

The Precision Nutrition
Bonus Training Program

Body Transformation For The 40+ Crowd

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Precision Nutrition Bonus

Body Transformation for the 40+ Crowd by Mike Demeter

Introduction – Dual Goals

So, you've hit the age of 40. Or 45. Or 50. Welcome aboard. At this age the experience can be sobering. In fact, it's kinda like uncovering that gem in the garage you drove in your teens. Back then it was a shiny muscle car that purred and responded with speed on the straight-aways and hugged the corners like only Starsky and Hutch could. But now the car needs a little work.

Well, you're probably like that used car (I know I am). A little dirt and rust is covers my would-be shiny exterior. And under the hood, I'm always in need of a tune up. Maybe you're the same way. Well guess what; we have every right to shine and perform again. And this program will teach you how.

The 40+ Program has two goals:

- 1) To make us pain free and mobile
- 2) To make us look like "we still got it"

At 40+, it's only responsible to heal our injuries of days past and practice the mobility, flexibility and recruitment patterns to provide the prophylactic base to prevent further problems down the road. We're 40 and what we see ahead...well, it might suck.

Living vicariously through ROCKY won't cut it. We want to look the part of the fit adult, with all the show muscles developed a bit more than the practical ones. But we also want to be able to play with the kids and move effortlessly in moment of intimacy (or home repair). That's right; it's all about making less noise as we get into or out of a chair, carrying our own stuff to the car from Home Depot, and more.

Of course, it would be nice to bench 300 pounds. But the speed training, power partials and fun with chains required to get there are more likely to flame up old injuries or create new ones, and quite frankly, most of us would rather look the part more than achieve the number.

And we don't give a damn about running an agility ladder or mastering a shuttle run as a rule. Let's tell it like it is - we'd just like to look like we still got it! The Fonz isn't dead - he's just been away awhile.

So, in the end, this program is geared to making us move like we once did; to live pain free and full of energy with a metabolism that keeps us humming. Yet at the same time, it's about developing those muscles that'll make heads turn at the beach again. Guys, even if it's *Cougars* turning their heads, remember, we're old *Lions* now!

The "Why" Behind The Methods

Functionally, this program is designed to create or restore mobility and stability in its optimal locations while improving the overall look and performance of the body.

- 1) Through foam rolling and dynamic stretching, reminiscent of Cressey, Robertson and Hartman's great works, we create the responsive soft tissue and joint integrity needed to achieve the desired ranges of motion as we train.
- 2) Unilateral exercises develop balanced strength between the opposing limbs as well as establish the recruitment patterns for the stabilizers and movement chains needed to train effectively and safely.
- 3) The upper body choices include batteries of movements that create thoracic and scapular flexibility and rotator cuff integrity. These can be hot spots for the chronically slouching "40+"er.
- 4) On a more classic note, much of the exercises chosen to develop the aesthetic aspects of the physique come from my background with Vince Gironda.
- 5) Given the functional stability we create with the above protocol, we are able to use the more exotic moves in the second half of the program, popularized by Vince for developing a symmetrical and heroically proportioned physique, safely and effectively.
- 6) Finally, you may notice as a "40+"er, that the rest periods seem a little tight at times, raising your lactic acid levels. This is great from a fat burning perspective, but it begets the need to be cautious in loads chosen. Tight form chosen over a pound too heavy lifted will always promote better training results.

Body Transformation for 40+

Warm-Ups

Upper Body Warm-Up

Foam Roller work:

Parallel position 60 seconds

Perpendicular position 60 seconds

Segmental placements 60 seconds at all trigger points

Additional Exercises:

Quadrupled Thoracic Rotation Extension 1 x 10 ea. side

T-Pushup held at top: alternate extension rotations 1 x 10/10 ea. side

Shoulder Circles (thumbs up): Little to big

Forward rotations 20 seconds

Backward rotations 20 seconds

Dynamic Blackburns 1 x 10

Wall Slides 1 x 20

Upper Trap Stretch 1 x 10/10 each side

Pectoral Wall Stretch 15 seconds each side

Active Wrist Mobilization:

Flexion/ extension 1 x 20/20

Radial/ulnar deviation 1 x 20/20

Wrist circles clockwise/ counter clockwise 1 x 20/20

Note: These are performed prior to each upper body workout and can be found in the [INSIDE OUT DVD](#) by Mike Robertson and Bill Hartman.

Lower Body Warm-Up

Foam Roller work:

IT band and TFL 60 seconds

Hip Flexors 60 seconds

Quadriceps 60 seconds

Hamstrings 60 seconds

Calves (tennis ball) 60 seconds

Peroneals (tennis ball) 60 seconds

Additional Exercises:

Anterior/ Posterior Leg Swing 1 x 15/15

Pull Back Butt Kick 1 x 15/15

Hip Corrections 1 x 15/15

Side to side leg swing 1 x 15/15

Calf Mobilization 1 x 20

Supine bridges 1 x 20

Seated 90/90 stretch 30 sec. each leg

Note: These are performed prior to each lower body workout and can be found in the [MAGNIFICENT MOBILITY DVD](#) by Mike Robertson and Eric Cressey.

