A guide, not a rule. Talk to your doctor or provider before changing your nutrition, especially if you have kidney concerns or a condition where you have been asked to watch your protein.

PROTEIN AND PLATE GUIDE

20 EASY PROTEIN FOODS

You do not need to count grams. Aim for a palm of protein at each meal, spread across the day. For meat and fish, the 3 oz portions below are roughly palm sized. For everything else, use the portion shown. The protein amounts are there for information only, so you can see which foods do the most work.

FOOD	TYPICAL PORTION	PROTEIN
Eggs	2 large	**about 13 g**
Plain Greek yogurt, nonfat	1 container (6 oz)	**about 17 g**
Cottage cheese, 2%	1/2 cup	**about 12 g**
Milk, 2%	1 cup	**about 8 g**
Cheddar or Swiss cheese	1 oz	**about 6 to 8 g**
Chicken breast, roasted	3 oz	**about 26 g**
Rotisserie or roasted chicken	3 oz	**about 25 g**
Ground turkey, 93% lean, cooked	3 oz	**about 23 g**
Ground beef, 90% lean, cooked	3 oz	**about 24 g**
Salmon, farmed, cooked	3 oz	**about 19 g**
Cod, cooked	3 oz	**about 19 g**
Shrimp, cooked	3 oz	**about 20 g**
Light tuna, canned in water, drained	3 oz	**about 22 g**
Sardines, canned, drained	1 can (3.75 oz)	**about 23 g**
Firm tofu	1/2 cup	**about 22 g**
Tempeh	3 oz	**about 17 g**
Edamame, shelled, cooked	1 cup	**about 18 g**
Lentils, cooked	1 cup	**about 18 g**
Black beans, cooked	1 cup	**about 15 g**
Chickpeas, cooked	1 cup	**about 15 g**

Approximate protein per portion from USDA FoodData Central. Brands and cuts vary, so check the label.

YOUR PALM

The size and thickness of your palm, without the fingers. It grows with you: a bigger hand means a bigger portion.

TWO SMALL ONES MAKE A PALM

Smaller portions add up. Two eggs with a little cottage cheese, or yogurt with a handful of nuts, can make one palm together.

PLANT BASED

Beans, lentils, tofu, tempeh and edamame all count. Your palm may need to be a little bigger, or combine two sources, like beans with rice.

SMALL APPETITE?

Eat the protein first and choose soft, easy foods like eggs, yogurt or cottage cheese.

Talk to your doctor or provider before changing your nutrition. If you have kidney concerns or have been asked to watch your protein, follow their advice first. General education only, not medical advice.

PROTEIN FIRST GROCERY LIST

Most people do not need a new kitchen. They need a few more protein foods in the cart and a plan for using them. This list follows the way most grocery stores are laid out.

DAIRY CASE

- [ ] Eggs
- [ ] Plain Greek yogurt
- [ ] Cottage cheese
- [ ] Milk or soy milk
- [ ] A block of cheese you like

MEAT AND FISH COUNTER

- [ ] Chicken breasts or thighs
- [ ] Ground turkey
- [ ] Lean ground beef
- [ ] A rotisserie chicken for busy nights
- [ ] Salmon or white fish

CANNED AND DRY GOODS

- [ ] Tuna, salmon or sardines
- [ ] Canned beans or chickpeas
- [ ] Lentils
- [ ] Oats

PRODUCE

- [ ] Vegetables you will actually eat
- [ ] Fruit you will actually eat
- [ ] Bagged salad

FREEZER

- [ ] Frozen fish fillets
- [ ] Frozen vegetables
- [ ] Frozen berries or fruit

PLANT PROTEIN

- [ ] Tofu
- [ ] Tempeh
- [ ] Edamame

PANTRY EXTRAS

- [ ] Olive oil
- [ ] Nuts or nut butter
- [ ] Your favorite seasonings

MY EXTRAS

- [ ]
- [ ]
- [ ]
- [ ]

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STRONGER AFTER 40 COMPANION

7 DAY MEAL IDEAS

Built on the Protein and Plate Guide

One week of simple meals built on the repeatable plate. Each meal starts with a palm of protein. The rest of the plate is vegetables or fruit, a starchy food sized to how active you have been, and a little fat. Use them as written, swap in foods you prefer, and eat a snack if you are hungry.

