

**STRENGTH
TRAINING FOR MEN**



FIT OVER 40!



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The information provided in this fitness guide, including but not limited to recommendations on exercises, workout programs, supplements, vitamins, and nutrition, is for informational purposes only and should not be considered medical advice. The content is based on general knowledge and personal experience and is not intended to diagnose, treat, cure, or prevent any medical condition.

Before starting any new workout routine, supplement intake or making changes to your diet, including exercise routine, or wellness regimen, **consult with a qualified healthcare provider, physician, or registered dietitian.** Individual needs, health conditions, and possible interactions with medications should always be considered before using any supplement.

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WHY IS Fit Over 40! **STRONGER BETTER?**

Strength training helps maintain muscle mass and bone density, which naturally decline with age. In fact, research has shown that regular strength training can reverse many aspects of the aging process. By building and maintaining muscle, you can improve metabolic health, enhance balance and mobility, and reduce the risk of injuries.

Strength training also stimulates the production of growth hormones, which play a key role in repairing tissues and keeping your body youthful. Aim for at least two sessions per week, targeting all major muscle groups. Resistance exercises not only improve strength but also enhance metabolism and mobility.

HOW DOES STRENGTH TRAINING BUILD MUSCLE?

Strength training builds muscle mass through a process called muscle protein synthesis. During training, small microscopic tears occur in muscle fibers. The body repairs these tears by fusing new protein strands into the muscle, strengthening it and increasing its size and capacity to generate force. This natural repair and growth cycle is the foundation for building stronger, healthier muscles over time.

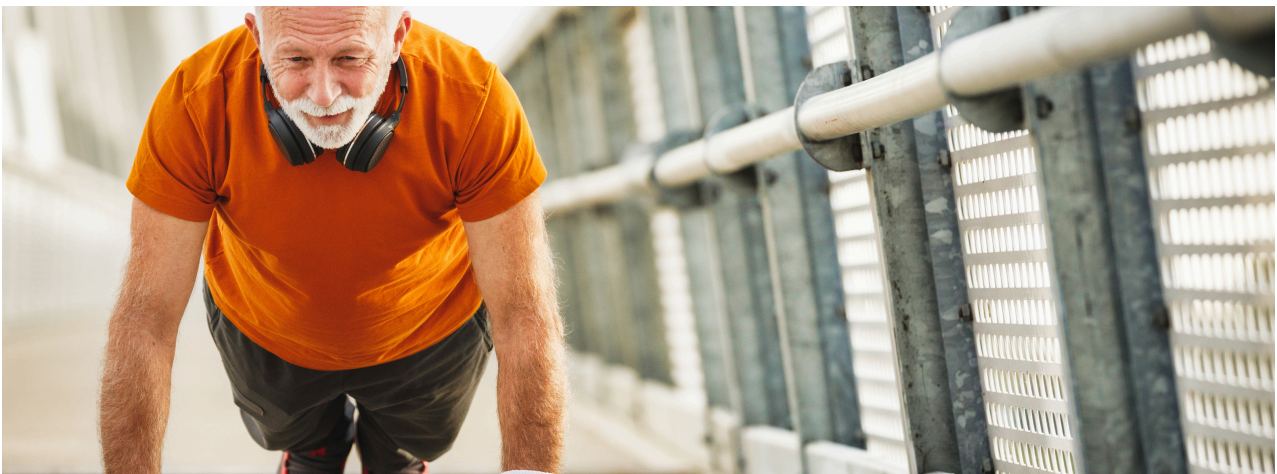
STRENGTH TRAINING = LEANER BODY MASS

STRENGTH TRAINING = IMPROVES THE METABOLISM

STRENGTH TRAINING = IMPROVES SELF-CONFIDENCE

Strength training is not just for younger men—it's a lifelong tool for improving health, mobility, and longevity!