Body Transformation for 40+

Weeks 1-4: Exercises

Day One: Lower Body Functional Training

- 1) X-band Walks
- 2) Single Legged Deadlifts
- 3) Alternating Step Ups
- 4a) Single Legged Calf Raises
- 4b) Glute/Gastroc Calf Raise
- 5) Plank with one leg raised
- 6) Saxon Side Bends

Day Two: Upper Body Functional Training

- 1) Face Pulls w/ Rope (incl. ext. rotation)
- 2a) Scapula Rolls (straight arms chins)
- 2b) Scaptions with shrug
- 3a) Push-Ups
- 3b) Scapula Push Ups
- 4) Reverse Push-ups (Fat Man Pull-ups)
- 5a) See Saw Deltoid Press
- 5b) Overhead shrugs
- 6) Zottman Curls
- 7) Plate pinch

Day Three: Lower Body Aesthetics

- 1) Front Squats
- 2) Leg Curls
- 3) Hyperextensions
- 4) Three position Standing Calf raise
- 5) Three position Seated Calf Raise

Day Four: Upper Body Aesthetics

- 1) Neck Press
- 2) V-bar dips (elbows out/ chin on chest/ feet forward)
- 3) Med grip Pull-ups to sternum (hold top for 2 count)
- 4) Racing Dive Rows
- 5a) Side lateral
- 5b) Palms up front raise
- 5c) Arnold Press
- 6a) Incline Curl
- 6b) Standing Hammer Curl

Optional 5th day: Forearm specialization- This is in place for injury prevention to wrists and elbows, enhanced strength for pull-ups, etc. AND promotion of the heroic look popularized by the Rambo / Marvel Heroes, etc . . .

Warm Up: The full forearm / elbow battery as taught in *Inside Out* by Mike Robertson

- 1) Wrist Curls behind the back (heavy)
- 2) Wrist Curls over bench (pump)
- 3) Reverse Curls (heavy)
- 4) Reverse wrist curls (pump)
- 5) Windshield wipers (holding hammer or other top weighted object)
- 6) Gripper work (set resistance accordingly)

Weeks 1-4: Sets and Reps

<u>Day 1</u>	Week 1			Week 2			Week 3			Week 4		
	Sets	Reps	Rest	Sets	Reps	Rest	Sets	Reps	Rest	Sets	Reps	Rest
Ex 1	2	12/12	60	3	12/12	60	4	12/12	60	2	12/12	60
Ex 2	3	6/6	75	3	8/8	75	4	8/8	75	3	6/6	75
Ex 3	3	6/6	75	3	8/8	75	4	10/10	75	3	6/6	75
Ex 4a	3	12	10	4	12	10	5	12	10	3	12	10
Ex 4b	3	6	75	4	6	75	5	6	75	3	6	75
Ex 5	1	ALAP	60	2	ALAP	60	3	ALAP	60	1	ALAP	60
Ex 6	2	6/6	45	3	6/6	45	3	8/8	45	2	8/8	45

<u>Day 2</u>	Week 1			Week 2			Week 3			Week 4		
	Sets	Reps	Rest	Sets	Reps	Rest	Sets	Reps	Rest	Sets	Reps	Rest
Ex 1	2	12	60	3	12	60	4	12	60	2	12	60
Ex 2a	2	AMAP	10	3	AMAP	10	4	AMAP	10	2	AMAP	10
Ex 2b	2	12/12	60	3	12/12	60	4	12/12	60	2	12/12	60
Ex 3a	3	12	0	4	12	0	5	12	0	3	12	0
Ex 3b	3	AMAP	60	4	AMAP	60	5	AMAP	60	3	AMAP	60
Ex 4	3	8	60	4	8	60	5	8	60	3	8	60
Ex 5a	3	8	0	4	8	0	4	10	0	3	8	0
Ex 5b	3	AMAP	60	4	AMAP	60	4	AMAP	60	3	AMAP	60
Ex 6	2	12	45	3	12	45	4	12	45	2	12	45
Ex 7	2	30s	30	3	30s	30	4	30s	30	2	30s	30

<u>Day 3</u>	Week 1			Week 2			Week 3			Week 4		
	Sets	Reps	Rest	Sets	Reps	Rest	Sets	Reps	Rest	Sets	Reps	Rest
Ex 1	4	6	90	5	6	90	6	6	90	4	6	90
Ex 2	4	5	60	5	5	60	6	5	60	4	5	60
Ex 3	2	AMAP	60	3	AMAP	60	3	AMAP	60	2	AMAP	60
Ex 4	2	6/6/6	60	3	6/6/6	60	4	6/6/6	60	2	6/6/6	60
Ex 5	2	12/12	75	3	12/12	75	4	12/12	75	2	12/12	75
		/12			/12			/12			/12	