DAY	BREAKFAST	LUNCH	DINNER
MONDAY	Scrambled eggs with spinach and a slice of whole grain toast	A big salad with rotisserie chicken, chickpeas and olive oil	Baked salmon, roasted potatoes and green beans
TUESDAY	Greek yogurt with berries and a handful of nuts	Leftover salmon over greens	Turkey chili with beans and a side salad
WEDNESDAY	Cottage cheese with sliced peaches or pineapple	Leftover turkey chili	Chicken stir fry with frozen vegetables over rice
THURSDAY	Two hard boiled eggs, a piece of fruit and a slice of toast	Tuna salad made with Greek yogurt, in a wrap with lettuce and tomato	Lean beef or tofu tacos with peppers, onions and salsa
FRIDAY	Overnight oats made with milk or soy milk, stirred into Greek yogurt	Lentil soup with a side of cheese and crackers	Out to eat: protein first, then a vegetable side or salad
SATURDAY	A veggie omelet with fruit on the side	Leftovers from the week	Grilled chicken, a baked sweet potato and a big salad
SUNDAY	Greek yogurt parfait or eggs, whichever you prefer	A sandwich on whole grain bread with turkey, cheese and vegetables	A family meal, built with a palm of protein on your plate first

NO SPECIAL BREAKFAST RULE

Breakfast simply includes some protein, like every other meal. Not a breakfast person? Start with lunch and build from there.

LITTLE OR NO MEAT

Beans, lentils, tofu, tempeh, edamame and soy milk all count. Your palm may need to be a little bigger, or combine two sources at a meal.

General education only. Talk to your doctor or provider before changing your nutrition. If you have a medical condition, food allergies or kidney concerns, or you have been given specific advice, follow that advice first.

7 DAY MEAL IDEAS

THE BUSY WEEK VERSION

Prep once, then repeat. Pick two or three prep jobs on the weekend, rotate two options for each meal through the work week, and keep the weekend flexible.

PREP ONCE

1. Hard boil a dozen eggs.
2. Roast a tray of chicken thighs or tofu with olive oil and seasoning.
3. Cook a pot of lentils, beans or rice.
4. Wash and cut vegetables so they are ready to grab.
5. Portion Greek yogurt or cottage cheese into containers with fruit.

WEEKEND

Leftovers, a family meal or a meal out. Look for the protein first, then ask for a vegetable side or a salad. Many portions are big enough for two meals, so taking half home sets up tomorrow's lunch.

THEN REPEAT

BREAKFAST A
Two hard boiled eggs, a piece of fruit and a slice of toast

BREAKFAST B
A yogurt or cottage cheese container with fruit and a handful of nuts

LUNCH A
Big salad with roasted chicken or tofu, chickpeas and olive oil

LUNCH B
Bowl of lentils or rice with roasted chicken or tofu and cut vegetables

DINNER A
Roasted chicken thighs or tofu, frozen vegetables and potatoes or rice

DINNER B
Rotisserie chicken night: chicken, bagged salad and a baked potato

	MON	TUE	WED	THU	FRI
Breakfast	A	B	A	B	A
Lunch	A	B	A	B	A
Dinner	A	B	A	B	A

SMALL APPETITE DAYS

Eat the protein first and choose soft, easy foods.

BIG APPETITE DAYS

Often after a hard session or a long walk. Answer with a protein based meal rather than grazing on snacks.

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STRONGER AFTER 40 COMPANION

8 WEEK HOME TRACKER

Thinking decades, not days.

ONE PAGE A WEEK
Tick off each workout, write the weight and reps you used on each of the Top 9, and note your steps, sleep, palms of protein and energy each day.

USE THE TRAFFIC LIGHT RULE
Green, carry on. Yellow, adjust the movement. Red, stop that movement for the day.

WRITE WHAT GOT EASIER
Chapter 14 asks you to look back before you look ahead. Small wins count, so write them down every week.

FINISH WITH A LOOK BACK
The last page puts week 1 next to week 8, so you can see progress you might not otherwise notice.

8 WEEK HOME TRACKER

WEEK 1 OF 8

Learn the moves. Two sessions this week. Finish each one feeling like you could have done more.

WORKOUTS DONE

Session 3 is optional in weeks 1 to 4

☐ Session 1 Date _____ ☐ Session 2 Date _____ ☐ Session 3 Date _____

TOP 9 WEIGHTS

Write the weight and reps, or the band, time or steps

EXERCISE	VERSION (CIRCLE)	SESSION 1	SESSION 2	SESSION 3
Squat	Easier / Full / Harder			
Pull up	Easier / Full / Harder			
Overhead press	Easier / Full / Harder			
Deadlift	Easier / Full / Harder			
Chest press	Easier / Full / Harder			
Row	Easier / Full / Harder			
Wood chop	Easier / Full / Harder			
Suitcase carry	Easier / Full / Harder			
Plank	Easier / Full / Harder			

DAILY HABITS

Count your palms of protein for the day

DAY	STEPS	SLEEP (HOURS)	PROTEIN (PALMS)	ENERGY (1 TO 10)
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

WHAT GOT EASIER THIS WEEK

Thinking decades, not days. It does not need to be dramatic. "I stood up from the couch without using my hands" is a win worth writing down.