Functional strength training is highly beneficial for older men, offering improvements in muscle strength, functional performance, quality of life, and cardiovascular health. These benefits contribute to greater independence and reduced risk of chronic diseases, making strength training a valuable component of health promotion for older adults.



“ For adults over 40, muscle mass naturally declines at a rate of roughly 3-8% per decade due to a process called sarcopenia, meaning they experience a gradual loss of muscle tissue as they age; this decline becomes more noticeable after the age of 30 and can be mitigated through regular strength training and a proper diet with sufficient protein intake. ”

STUDIES SHOW

Maintaining Muscle Mass and Mobility: Research supported by the National Institute on Aging indicates that strength training helps older adults preserve muscle mass, enhance mobility, and increase the number of healthy years. - National Institute on Aging

National Institute
on Aging

A study of 49 older men, showed that power training significantly improves functional performance and muscular power compared to low-velocity resistance training. Improved quality of life.

European Journal
of Applied
Physiology

Enhancing Bone Density: According to Harvard Health, strength training can slow bone loss and even build bone, which is crucial for offsetting age-related declines in bone mass

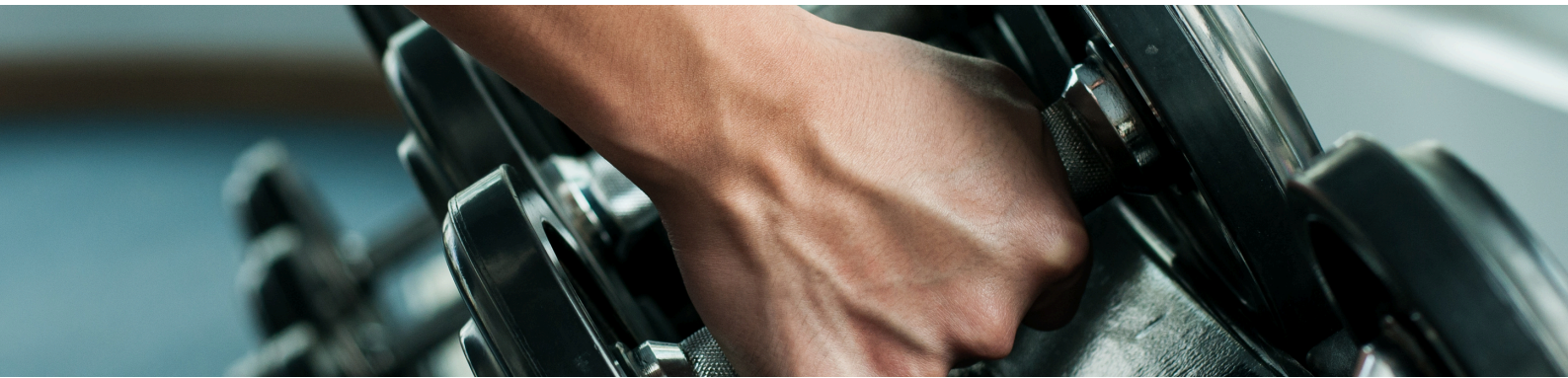
Harvard Health



“

Beyond aesthetics, strength training is a cornerstone of living a healthier, longer, and more active life. It's not just about looking strong; it's about building resilience and vitality from the inside out. Research shows that strength training significantly enhances your healthspan which is the number of years you live with optimal health and vitality. Incorporating strength training even a few times a week provides powerful benefits for bone density, metabolic function, heart health, cognitive sharpness, and even longevity itself.

”



PROPER STRENGTH TRAINING

Progressive Functional Strength Training:

Focus: This type of training emphasizes building strength in movement patterns that mimic real-life activities. It prioritizes exercises that improve overall functional performance, such as squats, lunges, and presses, to help with daily tasks and enhance overall physical resilience.

Progression: The intensity and complexity of exercises are gradually increased based on individual ability. This approach ensures continual improvement in strength, balance, flexibility, and coordination.