<u>Day 4</u>	Week 1			Week 2			Week 3			Week 4		
	Sets	Reps	Rest	Sets	Reps	Rest	Sets	Reps	Rest	Sets	Reps	Rest
Ex 1	3	8	60	3	10	60	3	12	60	3	8	60
Ex 2	3	5	60	4	5	60	5	5	60	3	5	60
Ex 3	3	6	60	4	6	60	5	6	60	3	6	60
Ex 4	3	8	60	3	10	60	3	12	60	3	8	60
Ex 5a	2	8	0	2	10	0	2	12	0	2	8	0
Ex 5b	2	AMAP	0	2	AMAP	0	2	AMAP	0	2	AMAP	0
Ex 5c	2	AMAP	60	2	AMAP	60	2	AMAP	60	2	AMAP	60
Ex 6a	2	10	0	3	10	0	4	10	0	2	10	0
Ex 6b	2	AMAP	75	3	AMAP	75	4	AMAP	75	2	AMAP	75

<u>Day 5</u>	Week 1			Week 2			Week 3			Week 4		
	Sets	Reps	Rest	Sets	Reps	Rest	Sets	Reps	Rest	Sets	Reps	Rest
Ex 1	3	5	60	4	5	60	5	5	60	3	5	60
Ex 2	3	20	30	4	20	30	5	20	30	3	20	30
Ex 3	3	5	60	4	5	60	5	5	60	3	5	60
Ex 4	2	20	30	3	20	30	4	20	30	2	20	30
Ex 5	2	20/20	0	3	20/20	0	4	20/20	0	2	20/20	0
Ex 6	4	6	60	5	6	60	6	6	60	4	6	60

Body Transformation for 40+ Weeks 1-4: Energy System Work

The other side of the body transformation lies in the activation of the body's energy producing systems via steady state and high intensity interval training cardio.

Notes:

Each week there is a progression in volume, intensity or resistance
Try to do these immediately post workout.

<u>Day</u>	Week 1	Week 2	Week 3	Week 4
1	Cardio 30 minutes	increase incline 1	increase speed 1mph	increase incline 1
2	Interval 20 minutes 20 s on 130 s off	30 s on 120 s off	30 s on 90 s off	30 s on 90 s off
3	60 minutes recreation	70 minutes recreation	80 minutes recreation	90 minutes recreation
4	Cardio 30 minutes	increase incline 1	increase speed 1mph	increase incline 1
5	Interval 20 minutes 20 s on 130 s off	30 s on 120 s off	30 s on 90 s off	30 s on 90 s off
6	Interval 20 minutes 20 s on 130 s off	30 s on 120 s off	30 s on 90 s off	30 s on 90 s off
7	OFF	OFF	OFF	OFF

Body Transformation for 40+

Weeks 1-4: Exercise Notes

Day 1:

X-band walks - these ones get the glutes firing like crazy before we start our unilateral leg work. Often the missing link in the posterior chain, they're invaluable. If you don't have tubing, go get some. Until then, do a lying side leg raise. Be sure to stay upright with knees locked as you walk sideways. We don't want the peroneals or external hip rotators taking the load due to bent knees or the toes turning out.

Single Legged Deadlifts - keep the weight in your heel and relax your feet, try not to grab the ground with your toes. Keep a flat back and go as low as you can, touching the two DB's to the ground just in front of your feet. Expect to really feel the glutes when you do this right

Step Ups - I make sure I get my whole foot onto the platform and drive through my heel . . .this tends to activate the glutes/hams in concert with the quads nicely. Stay as upright as possible.

Glute/Gastroc Calf Raises - if you don't have a bench made for this, I use the lat pulldown. Kneeling on the seat, facing out with my heels locked under the crosspad, I remain as straight/ arched as possible and lean forward until I start to lose finesse of movement. Complete a "leg curl" to pull yourself back up. The tendency here is to break at the hip when it gets tough, don't do that!

Plank with one leg raise – yuck...they work...keep the arms and leg in so you have to work harder not to roll. Don't let the bum up into the air- ideally the same height off the ground as your shoulders

Saxon Side bends - I prefer these using a bar or exercise ball so that one arm doesn't have a tendency to drop ahead of the other, keeps it more in the obliques. Try to keep a clean path not bending forward or twisting. The goal is to overload the obliques and serratus.

Day 2:

Face Pulls - this is a very mechanical two part movement. First a face pull keeping the elbows up so the upper arms are parallel to the ground. Second part is an external rotation. Form over weight is a must if we are going to target the cuff and scapular muscles.

