

THE STRONG(ER) OVER 40 WORKOUT GUIDE



**Jon Haas, The Strong(er) Over 40 Coach
Warrior Fitness Training Systems**

Legal Stuff

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Disclaimer:

You must get your physician's approval before beginning this exercise program. These recommendations are not medical guidelines but are for educational purposes only.

You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

The information in this e manual is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The author advises readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this e manual, be sure that your equipment is well maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises in this book are not intended as a substitute for any exercise routine or treatment that may have been prescribed by your physician.

See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program. If you experience any light-headedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

The Strong(er) Over Forty Workout Guide

Forty used to be old. Used to be...

I clearly remember my Dad's 40th birthday party when I was a kid. It was filled with gag gifts and "Over the Hill" cards, hats, t-shirts, and games.

After 40 people used to expect a gradual, or not so gradual, decline into old age, retirement, and death.

Not so anymore...

I turned 40 in December of 2012. Every year since then I have gotten stronger, more flexible, better conditioned, and more resilient. I feel better now than I did 20 years ago – and I was no slouch in my 20's!

Why? Because as a lifelong martial artist and physical culturist I have cracked the code on living stronger as I get older – and I want to share ALL my hard won knowledge with you!

- How do you burn fat and build muscle at the same time?
- How do you optimize testosterone levels?
- How do you program workout intensity along with rest and recovery training to avoid plateaus and consistently make progress?
- How do you properly fuel your body for optimal performance?
- How do you recover, coordinate, and refine flexibility and range of motion?
- How do you wake up with energy and vigor for attacking your day?
- How do you put it all together to get maximal results in minimal time?

I firmly believe that I am in my physical prime and will continue to get stronger as I grow older. Others may believe that they are in a state of decline and getting weaker as they age... not so for the warrior.

Remember – the mind navigates the body.

What you believe to be true, is true. In fact, research tells us that people do not stop moving because they get older, they get older because they stop moving. The ability to build strength and muscle does not decline – you simply have to know how to combine correct physical training, optimal nutrition, and supplementation with the correct mental training – belief, outlook, focus, concentration, visualization, etc. to become truly limitless.

The Strong(er) Over 40 (SOF) Workouts are designed to build a base of whole body strength and conditioning, burn fat at an alarming rate, sculpt lean whole-body muscle, and boost testosterone levels!

You will become more functionally stronger than you have ever been. Chronic aches and pains will begin to disappear. Your resilience and resistance to injury and disease will skyrocket. In short, you will become the strongest version of yourself and fulfill your genetic potential as a man.

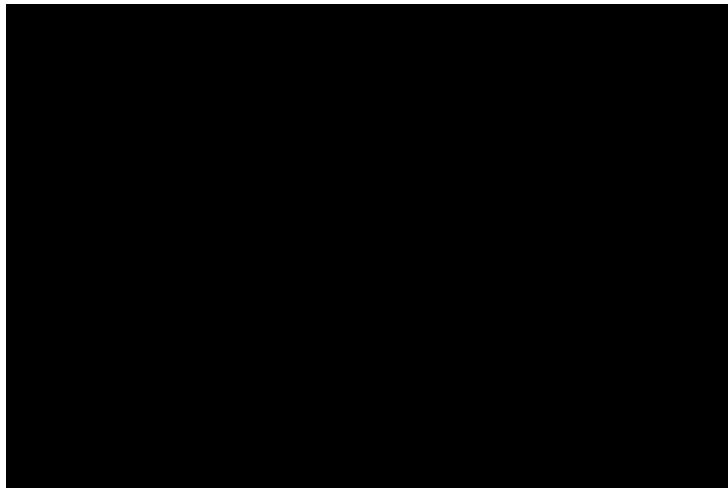
You will (to quote Tony Robbins) Awaken the Giant Within!