Customization: Workouts are tailored to the individual's current fitness level, goals, and physical limitations, making it ideal for injury prevention and rehabilitation.

Goal: To improve mobility, stability, and strength for long-term health and performance while addressing the specific needs of aging or active populations.

NOT ALL STRENGTH WORKOUTS ARE CREATED EQUAL

'OrangeTheory' type workouts are not considered true strength training:

1. **Lack of Progressive Overload:** True strength training involves gradually increasing resistance or load to build muscle and strength over time. OrangeTheory focuses on high-intensity intervals and lighter weights, which do not provide the progressive overload necessary for significant strength gains.
2. **Limited Heavy Resistance Work:** Strength training requires the use of heavy weights to challenge the muscles and promote hypertrophy (muscle growth). OrangeTheory's weight exercises are typically lighter and designed for endurance rather than maximal strength development.
3. **Insufficient Rest Periods:** Effective strength training includes adequate rest between sets to allow for recovery and optimal performance. OrangeTheory's fast-paced circuit format minimizes rest, prioritizing calorie burn and heart rate elevation over true strength adaptation.
4. **One-Size-Fits-All Programming:** OrangeTheory's workouts are standardized for a broad audience, lacking the individualized programming necessary to target specific strength-building goals, muscle imbalances, or functional needs.
5. **Focus on Cardio Over Strength:** The primary emphasis of OrangeTheory is cardiovascular fitness and calorie expenditure, as evidenced by the heart rate zone tracking. While it incorporates resistance exercises, they are secondary to the cardio component and not designed to produce significant strength gains.



THE AGING PROCESS

Turning 40, 50, or 60 is a powerful milestone—one that offers the opportunity to embrace health and live vibrantly. While certain health concerns become more common as we age, many of these challenges can be managed—and even prevented—with the right approach to self-care and movement.

Chronic conditions like Type 2 Diabetes, cardiovascular disease, and osteoporosis may seem daunting, but they're not inevitable. By making informed lifestyle choices, you can reduce your risk and maintain a strong, resilient body. Even issues like pain, injuries, or other health concerns shaped by both aging and lifestyle can be tackled with proactive strategies.

Here's the great news: it's never too late to invest in your health. One of the most important messages we share through this Exercise Physiology Blog is that staying active and prioritizing your well-being can transform every stage of life. Whether you're just getting started or looking to enhance your routine, small, consistent steps can make a big impact.

Exercise is your superpower. It helps you stay strong, flexible, and mentally sharp while promoting energy and vitality. Regular physical activity can mitigate age-related changes and empower you to keep doing the things you love—for decades to come.





Hormones

SUMMARY OF HORMONAL CHANGES OVER 40

- Testosterone Decline – Starting around age 30-40, testosterone levels decrease by about 1% per year. This can lead to reduced muscle mass, lower energy, increased fat storage, and decreased libido.
- Growth Hormone Reduction – Human Growth Hormone (HGH), which supports muscle repair, fat metabolism, and recovery, declines significantly, contributing to slower recovery and increased fat gain.
- Cortisol Increases (Stress Hormone) – Chronic stress and aging can lead to higher cortisol levels, which may increase belly fat, reduce muscle mass, and impact sleep quality.
- Insulin Sensitivity Decreases – As men age, the body becomes less efficient at using insulin, which can lead to higher blood sugar levels and increased risk of diabetes. Strength training and diet play a key role in maintaining insulin sensitivity.
- Decline in DHEA (Precursor Hormone) – DHEA, a precursor to testosterone and estrogen, also declines, which may affect energy levels, mood, and overall vitality.

How to Combat Hormonal Decline?

- Strength train to boost testosterone and HGH.
- Prioritize sleep to regulate cortisol.
- Eat a high-protein, whole-food diet to support insulin sensitivity.
- Manage stress through mindfulness or recovery strategies.
- Maintain a healthy weight to balance hormones naturally.