Scapula rolls - you've done a straight arm pressdown right? Now try to do the same while hanging from the bar. RELAX-A-A-A-AX the lower body, it should hang like a mermaid's tail. This allows you to retract and drop the scapula and elevate the sternum as you move.

Scaptions w/ shrug - another two part movement. First is basically a thumbs up side lateral, slightly in front of the body so you can see the action in your peripheral vision. Once you hit clavicle height complete a controlled shrug and reverse to start, momentum free will deliver result here. Swinging a heavy weight will ruin your shoulders - got it?

Pushups and scapula pushups - first one is the good old fashioned hands in/even with the side of the pecs. Once you've done your reps, hold the top and do a shrugging up and down type pushup by spreading and pinching your shoulder blades together.

Reverse Pushups - lie on the floor under a locked bar such as the Smith Machine. Keep your body rigid as a plank and pull your sternum up to the bar. Opposite of a pushup basically

See Saw Delt Press - you've done shoulder presses, now move one arm up down and then the other in an alternating fashion. The number of stabilizers that kick in lifting a single weight overhead is terrific. Core to cuff this one promotes great recruitment.

Overhead shrugs - only until you lose form, not to failure. That'd be a heck of a place to lose control, with two free DB's overhead. Expect a burn through the traps and great activation of trap 3, subscap and serratus as stabilizers.

Zottman Curls - while there are exotic interpretations of this one, let's leave it as curl the DB's with palms up on the up and down on the down. The interspersed supination and pronation between each rep brings much of the elbow stabilizers and deep forearm musculature into play along with the biceps and brachialis.

Plate pinch - who doesn't need more grip strength? I've lost it in a Deadlift making my upper back take too much load. Not to mention your command of the chin-up bar which will follow, be sure to just pinch with flat fingers so you really have to work - weights hanging at the sides like suitcases.

Day 3:

Front Squats - your choice on how you maintain the bar at the clavicles. Just be sure you DO and don't let it roll onto the gap between your delt and bicep - hurts like hell and overloads the rhomboids by the forward hold of the weight. I like the cross armed grip, others the Olympic style. By staying upright, you'll see greater growth in the quads and hams than the glutes, a good thing for nice leg lines for most of us.

Leg Curls - I always use the term toes to the nose. By keeping my calves stretched (feet flexed), I feel it in the back of the knees and calves as much as the length of the hamstrings. nice for knee stability (popliteus activity).

Hyperextensions - we trained the hams with knee flexion above, now we get them with hip extension (their second function). I like to vary the foot positioning to develop all angles of pull. I always squeeze my glutes at the top as well to ensure they're activated.

Three position calf raises- standing works the gastrocs and seated works more the soleus and Peroneals. Add the changing of toes out/forward and in and you've stimulated most of the muscles from the knee down and improved ankle flexibility (great for the knees and gait) and ankle stability.

Day 4:

Neck Press - a nasty one that really overloads the upper pecs. Elbows wide enough to create a 90 angle at the elbow, lower the bar into the base of the neck keeping the elbows behind the bar (closer to your head). Cross your legs at the knees and pull the knees back to the chest. This is the opposite to a powerlift in that our goal is hypertrophy of the pec - don't expect to use big weights. Do expect to feel the upper chest and delt tie in. Visually impressive when developed.

V-bar dips - I angle two bars in a power rack, across the pins so I make a "V" out of them and have a partner hold the closed end together. Grip as wide as you're comfortable, chin on the chest, elbows out and facing into the closed end of the bars, lower w-a-a-a-a-ay down keeping your feet forward. You'll feel real congestion in the upper pecs and stretch from deep under the armpit making for a fuller, squarer pec development.

Med Grip Pullups to sternum - I'm heavy enough, I need to use the assisted pull up machine. Lead with an arched back and sternum held way up. Hold the top and try to squeeze the shoulder blades together as you press your low pec line to the chin up bar. Ouch, but WOW when you can finally do these with your bodyweight. It will show in an intricate development of lat width and separation in the center back. .never mind your arms

Racing Dive Rows - Grabbing a short straight bar hooked to a low pulley I back up so that when I bend over as in a racing dive (swimming), I have full tension in the length of the lats. I pull the bar into my hip area while simultaneously arching up as if doing a seated row and hold the squeeze - all this time, I've remained in the squat position of a racing dive, so expect a leg burn too until you get used to it. I then return to start for a full stretch. The length of the lats and upper back feel the start and dead center of the middle back gets it during the contraction phase.

Side laterals - as long as your shoulders are sound and don't sound like Rice Krispies (snap, crackle, pop) I do this one up to parallel and slightly in front of the body, dropping my thumbs as if to pour water out of the front

bells . . .by leaning slightly into it, I can really feel the lateral delts.

