



THEOREM
FITNESS & JIU JITSU CLUB

REBUILD STRENGTH WITHOUT PAIN

THE 5-STEP BLUEPRINT TO THRIVE AFTER 40

**USING SCIENCE-BACKED METHODS TO MOVE BETTER,
LIFT SMARTER, AND FEEL STRONGER — WITHOUT PAIN.**

If you're 40 or older and find that workouts leave you feeling more broken than better — you're not alone.

Nagging joint pain, strength loss, creeping weight gain, and mobility issues aren't just frustrating... they can steal your confidence and independence.

The Problem? Most fitness plans ignore how aging impacts your nervous system, joints, and muscles. They push intensity without intention, leaving you inflamed, frustrated, or injured.

It Doesn't Have to Be This Way.

THIS GUIDE IS FOR PEOPLE WHO

- Want to build strength without flaring up pain
- Feel stiff, sore, or “out of sync” with their body
- Are tired of one-size-fits-all workouts that don't work anymore
- Want a smarter, safer, more personalized plan backed by real science

WHY THIS WORKS

With over 25 years as a Certified Muscle System Specialist and Exercise Scientist, I've helped hundreds restore function and strength using a smarter approach.



STEP 1

RESTORE INTENTIONAL MOVEMENT



You don't need to "just move" — you need to move with precision. Start with joint-specific, neurologically rich exercises:

- Controlled isometric contractions at end range
- Targeted mobility drills
- Intent-based range of motion work

Just a few minutes a day can reawaken dormant muscles, reduce compensation patterns, and restore pain-free function.

"MOTION WITHOUT CONTROL IS JUST CHAOS."

— TOM PURVIS

STEP 2

FUEL YOUR MUSCLES FOR RECOVERY



To stay strong after 40, your body needs:

- High-quality protein (at least 1g per lb of goal bodyweight)
- Anti-inflammatory fats (omega-3s, avocado, olive oil)
- Plenty of colorful fruits and veggies
- Less processed sugar, alcohol, and packaged food

Fueling recovery helps preserve muscle mass and reduce chronic inflammation that causes joint pain.

*WHAT YOU EAT IS EITHER HELPING YOU REBUILD
OR SPEEDING UP BREAKDOWN.*

STEP 3

RECONNECT TO YOUR MUSCLES



Pain often stems from poor communication between your brain and muscles. The fix? Build internal focus.

Learn to:

- Isolate muscles during movement
- Create tension through the full range
- Understand when a joint is compensating

This “muscle re-education” creates stability and confidence in your body.

“IT’S NOT ABOUT WHAT YOU LIFT — IT’S ABOUT WHAT YOU CAN FEEL..”

— GREG MACK

STEP 4

TRAIN FOR LONGEVITY, NOT JUST INTENSITY



Muscle loss accelerates after 40 — but random resistance training can do more harm than good.

Instead, use strength training that:

- Matches resistance to your joint capacity
- Uses controlled tempo and thoughtful setup
- Incorporates compound movements with safe mechanics

Start with just 2 sessions a week. Focus on quality over quantity, and you'll build real, pain-free strength that lasts.

“MECHANICAL TENSION IS KING — BUT ONLY IF THE BODY IS READY FOR IT.”

— BRAD SCHOENFELD

STEP 5

PARTNER WITH A CERTIFIED MUSCLE SYSTEM SPECIALIST



The right guide can save you years of trial and error — and a lot of pain.

When you work with a Certified Muscle System Specialist, you get:

- A full-body diagnostic to identify joint weaknesses
- Customized programming based on your unique limitations
- Ongoing tracking of your recovery, strength, and progress

You don't have to guess anymore. We help you train wisely, not just hard.



WHAT CLIENTS ARE SAYING

“I spent years in pain and confusion. I didn’t think strength training was for me anymore. But after working with Theorem, I feel confident again. I’m stronger, leaner, and completely pain-free for the first time in years.”

— Sarah B., 49, Executive & Mom of 2

“No one’s ever assessed me like this before. Every movement we worked on had a purpose — and it finally clicked. My hip pain is gone, I’ve dropped 12 pounds, and I can move with control again.”

— Mike T., 56, Former Athlete

“This isn’t a bootcamp. It’s intelligent training for people who want to move better and live longer. My knee and back pain are a thing of the past — and I’m lifting heavier than I did in my 30s.”

— Kelly H., 65, Active Grandmother



WHAT HAPPENS IF YOU IGNORE THESE STEPS?

YOU RISK:

- Losing more muscle mass each year
- Accelerating joint wear and tear
- Living in a body that’s fragile, not free

BUT IF YOU APPLY THESE PRINCIPLES, YOU CAN:

- Wake up without pain
- Rebuild muscle and confidence
- Stay active doing what you love
- Add years of energy and strength to your life

READY TO DISCOVER WHAT’S REALLY HOLDING YOU BACK?

If you’re tired of workouts that don’t fit your body, it’s time for a smarter training approach.

SCHEDULE YOUR PAIN-FREE STRENGTH DIAGNOSTIC CALL TODAY

Let’s identify your hidden limitations and build your custom path to stronger, pain-free movement.

[SCHEDULE PHONE APPOINTMENT NOW](#)

B R O U G H T T O Y O U B Y

Theorem Fitness & Jiu Jitsu Club

Train wisely for a pain-free journey to strength and confidence.

<https://thetheoremclub.com>