SOF Mobility and Flexibility Routines

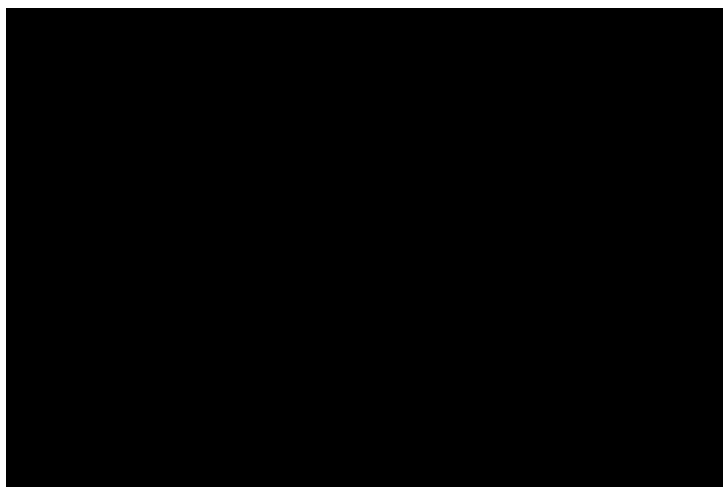
Use the below Joint Mobility Routine on a daily basis to increase range of motion, build joint strength, help remove adhesions and restrictions to your movement, and banish your inner Tin Man once and for all!

The flexibility routine is to be used post-workout as a way to cool the body down, release any excess tension, and help to alleviate DOMS – delayed onset muscle soreness.

[SOF Joint Mobility Warm-up Video](#)



[SOF Yoga Post-Workout Cool Down Video](#)



SOF Workout Notes

Perform the SOF workouts 3 days per week on non-consecutive days.

Sample Minimalist SOF Schedule

Sun	Mon	Tue	Wed	Thur	Fri	Sat
Off	SOF Workout	Off	SOF Workout	Off	SOF Workout	Off

Sample Daily SOF Schedule

Sun	Mon	Tue	Wed	Thur	Fri	Sat
SOF Flexibility	SOF Workout	SOF Mobility	SOF Workout	SOF Flexibility	SOF Workout	SOF Mobility

Rotate **Day 1** and **Day 2**. Continue to do joint mobility on a daily basis, preferably in the AM as part of your Morning Recharge Routine. Stretching should be performed after each workout as part of a proper cool down routine.

Sub Max (SM) effort means do not go all out; leave 1 to 2 reps in the tank.

Max Effort (ME) means do as many reps as possible in that set.

Supersets (A, B or A, B, C pairs) are alternating between 2 or more exercises for the duration of the set. The exercises will often be placed as antagonistic movements opposite each other, like a push-pull combination.

For all squats keep weight mid-foot balance, back straight from crown to tail, and knees out over the toes.

Always exhale on effort and focus on keeping the core, glutes, and quads braced tightly, as if expecting to be gut-punched, on every exercise. All power and strength originates from the core and is expressed from center out to the extremities.

NOTE:

If the exercises are too difficult, use a lighter weight or lower the number of sets/ reps until you can complete the entire workout as written. If, on the other hand, it is too easy – use a heavier weight.

Remember – everything is easy until it gets heavy!!

These workouts are meant to be challenging. But they ARE doable. Focus on the technique. Movement quality over movement quantity.

Master the movements and you will master your body!

What About Muscle Confusion?

If muscle confusion has you confused, don't worry because you're not alone. There has been a lot of misinformation regarding this pseudo-scientific training method bandied about the past couple years over the Internet, as well as in local personal training studios, gyms, and bootcamps. Hopefully this article will help clear up some of the major myths and misconceptions surrounding muscle confusion.

First off, let's define what the term muscle confusion means as it's currently used. In a nutshell, it refers to the idea that one should constantly vary exercise selection from workout to workout in order to keep the muscles guessing and avoid the plateau that comes when muscles adapt to exercise. On the surface this seems to make a lot of sense. Gains remain consistently high and plateaus are avoided. So what's the problem?

Let's start with the part that's true. Muscles do adapt to exercise and gains will slow down, level off, and then eventually stop if we continue to do the same workout over and over again. However, it

does not happen overnight and certainly not from workout to workout.

Who SAID What?

In order for the body to produce an adaptation for improved performance in life, sport, or martial art, we must apply specific stimulus as per the SAID Principle (Specific Adaptation to Imposed Demand). This basically means that the body adapts with a specific type of fitness to any demand which is imposed on it. When the same exercise is performed for too long, the body adapts to the stresses of each set and the adaptations or returns get smaller and smaller. Once it has adapted to the stress, then it's time to change or increase the stress or else we fall into that trap of diminishing returns.