8 WEEK HOME TRACKER

WEEK 2 OF 8

Learn the moves. Two sessions this week. Practice, not effort.

WORKOUTS DONE

Session 3 is optional in weeks 1 to 4

☐ Session 1 Date _____ ☐ Session 2 Date _____ ☐ Session 3 Date _____

TOP 9 WEIGHTS

Write the weight and reps, or the band, time or steps

EXERCISE	VERSION (CIRCLE)	SESSION 1	SESSION 2	SESSION 3
Squat	Easier / Full / Harder			
Pull up	Easier / Full / Harder			
Overhead press	Easier / Full / Harder			
Deadlift	Easier / Full / Harder			
Chest press	Easier / Full / Harder			
Row	Easier / Full / Harder			
Wood chop	Easier / Full / Harder			
Suitcase carry	Easier / Full / Harder			
Plank	Easier / Full / Harder			

DAILY HABITS

Count your palms of protein for the day

DAY	STEPS	SLEEP (HOURS)	PROTEIN (PALMS)	ENERGY (1 TO 10)
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

WHAT GOT EASIER THIS WEEK

Thinking decades, not days. It does not need to be dramatic. "I stood up from the couch without using my hands" is a win worth writing down.

8 WEEK HOME TRACKER

WEEK 3 OF 8

Two sessions this week. Make one movement a little harder.

WORKOUTS DONE

Session 3 is optional in weeks 1 to 4

☐ Session 1 Date _____ ☐ Session 2 Date _____ ☐ Session 3 Date _____

TOP 9 WEIGHTS

Write the weight and reps, or the band, time or steps

EXERCISE	VERSION (CIRCLE)	SESSION 1	SESSION 2	SESSION 3
Squat	Easier / Full / Harder			
Pull up	Easier / Full / Harder			
Overhead press	Easier / Full / Harder			
Deadlift	Easier / Full / Harder			
Chest press	Easier / Full / Harder			
Row	Easier / Full / Harder			
Wood chop	Easier / Full / Harder			
Suitcase carry	Easier / Full / Harder			
Plank	Easier / Full / Harder			

DAILY HABITS

Count your palms of protein for the day

DAY	STEPS	SLEEP (HOURS)	PROTEIN (PALMS)	ENERGY (1 TO 10)
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

WHAT GOT EASIER THIS WEEK

Thinking decades, not days. It does not need to be dramatic. "I stood up from the couch without using my hands" is a win worth writing down.

8 WEEK HOME TRACKER

WEEK 4 OF 8

Two sessions this week. Keep the harder version if your joints say green.

WORKOUTS DONE

Session 3 is optional in weeks 1 to 4

- ☐ Session 1 Date _____
- ☐ Session 2 Date _____
- ☐ Session 3 Date _____

TOP 9 WEIGHTS

Write the weight and reps, or the band, time or steps

EXERCISE	VERSION (CIRCLE)	SESSION 1	SESSION 2	SESSION 3
Squat	Easier / Full / Harder			
Pull up	Easier / Full / Harder			
Overhead press	Easier / Full / Harder			
Deadlift	Easier / Full / Harder			
Chest press	Easier / Full / Harder			
Row	Easier / Full / Harder			
Wood chop	Easier / Full / Harder			
Suitcase carry	Easier / Full / Harder			
Plank	Easier / Full / Harder			

DAILY HABITS

Count your palms of protein for the day

DAY	STEPS	SLEEP (HOURS)	PROTEIN (PALMS)	ENERGY (1 TO 10)
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

WHAT GOT EASIER THIS WEEK

Thinking decades, not days. It does not need to be dramatic. "I stood up from the couch without using my hands" is a win worth writing down.

8 WEEK HOME TRACKER

WEEK 5 OF 8

Two or three sessions this week, depending on how your body feels. Effort goes up a notch.

WORKOUTS DONE

Session 3 is optional in weeks 1 to 4

☐ Session 1 Date _____ ☐ Session 2 Date _____ ☐ Session 3 Date _____

TOP 9 WEIGHTS

Write the weight and reps, or the band, time or steps

EXERCISE	VERSION (CIRCLE)	SESSION 1	SESSION 2	SESSION 3
Squat	Easier / Full / Harder			
Pull up	Easier / Full / Harder			
Overhead press	Easier / Full / Harder			
Deadlift	Easier / Full / Harder			
Chest press	Easier / Full / Harder			
Row	Easier / Full / Harder			
Wood chop	Easier / Full / Harder			
Suitcase carry	Easier / Full / Harder			
Plank	Easier / Full / Harder			

DAILY HABITS

Count your palms of protein for the day

DAY	STEPS	SLEEP (HOURS)	PROTEIN (PALMS)	ENERGY (1 TO 10)
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

WHAT GOT EASIER THIS WEEK

Thinking decades, not days. It does not need to be dramatic. "I stood up from the couch without using my hands" is a win worth writing down.

