

4-WEEK PLAN

Midlife Strength Starter

A simple, progressive plan for men over 40. Two to three sessions a week. Movements that protect your next decade — no jargon.

The five movements

- **Squat** (bodyweight → goblet) — legs & hips
- **Hinge** (hip hinge → dumbbell deadlift) — posterior chain
- **Push** (incline push-up → press) — chest & shoulders
- **Pull** (row → assisted pull-up) — back
- **Carry** (suitcase carry) — core & grip

The 4-week progression

Week 1	2 sessions. 2 sets × 8–10 reps. Learn the movement; leave 3–4 reps in the tank.
Week 2	2–3 sessions. 3 sets × 8–10. Add light load where form is solid.
Week 3	3 sessions. 3 sets × 8–12. Increase load slightly on squat/hinge.
Week 4	3 sessions. 3 sets × 10–12. Add a 20-min brisk walk after two sessions.

Rules of the road

- Warm up 5 minutes; finish with light stretching.
- Form before weight — always.
- Protein at each meal supports the work (see the Protein calculator).
- One day's rest between strength sessions.

Not sure where to start? Begin with bodyweight versions and master the pattern before adding load.