Palms up front raise - address both the other function of the biceps- flexing the shoulder as well as stimulate the anterior delt, upper pec and supraspinatus to name a few . . NO MOMENTUM or you could swing these things for way too many reps. Lift only to parallel to the ground and keep a slight bend in the elbows to protect the bicep tendon.

Arnold Press - now keep in mind you're using the same DB's that pooped you out on the two previous delt exercises and without rest, so do these under control. Start from the top of a DB curl and rotate the DBs up into a regular shoulder press . .keep them apart, don't bang them together. This keeps the load more in the delts than the levator scapulae (upper trap and sides of neck). Also safer - you won't drop them on your head!

Incline Curl to Hammer Curl - I actually contract my triceps at the bottom of every curl to promote a full range of motion and a stretch in the brachialis and brachioradialis. Don't let your elbows drift forward either. You want constant tension so expect the weights to finish somewhere in front of the upper bicep or front delt.

Day 5:

I know many of you think this is quite a bit of forearm work, but my wrists have been my downfall - from the Shot-put in University to now, even with INZER WRAPS and warm ups, my bigger muscles far outpaced my forearms and wrist stability and as such, the bigger lifts suffered. On a cosmetic note, nothing look more impressive than a set of veiny, muscular forearms, reminiscent of the lumberjack or strongman that tears a phone book in half. And as we successfully transform our 40+ bodies into functional and strong looking bodies. Expect to be asked to open a lot of jars.

So that said, try it, you'll like it.

Wrist curls behind the back - I like going heavy on these as opposed to regular wrist curls as the tension never goes into a possible hyperstretch of the wrists. You'll feel the contraction as you hold the bar behind your glutes quite strongly. Mostly tends to stimulate the upper forearms.

Wrist curls and Reverse Wrist curls over bench - your choice of BB or DB's but let the weight roll right down to finger tips. Just because it's high reps doesn't mean you go quickly. The forearms tend to be slow twitch in nature, meaning they take a beating with time under tension like the calves.

Reverse Curls - I always use a thumbless grip in these to activate more of the wrist extensors as well as brachialis (due to the pronated grip). Lean into it a little at the top so you feel full tension and lean back a little at the bottom so you get a good stretch. No rushing - we want to feel all points of

the curl equally.

Windshield wipers - grab a light hammer to start. Hold it upright in your fist, your fist on your knee, now let it drop and return to start in a controlled manner, just like a windshield wiper moves. This works the deep supinator/pronator muscles of the forearm. Don't go too heavy too quickly. Injured wrists are no fun, and the reason we're doing all this work - to prevent them.

Gripper work - try to get one. If not, grab a tennis ball and squeeze with all your might. It's the final function of the forearms, gripping, and obviously an asset to all out training. It'll compliment the plate pinches we do on Day 2.

Hope my notes have helped. Years in the game tend to help with some seasoned insights . . .

Body Transformation for 40+

Weeks 5-8: Exercises

Day One: Lower Body Functional Training

- 1) X-band Walks
- 2) Single Legged Deadlifts
- 3) Pistol Squats
- 4) Single Leg Bent Knee Calf Raise
- 5) Bird Dog Stance Alphabet (Straight Leg)
- 6) Plank with Elbows on Ball/Feet on Bench
- 7) BB Rollouts

Day Two: Upper Body Functional Training

- 1) Scarecrows
- 2a) Straight Arm Pressdowns
- 2b) DB High Pulls/DB Shrug
- 3a) Push-ups with Feet on the Ball
- 3b) Scap Push-ups with Feet on Ball
- 4) Reverse Push-up with Feet on Ball
- 5a) Overhead BB Press
- 5b) Overhead BB Shrugs
- 6) Hammer Curl
- 7) Plate Pinch

Day Three: Lower Body Aesthetic

- 1) Sissy Squats
- 2) DB Leg Curls
- 3) Reverse Hyper Over Swiss Ball
- 4) Bent Knee Standing Calf Raise
- 5) Toe Press on Leg Press

Day Four: Upper Body Aesthetic

- 1) Incline DB Press (Palms Up)
- 2) High Pulley Cable Cross to Groin
- 3) High Bench Prone Row
- 4) 45° Pulldown
- 5a) Wide Grip Upright Row
- 5b) 45° Prone Rear Delt Raise
- 5c) Standing Side Lateral Raise
- 6a) Preacher Curl
- 6b) Standing Body Drag Curl

Optional 5th day: Forearm specialization

Warm Up: The full forearm / elbow battery as taught in *Inside Out* by Mike Robertson

- 1) Wrist Curls behind the back (pump)
- 2) Wrist Curls over bench (heavy)
- 3) Reverse Curls (pump)
- 4) Reverse wrist curls (heavy)
- 5) Windshield wipers (holding hammer or other top weighted object)
- 6) Gripper work (set resistance accordingly)