Usually though it takes the body a period of 4-to-6 weeks to adapt and then it is advisable to begin changing exercises. This does not mean that we need to completely throw away everything we have been doing; far from it. An exercise or drill can be changed by increasing intensity, increasing volume, decreasing rest periods, or increasing complexity or sophistication.

Thus we will take advantage of the SAID Principle in this program and allow the body to adapt to the beneficial training effects of each workout and then change at the 4-week mark, right BEFORE hitting a plateau. This way we ensure consistent progress and development while getting the MOST out of all of the training.

Strong(er) Over 40 - Month 1

SOF Workout - Day 1

1A) Pull Ups (change grip each set) or Bodyweight Row – 4 x SM

1B) [Hindu Push Ups](#) – 4 x 10

Rest 30 – 60 seconds between each set (A+B)

2A) Alternating Forward Lunges – 3 x 10 each leg

2B) Squats Jumps – 3 x 10

2C) Sprawls – 3 x 10

[Video for all 3](#) ←

Rest 30-60 seconds between each set (A+B+C)

Core Training

A) Knee Hugs – 3 x 10

B) Spinal Rocks - 3 x 10

C) Leg Raise - 3 x 10

Rest 30-60 seconds between each set (A+B+C)

Plank x 60 seconds

Side Plank x 20 seconds each side

[Core Training Video](#) ←

SOF Workout - Day 2

1A) [Dragon Press with Dumbbell](#) x 10 each side

1B) [Sit Thru](#) x 10 each side

1C) [Spiral Push-ups](#) x 10 (5 each side)

1D) [Ichimonji Squat with Dumbbell](#) x 10 each side

1E) [One Arm Dumbbell Swing](#) x 10 each side

Protocol: No rest between exercises (A+B+C+D+E). Perform AMRAP (as many rounds as possible) in 20 minutes. Rest as needed between rounds.

Core Training

A) Knee Hugs – 3 x 10

B) Spinal Rocks - 3 x 10

C) Leg Raise - 3 x 10

Rest 30-60 seconds between each set (A+B+C)

Plank x 60 seconds

Side Plank x 20 seconds each side

[Core Training Video](#) ←

Strong(er) Over 40 - Month 2

SOF Workout – Day 1

Kettlebell or Dumbbell Complex (either a dumbbell or kettlebell may be used for this workout)

- 1A) KB Snatch x 5 (right side)
- 1B) KB Clean & Press x 5 (right side)
- 1C) KB Split Stance Row x 5 (right side)
- Repeat 1A to 1C on the left side
- 1D) KB Goblet Squat x 10
- 1E) KB Reverse Lunge x 10 (each side)
- 1F) 2 Hand KB Swing x 20

[SOF Workout Day 1 Video](#) ←

Protocol: Perform 3 to 5 rounds. Rest 60 seconds between rounds.

Core Training

V-UPS – 3 x 10

Seated Med Ball or DB Twists – 3 x 10

Sit-ups - 3 x 10

[Core Training Video](#) ←

SOF Workout – Day 2

- 1) Dumbbell Thrusters (squat + OH press) x 12, 10, 8, 6, 4, 2
- 2) Renegade Row x 12, 10, 8, 6, 4, 2
- 3) Burpees x 12, 10, 8, 6, 4, 2
- 4) Kettlebell Swings x 12, 10, 8, 6, 4, 2

[SOF Workout Day 2 Video](#) ←

Protocol: Perform all of exercise 1 (rest as needed between sets of each individual exercise). Rest 60 seconds. Perform all of exercise 2. Rest 60 seconds. Perform all of exercise 3. Rest 60 seconds. Perform all of exercise 4.