8 WEEK HOME TRACKER

WEEK 6 OF 8

Two or three sessions this week. Effort stays up a notch.

WORKOUTS DONE

Session 3 is optional in weeks 1 to 4

☐ Session 1 Date _____ ☐ Session 2 Date _____ ☐ Session 3 Date _____

TOP 9 WEIGHTS

Write the weight and reps, or the band, time or steps

EXERCISE	VERSION (CIRCLE)	SESSION 1	SESSION 2	SESSION 3
Squat	Easier / Full / Harder			
Pull up	Easier / Full / Harder			
Overhead press	Easier / Full / Harder			
Deadlift	Easier / Full / Harder			
Chest press	Easier / Full / Harder			
Row	Easier / Full / Harder			
Wood chop	Easier / Full / Harder			
Suitcase carry	Easier / Full / Harder			
Plank	Easier / Full / Harder			

DAILY HABITS

Count your palms of protein for the day

DAY	STEPS	SLEEP (HOURS)	PROTEIN (PALMS)	ENERGY (1 TO 10)
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

WHAT GOT EASIER THIS WEEK

Thinking decades, not days. It does not need to be dramatic. "I stood up from the couch without using my hands" is a win worth writing down.

8 WEEK HOME TRACKER

WEEK 7 OF 8

Two or three sessions this week. Harder versions where your joints allow.

WORKOUTS DONE

Session 3 is optional in weeks 1 to 4

- ☐ Session 1 Date _____
- ☐ Session 2 Date _____
- ☐ Session 3 Date _____

TOP 9 WEIGHTS

Write the weight and reps, or the band, time or steps

EXERCISE	VERSION (CIRCLE)	SESSION 1	SESSION 2	SESSION 3
Squat	Easier / Full / Harder			
Pull up	Easier / Full / Harder			
Overhead press	Easier / Full / Harder			
Deadlift	Easier / Full / Harder			
Chest press	Easier / Full / Harder			
Row	Easier / Full / Harder			
Wood chop	Easier / Full / Harder			
Suitcase carry	Easier / Full / Harder			
Plank	Easier / Full / Harder			

DAILY HABITS

Count your palms of protein for the day

DAY	STEPS	SLEEP (HOURS)	PROTEIN (PALMS)	ENERGY (1 TO 10)
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

WHAT GOT EASIER THIS WEEK

Thinking decades, not days. It does not need to be dramatic. "I stood up from the couch without using my hands" is a win worth writing down.

8 WEEK HOME TRACKER

WEEK 8 OF 8

Two or three sessions this week. Retest at the end of the week and fill in your summary.

WORKOUTS DONE

Session 3 is optional in weeks 1 to 4

☐ Session 1 Date _____ ☐ Session 2 Date _____ ☐ Session 3 Date _____

TOP 9 WEIGHTS

Write the weight and reps, or the band, time or steps

EXERCISE	VERSION (CIRCLE)	SESSION 1	SESSION 2	SESSION 3
Squat	Easier / Full / Harder			
Pull up	Easier / Full / Harder			
Overhead press	Easier / Full / Harder			
Deadlift	Easier / Full / Harder			
Chest press	Easier / Full / Harder			
Row	Easier / Full / Harder			
Wood chop	Easier / Full / Harder			
Suitcase carry	Easier / Full / Harder			
Plank	Easier / Full / Harder			

DAILY HABITS

Count your palms of protein for the day

DAY	STEPS	SLEEP (HOURS)	PROTEIN (PALMS)	ENERGY (1 TO 10)
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

WHAT GOT EASIER THIS WEEK

Thinking decades, not days. It does not need to be dramatic. "I stood up from the couch without using my hands" is a win worth writing down.

8 WEEK HOME TRACKER

WEEK 1 VS WEEK 8

TOP 9

Your best set from each week

EXERCISE	WEEK 1	WEEK 8	WHAT CHANGED
Squat			
Pull up			
Overhead press			
Deadlift			
Chest press			
Row			
Wood chop			
Suitcase carry			
Plank			

HABITS

HABIT	WEEK 1	WEEK 8
Average steps a day		
Average sleep (hours)		
Palms of protein a day		
Average energy (1 to 10)		
Workouts done		

THREE THINGS THAT ARE EASIER NOW THAN EIGHT WEEKS AGO

1.

2.

3.

WHAT I WANT MY BODY TO LET ME DO A YEAR FROM NOW

MY NEXT STEP

☐ Repeat the 8 weeks with harder versions ☐ Add one new movement ☐ Work with a coach

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