Weeks 5-8: Sets and Reps

<u>Day 1</u>	Week 1			Week 2			Week 3			Week 4		
	Sets	Reps	Rest	Sets	Reps	Rest	Sets	Reps	Rest	Sets	Reps	Rest
Ex 1	2	12/12	60	3	12/12	60	4	12/12	60	2	12/12	60
Ex 2	3	6/6	75	3	8/8	75	4	8/8	75	3	6/6	75
Ex 3	3	6/6	75	3	8/8	75	4	10/10	75	3	6/6	75
Ex 4	3	12	10	4	12	10	5	12	10	3	12	10
Ex 5	1	SET	75	2	SET	75	3	SET	75	1	SET	75
Ex 6	1	ALAP	60	2	ALAP	60	3	ALAP	60	1	ALAP	60
Ex 7	2	6	45	3	6	45	3	8	45	2	8	45

<u>Day 2</u>	Week 1			Week 2			Week 3			Week 4		
	Sets	Reps	Rest	Sets	Reps	Rest	Sets	Reps	Rest	Sets	Reps	Rest
Ex 1	2	12	60	3	12	60	4	12	60	2	12	60
Ex 2a	2	12	10	3	12	10	4	12	10	2	12	10
Ex 2b	2	12/12	60	3	12/12	60	4	12/12	60	2	12/12	60
Ex 3a	3	12	0	4	12	0	5	12	0	3	12	0
Ex 3b	3	AMAP	60	4	AMAP	60	5	AMAP	60	3	AMAP	60
Ex 4	3	8	60	4	8	60	5	8	60	3	8	60
Ex 5a	3	8	0	4	8	0	4	10	0	3	8	0
Ex 5b	3	AMAP	60	4	AMAP	60	4	AMAP	60	3	AMAP	60
Ex 6	2	12	45	3	12	45	4	12	45	2	12	45
Ex 7	2	45s	30	3	45s	30	4	45s	30	2	45s	30

<u>Day 3</u>	Week 1			Week 2			Week 3			Week 4		
	Sets	Reps	Rest	Sets	Reps	Rest	Sets	Reps	Rest	Sets	Reps	Rest
Ex 1	4	6	90	5	6	90	6	6	90	4	6	90
Ex 2	4	5	60	5	5	60	6	5	60	4	5	60
Ex 3	2	AMAP	60	3	AMAP	60	3	AMAP	60	2	AMAP	60
Ex 4	2	6/6/6	60	3	6/6/6	60	4	6/6/6	60	2	6/6/6	60
Ex 5	2	12/12 /12	75	3	12/12 /12	75	4	12/12 /12	75	2	12/12 /12	75

<u>Day 4</u>	Week 1			Week 2			Week 3			Week 4		
	Sets	Reps	Rest	Sets	Reps	Rest	Sets	Reps	Rest	Sets	Reps	Rest
Ex 1	3	8	60	3	10	60	3	12	60	3	8	60
Ex 2	3	5	60	4	5	60	5	5	60	3	5	60
Ex 3	3	6	60	4	6	60	5	6	60	3	6	60
Ex 4	3	8	60	3	10	60	3	12	60	3	8	60
Ex 5a	2	8	0	2	10	0	2	12	0	2	8	0
Ex 5b	2	12	0	2	12	0	2	12	0	2	12	0
Ex 5c	2	AMAP	60	2	AMAP	60	2	AMAP	60	2	AMAP	60
Ex 6a	2	10	0	3	10	0	4	10	0	2	10	0
Ex 6b	2	AMAP	75	3	AMAP	75	4	AMAP	75	2	AMAP	75

<u>Day 5</u>	Week 1			Week 2			Week 3			Week 4		
	Sets	Reps	Rest	Sets	Reps	Rest	Sets	Reps	Rest	Sets	Reps	Rest
Ex 1	3	20	60	4	20	60	5	20	60	3	20	60
Ex 2	3	5	30	4	5	30	5	5	30	3	5	30
Ex 3	3	20	60	4	20	60	5	20	60	3	20	60
Ex 4	2	5	30	3	5	30	4	5	30	2	5	30
Ex 5	2	20/20	0	3	20/20	0	4	20/20	0	2	20/20	0
Ex 6	4	6	60	5	6	60	6	6	60	4	6	60

Body Transformation for 40+ Weeks 5-8: Energy System Work

The other side of the body transformation lies in the activation of the body's energy producing systems via steady state and high intensity interval training cardio.

Notes:

Each week there is a progression in volume, intensity or resistance
Try to do these immediately post workout.