Disclaimer: The supplement and vitamin information in this guide is for informational purposes only and not medical advice. Always consult a healthcare provider before starting any new supplement. The author assumes no liability for any adverse effects resulting from the use of this information. Use at your own risk.



SUPPLEMENTS **MEN** OVER 40 YRS SHOULD RESEARCH

Physicians often recommend the following supplements to support hormonal balance, muscle maintenance, heart health, and overall well-being:

1. Vitamin D3

- Supports testosterone production, bone health, and immune function.
- Many men over 40 are deficient due to lack of sun exposure.
- Check with your doctor for the dosage.

2. Magnesium

- Helps with testosterone production, muscle recovery, and sleep quality.
- Supports heart health and nerve function.
- Check with your doctor for the dosage.

3. Omega-3 Fatty Acids (Fish Oil or Algal Oil)

- Reduces inflammation, supports heart health, and improves brain function.
- Helps maintain joint mobility and hormone balance.
- Check with your doctor for the dosage.

4. Zinc

- Essential for testosterone production, immune function, and muscle repair.
- Deficiency can lead to low energy and reduced libido.
- Check with your doctor for the dosage.

5. Coenzyme Q10 (CoQ10)

- Supports heart health, energy production, and cognitive function.
- Levels decline with age, making supplementation beneficial.
- Check with your doctor for the dosage.

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SUPPLEMENTS **MEN** OVER 40 YRS SHOULD RESEARCH

6. Creatine Monohydrate

- Enhances muscle strength, energy, and recovery.
- Helps preserve lean muscle mass as men age.
- Check with your doctor for the dosage..

7. Collagen Peptides

- Supports joint health, skin elasticity, and muscle recovery.
- Helps combat age-related decline in connective tissue strength.
- Check with your doctor for the dosage.

8. Probiotics

- Supports gut health, digestion, and immune function.
- May help regulate inflammation and metabolism.
- Check with your doctor for the dosage. Look for a high-quality, multi-strain probiotic.

9. Ashwagandha (Adaptogen Herb)

- Helps reduce cortisol (stress hormone), improve sleep, and support testosterone.
- Enhances energy and endurance.
- Check with your doctor for the dosage.

10. B-Complex Vitamins

- Supports energy metabolism, brain function, and stress resilience.
- Helps prevent fatigue and mental fog.
- Check with your doctor for the dosage. Follow a high-quality B-complex supplement.

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5 FUNCTIONAL STRENGTH EXERCISES FOR MEN OVER 40





STRENGTH PROGRAMS FOR MEN OVER 40 YRS OLD

A

Weighted Squats	Push Ups	Side Planks
Weighted Lateral Step Ups	Dumbbell Rows	Hip Bridges
Medball Slams Alternating	Seated Dumbbell Press	Sit Ups
Dumbbells Chest Press	Dumbbells Bicep Curls	Body Weight Dips

→ Superset or pair exercises from left to right. 3 Exercises per series, then move down to the next row.

B

Weighted Lateral Lunges	Incline Dumbbell Press	Cable Pulls
Weighted Deadlift Movement	Weight Hip Bridges	Medball Rotations
Dumbbell Side Raises	TRX Bodyweight Pulls	Plank Twists
Incline Pushups	Crunch Variations	Bent Over Dumbbell Flyes

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STRENGTH PROGRAMS FOR MEN OVER 40 YRS OLD

C

Weighted Sumo Squats	Shuffles Back & Forth in space available	Mountain Climbers
Weight Hip Bridges	Dumbbell Pull to Press	Weighted Sit Ups
Single Arm Dumbbell Row	Dumbbell Front Raises	Sit to Stand Dumbbell Press
Overhead Dumbbell Overhead Press	Supermans	Dumbbells Bicep Curls

→ Superset or pair exercises from left to right. 3 Exercises per series, then move down to the next row.