<u>Day</u>	Week 1	Week 2	Week 3	Week 4
1	Cardio 40 minutes	increase incline 1	increase speed 1mph	increase incline 1
2	Interval 30 minutes 20 s on 130 s off	30 s on 120 s off	30 s on 90 s off	30 s on 90 s off
3	60 minutes recreation	70 minutes recreation	80 minutes recreation	90 minutes recreation
4	Cardio 40 minutes	increase incline 1	increase speed 1mph	increase incline 1
5	Interval 30 minutes 20 s on 130 s off	30 s on 120 s off	30 s on 90 s off	30 s on 90 s off
6	Interval 30 minutes 20 s on 130 s off	30 s on 120 s off	30 s on 90 s off	30 s on 90 s off
7	OFF	OFF	OFF	OFF

Body Transformation for 40+

Weeks 5-8: Exercise Notes

Day 1

- 1) **X-band Walks** - these have stayed from the first series to ensure we continue active glutes in all our posterior chain work. Hopefully you're staking bigger steps or a stronger band by now.

- 2) **Single Leg Straight Deadlifts** - same as the single deadlifts in Phase 1 but now we keep a flat back and the knees locked as we touch our toes, making the hamstrings and low back work that much harder.

- 3) **Pistol Squats** - looking like a Cossack folk dance, standing on one leg while holding the other out in front, drop to your heel and return to a stand all on the one leg. Many of us will need to hold a support for these.

- 4) **Single Leg bent Knee Calf Raises** - same as before but now by unlocking the knees we load more into the soleus and peroneals than the gastrocs. Slightly changing things will still have a big impact as new stimulus.

- 5) **Bird Dog Stance Alphabet** - assuming the bird dog stance, one arm out in front (thumb up) and the other leg straight back behind, draw each letter of the alphabet with your straight leg, imagining the heel as the end of the paintbrush. Fine motor control of the posterior chain and a strongly activated TVA will come of this.

- 6) **Plank with Elbows on Ball/Feet on Bench** - by switching to a less stable support (the ball), expect a greater degree of core activation.

- 7) **BB Rollouts** - kneeling on the ground, hands on a barbell, rollout the body until your hips touch the mat, Reverse to the start by leading back with the hips.

Day 2:

- 1) **Scarecrows** - nasty and not a move for big weights but a great activator of the scapular muscles. Start off bent over as if to do a bent over DB row to the collar bone. Execute an external rotation so the hands are now parallel to the ground. Press out and forward as if doing a shoulder press and then reverse each component to the start.

- 2a) **Straight arm Pressdowns** - in front of a lat pulldown, hold the bar with straight arms at shoulder height. With a straight arm sweep, press the bar down to the thighs, hold for a squeeze and return to the start.

- 2b) **DB High Pulls / DB Shrugs** - grasping two DB's execute a high pull keeping the elbows above the wrists at all times. As soon as you've

completed the reps, perform the same # of shrugs holding at the top each time to emphasize the contraction.

3a/3b) Same as last series but now we have our feet on the ball to make for greater core and rotator cuff stabilizer action.

4) As above

5) Over head BB Press/Shrug - starting with the bar down at the collar bone, execute a clean overhead press to full lockout. Once the required # of presses are complete, perform overhead shrugs moving only the shoulder girdle. Do not break at the elbows and do mini-delt presses instead.

6) Hammer Curl - lean back at the bottom and lean into it a touch at the top to maximize stretch and contraction respectively. Keep the elbows back somewhat so as to not lose tension in the target muscles.

7) Plate Pinch - we had so much fun doing these for 30 sec., we do them for 45 sec. this series.

Day 3:

1) Sissy Squats - I recommend Googling this one for lots of images, but basically, up on your toes, you complete a limbo like movement, dropping your knees to the floor, keeping a straight line from knee to top of the head, leaning back as much as you're comfortable. Return to start. Be sure you've done the full warm-up before trying these. Return to the front squats of series 31 if they're too tough on the knees

2) DB leg Curls - lying on your stomach on a bench, feet off the end, grasp a DB between the flats of your feet. Perform a leg curl to about the 45 degree mark as tension dissipates beyond there. Return to start. A partner helps a lot in this one.

3) Reverse Hypers over a Swiss Ball - lying face down on a Swiss ball, tummy at the apex. Grab a support in front. Raise both legs at the same time off the ground to as high as possible and gently let them return to the floor. This is one rep.

4) Bent Knee Standing Calf Raise - again, the slight change in knee position now activates more soleus and peroneals making it a new challenge.

5) Toe Press on the Leg Press - by merit of the 90 degree position of the hip, this prestretch ensures maximum gastroc activation similar to the donkey calf raise.