D

Kettlebell Split Squats	Plank Twists	Dumbbells Chest Press
Weighted Step Ups	Cable Vertical Pull	Weighted Drag Unders
Chest Medball Throws	Dumbbell Curls to Press	Cable Tricep Press Down
Battle Ropes	Sit Up & Rotate	Body Weight Dips

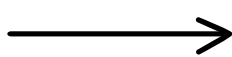
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STRENGTH PROGRAMS FOR MEN OVER 40 YRS OLD

E

Medball Slams	Medball Sit Ups	Medball Reverse Lunge & Rotate
Jumping Jacks	Weighted Side Step & Squats	Swiss Ball Hamstring Curls
Alternating Dumbbell Chest press	Side Plank Hip Dips	Banded Pull Aparts
Plank Alligators	Bicycle Crunches	Leg Lifts



Superset or pair exercises from left to right. 3 Exercises per series, then move down to the next row.

F

Weighted Deadlift Movement	Weighted Sit Ups	Dumbbell Alternating Bent Over Row
Lateral Shuffles	Kettlebell Carry	Sled Push
Single Leg Hip Bridges	Sit to Stand Shoulder Press	Sit to Stand Dumbbell Press
Supermans	Plank Twists	Bird Dogs

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A WELL-ROUNDED STRENGTH PROGRAM : WEEKS 1-8

Week 1 10-12 reps 2-3 sets	Week 2 10-12 reps 2-3 sets	Week 3 10-12 reps 3-4 sets	Week 4 10-12 reps 3-4 sets
A	D	A	D
B	E	B	E
C	F	C	F
Week 5 15 reps 3 sets	Week 6 15 reps 3 sets	Week 7 15 reps 4 sets	Week 8 15 reps 4 sets
B	E	B	E
C	F	C	F
D	A	D	A



A WELL-ROUNDED STRENGTH PROGRAM :WEEKS 9-16

<p>Week 9 Weights should increase 6-8 reps 3 sets</p>	<p>Week 10 Weights should increase 6-8 reps 3 sets</p>	<p>Week 11 Weights should increase 6-8 reps 3 sets</p>	<p>Week 12 Weights should increase 6-8 reps 3 sets</p>
F	C	F	C
E	B	E	B
D	A	D	A
<p>Week 13 Adjust Weights 5 reps 5 Sets</p>	<p>Week 14 Adjust Weights 5 reps 5 Sets</p>	<p>Week 15 Adjust Weights 5 reps 5 Sets</p>	<p>Week 16 Adjust Weights 5 reps 5 Sets</p>
F	C	F	C
E	B	E	B
D	A	D	A



Strength Training Can Help You Live Longer

Research shows that engaging in regular strength training can reduce the risk of cardiovascular-related mortality by 30%, making it a powerful tool for longevity and heart health.



Boost Bone Density, Metabolism, and Body Composition

Strength training helps counteract age-related muscle loss, preserving strength and mobility. Research indicates that muscle mass decreases by approximately 3% to 8% per decade after age 30, accelerating after 50.



Improved Neuromuscular Performance

A study of 40-67-year-old men showed the combination of strength and endurance training improved neuromuscular performance and skeletal muscle hypertrophy in men aged led to significant gains in maximal strength.



Chili-Stuffed Poblano Peppers

Ingredients for Chili-Stuffed Poblano Peppers

- Turkey: Use 93% lean ground turkey for the best results.
- Chili: This recipe calls for chili without beans. Pre-made is easiest, but you can use homemade no-bean chili if you'd like.
- Salt: Salt really brings out the flavor of the turkey.
- Cheese: Opt for a shredded Mexican cheese blend. It'll contain some of the best melting cheeses.
- Tomato: A medium tomato, finely chopped, adds juiciness and flavor that can't be skipped.
- Green onions: Finely chopped green onions will add a touch of color or freshness.
- Poblano peppers: Look for large, uniform poblano peppers.
- Olive oil: Go for a mild or medium EVOO so as not to overpower the rest of the flavors

from <https://www.tasteofhome.com/>

HOW MANY CALORIES SHOULD MEN EAT TO MAINTAIN THEIR WEIGHT?						
Body Weight		Hours of Exercise Per Week				
Pounds	Kilograms	0	1 to 3	4 to 6	7 to 9	10+
100	45	1635	1850	2135	2420	2705
120	55	1740	1965	2270	2575	2875
140	64	1845	2085	2405	2725	3050
160	73	1950	2200	2540	2880	3220
180	82	2055	2320	2680	3035	3395
200	91	2160	2440	2815	3190	3565
220	100	2260	2555	2950	3345	3740
240	109	2365	2675	3085	3500	3910
260	118	2470	2795	3225	3655	4085
280	127	2575	2910	3360	3810	4255
300	136	2680	3030	3495	3960	4430

legion.

From :Legion Athletics



Lentil Soup

This vegetarian soup is perfect for a cool fall or winter day.

Yield

11 servings

Ingredients

2 tablespoons olive oil

2 medium carrots (diced)

2 medium celery (stalks, chopped)

1 small onion (yellow, chopped)

2 cloves garlic (minced)

1 teaspoon oregano (dried)

1 teaspoon basil (dried)

1/2 teaspoon black pepper (ground)

2 cups lentils (dry)

1 can tomatoes (crushed, 14.5 ounces)

2 cups vegetable broth

6 1/2 cups water

Steps

1. In a large soup pot, heat oil over medium heat. Add carrots, celery, and onions; cook and stir until the onion is tender.
2. Stir in garlic, oregano, basil, and pepper. Cook for 2 minutes.
3. Stir in lentils and tomatoes, then add the vegetable broth and water. Cover and bring to a boil. Reduce heat and simmer for at least 1 hour or until lentils are tender.
4. Store leftovers in the refrigerator and reheat on the stove or in the microwave. The soup will taste better the next day!

Notes

Use whole grain bread for dipping to soak up all of the broth.

Meal Type: Lunch

Food group: Vegetables, Protein

Season: Winter, Fall

Source

[National Heart, Lung, and Blood Institute; National Institutes of Health; U.S. Department of Health and Human Services.](#)



Honey Garlic Glazed Salmon

1. Pat salmon filets dry and season with spices on all sides.
2. Heat butter and oil, then add garlic, water, soy sauce, sriracha, honey and lemon juice.
3. When hot, add salmon filets (skin side down if your filets have skin), and cook 3 minutes.
4. While salmon cooks, use a spoon to baste the filets.
5. Broil for 5-6 minutes, until salmon is sticky sweet, slightly charred, and cooked to desired doneness.

Sticky sweet and garlicky, this glazed salmon recipe comes together in just 20 minutes

SALMON

- 4 (6 oz each) salmon filets
- 1/2 tsp kosher salt
- 1/2 tsp black pepper
- 1/2 tsp smoked paprika (or regular paprika)
- 1/4 tsp blackening seasoning (optional)

SAUCE

- 3 Tbsp butter
- 2 tsp olive oil
- 6 cloves garlic minced
- 1/2 cup honey
- 3 Tbsp water
- 3 Tbsp soy sauce
- 1 Tbsp sriracha sauce
- 2 Tbsp lemon juice

Instructions

- Pat salmon dry, then season with salt, pepper, paprika and blackening seasoning (if using). Set aside.
- **IMPORTANT:** Adjust oven rack to middle position, then preheat broiler. If you broil this with the rack up high the sauce will burn.
- Add butter and oil to a large, oven-safe skillet over MED-HIGH heat. Once butter is melted, add garlic, water, soy sauce, sriracha, honey and lemon juice and cook 30 seconds or so, until sauce is heated through.
- Add salmon, skin side down (if using salmon with skin), and cook 3 minutes. While salmon cooks, baste frequently with sauce from the pan by spooning it over the top of the salmon.
- Broil salmon for 5-6 minutes, basting with sauce once during the broil, until salmon is caramelized and cooked to desired doneness.