Day 4:

- 1) Incline DB Press (palms in)** - setting the bench to a 45 degree incline, palms facing in, squeeze the pecs and bring the DBs up to hold the squeeze at the top. By merit of the bench position, this activates far more upper pec. Palms facing in loads the pecs more than the delts or triceps.
- 2) High Pulley cable cross to the Groin** - standing upright in between the high pulleys, bring the cable cross handles down with straight arms to meet in front of the groin. Hold the squeeze each rep attempting to activate as much pec fibres as possible.
- 3) High Bench Prone Rows** - you need to put risers under both sides of a flat bench so that when you lie face down, your hands cannot reach the floor. Grasp two DB's with the palms in and do a parallel row to the top, completing a hyperextension on the bench at the same moment. Squeeze the arch hard and return to the start. Expect a large degree of activation of the middle/ inner back.
- 4) 45' Pulldown** - sitting on the floor in front of a high pulley, attach two cables and pull to an arched chest. Make sure you sit far enough back that the cable travels to you at a 45 degree angle. This will activate a large amount of the "belly" of the lats.
- 5a) Wide Grip Upright Row**- holding the bar at least shoulder width, complete an upright row, pressing the elbows straight up to the ceiling. Finish point will be about the height of the low pec line for the bar.
- 5b) 45' Prone Rear Delt Raise** - lying face down on an incline bench set to about a 45 degree angle, raise the DB's up to about parallel to the ground and slightly in front of the body. Return to start. As soon as you've finished, step back from the bench and using the same weights, do 5c.
- 5c) Side Laterals**- just as you did in phase 1 but now they come at the end of the series making them that much more challenging
- 6a) Preacher Curls** - set the bench so that the top of it is even with your low pec line. This will ensure tension at the top of the motion as much as stretch at the bottom. lean back at the bottom a bit to emphasize the stretch and lean into it at the top to allow a good pause and squeeze. feel this one . .don't overload it in weight.
- 6b) Standing Bodydrag Curls** - using the same bar as you did in the preachers, imply step back from the bench and now do a BB curl but sliding the bar along the front of your body as you curl, forcing the elbows back. AGAIN hold the top or squeeze for a pause each rep. Expect a real burn here.

Day 5:

Same exercises as before but now we've reversed the loading parameters. The heavy moves of last series are now done for 4 x 20 and those that were done pumping for 4x20 now do a 5x5 with a held contraction. Expect new results from the change in stimulus. Hopefully you're also growing stronger!

Body Transformation for 40+ Nutrition

As a card carrying member of the 40+ group, I can quickly attest to the fact that many of us have built up a layer of body fat, not from a season of some neglect, but more typically a decade. It may not be a lot but it's been there a long time, so we have to be that much more disciplined to make things move.

The routine that follows is rewarding in both muscle function and cosmetic image created, but you're not going to see the latter unless you remain 100% compliant to the PN diet. If you're reading this you're a member of the forum and chances are you "get it". We've tried 101 pills, diets and training regimes to no avail, so we're here now.

The temptation for the 40+'er is to try to tweak things. Because we've made it this far in life, we tend to be proud of our competencies and believe we can always improve on everything just a little more.

To borrow the phrase, this time we're going to ask you to "stand on the shoulders of giants". Adhere ... comply ... 100% to the tenets of the PN system. Do you have good ideas? I'm sure you do, and maybe adding another pill or removing a piece of fruit will makes things work better ... maybe. But let's stick to the proven sure thing with a promised result rather than a tweaked up V 2.0 of your own that might work, OK?!

Now with all this said, the typical big hurdle with our group is insulin management or carb tolerance. So religious intake of the fish oils regularly is a must! Keeping your sweets and starches to post workout feedings - you gotta!! And calorie containing beverages, drop'em!!

In fact, I see so many 40+ clients who deal with bodyfat issues, chronic inflammation and blood lipid hurdles, not from fat in their diet but from excessive carbohydrate abuse and frequent insulin spikes.

I'm going to close with a quote from Dr. Berardi on this issue.

" . . .The research is 100%, crystal clear. Regardless of your body type, whether you're a diabetic, or whether you're lean and healthy - your ability to handle carbs - any carbs - is MUCH improved during and after exercise. CLEAR MESSAGE: Your carb tolerance is best during and after exercise. Therefore, that's the best time to eat your carbs. AUXILIARY MESSAGE: It may be best to eat the bulk of your carbs during and after exercise vs. any other time during the day."

For more, READ YOUR PN GUIDE or visit the PN forums.

About Coach Mike



Mike "CoachMike" Demeter has been in the fitness industry for over 20 years.

His education include: Athletic Therapist L1 from York University, a BPHE and CFA from University of Toronto, CSCS from the NSCA and Certified in Muscle Testing through the SWIS foundation.

Mike served for years as Head Judge for the CFFC's Bodybuilding and Fitness competitions and has been voted one of GoodLife's top trainers nationwide for 6 years in a row. In fact, in 2006, he took home top honors, winning GoodLife's trainer of the year prize.

Recently, along with serving on Nutrition House's advisory board and panelist on their "Ask the Expert" website, he co-authored the book AGING SMART (available at the same website).

At 18, Mike had the good fortune of studying for a period under Vince Gironda and now at 41, is a family man and is working out of the GoodLife Fitness, downtown Toronto, Canada flagship's location. Mike has served as their Senior Trainer for over 13 years.