Beef Stroganoff

Ingredients

1. 1/2 cup chopped onion
2. 1/2 pound boneless beef round steak, cut 3/4-inch thick, all fat cut off
3. 4 cups uncooked no-yolk egg noodles
4. 1/2 can low-fat, low-sodium cream of mushroom soup (not diluted)
5. 1/2 cup water
6. 1 tablespoon all-purpose (plain) flour
7. 1/2 teaspoon paprika
8. 1/2 cup fat-free or reduced-fat sour cream

Directions

In a nonstick frying pan, saute the onions over medium heat until they're see-through, about 5 minutes. Add the beef and keep cooking for another 5 minutes or until the beef is tender and browned all the way through. Drain well and set aside.

Fill a large pot 3/4 full with water and bring to a boil. Add the noodles and cook until al dente (tender), 10 to 12 minutes, or use the package directions. Drain the pasta all the way.

In a saucepan, whisk together the soup, water and flour over medium heat. Stir until the sauce thickens, about 5 minutes. Add the soup mixture and paprika to the beef in the frying pan. Over medium heat, stir the mixture until warmed through. Remove from heat and add the sour cream. Stir until combined.

To serve, divide the pasta among the plates. Top with the beef mixture and serve right away.

<https://www.mayoclinic.org/>



Sticky Turkey Stir-Fry

- 1/4 cup (60ml) oyster sauce
- 2 tbs soy sauce
- 1 tbs dark soy sauce
- 1 tbs mirin
- 850g frozen udon noodles
- 1 bunch broccolini, large stems split
- 1 tbs sesame oil
- 500g turkey mince
- 6 garlic cloves, crushed
- 3 long green shallots, cut into 5cm lengths on the diagonal
- White pepper, to season
- Sliced long green chilli, to serve (optional)

Method

- Combine the oyster sauce, soy sauces and mirin in a small bowl.
- Bring a large pot of water to the boil. Add noodles and broccolini and cook, stirring to loosen the noodles, for 2-3 minutes. Drain.
- Meanwhile, heat the oil in a large wok or frypan over high heat. Break up mince and add to pan. Cook without stirring, for 3 minutes to allow mince to get some colour, then stir-fry to further break up mince. Add the garlic and stir-fry for 2 minutes. Add the sauce mix, drained noodles and broccolini, and the shallot.
- Stir-fry over medium-low heat until well coated. Season with white pepper. Serve topped with green chilli, if using.

<https://www.delicious.com>

Strength gains in older men assisted in significant muscle hypertrophy and an increase in myofibrillar protein turnover.

Journal of applied physiology

Katalin Rodriguez Ogren is the owner of POW! GYM Chicago. She is an active owner who leads sessions for adults and kids daily. Katalin is a mother of 3 and married to a Chicago Firefighter.

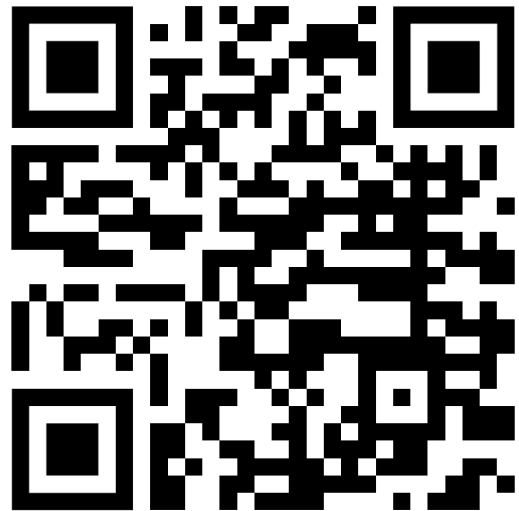
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