Core Training

Spinal Rocks – 3 x 15

Straight Leg Sit-ups - 3 x 10

Plank for 60 seconds

[Core Training Video](#) ←

SOF Workout – Day 3

1A) Feet Elevated Push-ups – 3 x SM, 1 x Max

1B) Pull-ups or Bodyweight Rows – 3 x SM, 1 x Max

2A) Bulgarian Split Squats – 3 x 10/10

2B) Prisoner Squats – 3 x 10

[SOF Workout Day 3 Video](#) ←

Core Training

Ab Wheel Roll Outs – 3 x 10

Leg Raises – 3 x 10

[Core Training Video](#) ←

Strong(er) Over 40 - Month 3

SOF Workout – Day 1 Lower Body

1) Turkish Get Ups 3 x 3/3

[TGU Video](#) ←

2A) Dumbbell Front Squats 4 x 10

2B) Dumbbell Walking Lunges 4 x 10/10

[Video](#) ←

3) Kettlebell Swings 4 x 30

[KB Swings Video](#) ←

Core Training

KB Get Up Sit-ups – 3 x 10/10

Spinal Rocks – 3 x 10

Side Planks – 2 x 30 secs per side

[Core Training Video](#) ←

SOF Workout - Day 2 Upper Body

1A) Double Clean and Seesaw Press – 4 x 10

1B) Double Bent Over Rows – 4 x 10

[Video](#) ←

2A) Double KB Floor Press – 3 x 10

[Floor Press Video](#) ←

2B) Pull-ups or Recline Rows – 3 x Max

3A) DB Hammer Curls – 3 x 10-12

[Hammer Curls Video](#) ←

3B) Dips – 3 x 10-12

Grip Work Hex DB Holds – 5 x 15 to 20 seconds

[Grip Video](#) ←

Core Training

KB Pull Overs – 3 x 10

Leg Raises – 3 x 10

Upper/Lower Plank – 60 seconds

[Core Training Video](#) ←

SOF Workout - Day 3 Full Body

1A) DB Snatch x 5/5

1B) DB Clean & Press x 5/5

1C) Burpees x 10

[SOF Workout Day 3 Video](#) ←

Protocol: Perform AMRAP (as many rounds as possible) in 20 minutes. Rest when absolutely necessary.

Core Training

Rotate core training from Day 1 and Day 2

THE STRONG(ER) OVER 40 NUTRITION MANIFESTO



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The Strong(er) Over 40 Nutrition Manifesto

The Problem with Diets

Every diet out there on the market today works. Otherwise they wouldn't be there. People lose weight. People feel better. People get healthy all the time. The diets themselves are not actually the problem. The real problem is that every diet is only a temporary solution to an ongoing problem. They change your body in the short term, but don't change your habits long-term which is why they ultimately fail.

How many people do you know who have gone from diet to diet to diet over and over again, losing weight each time, but failing to keep it off? They yo-yo back and forth between losing weight and gaining it back, sometimes even gaining back more. This is because diets don't last. In order to create lasting change in your body, you must make a lifestyle change. This is not a temporary fix. It's not a diet. (Just as an aside, what do the first 3 letters in DIET spell anyway?)

The premise of the Strong(er) Over 40 Nutrition Manifesto is that you make a permanent change in your eating behavior at the level of lifestyle. That means this becomes the method by which you conduct your eating for the rest of your life. The change must be at the level of lifestyle in order for it to be effective. Does this mean you can never have chocolate cake or pizza again? No. Far from. You'll see that I have built room for you to still eat your favorite foods, albeit not every day, into the plan.

The plan itself, as you'll see below, is fairly simple and straightforward. The key is not in the complexity or lack of in the nutrition plan itself, but rather in your ability to actually follow through and do it. Action, as always, is the only way to change. Do it. Follow the plan. Start today!

Start at the Beginning

Most of us have grown up with the phrase, “breakfast is the most important meal of the day” drilled into our heads. We’ve heard it thousands of times and perhaps have even quoted it to others thousands of times as well. No harm was meant by it, in fact, the people who said it to us had nothing but the very best intentions in mind. Didn’t matter if you were hungry or not, our Moms made us eat breakfast, right?

Their thinking was sound. You need fuel. Your body needs energy. Kids have to be able to think clearly in school, study hard, and do well. As we got older, the thinking changed from simply needing fuel to trying to “kick start” our metabolism. We thought that breakfast was necessary to maintain a healthy weight or even to help us lose fat by ramping up our metabolism first thing in the morning. Doctors told us this was true and so did our Moms, so we believed them. Many of us still do.

What’s the Reality?

But, as Jack Welch, former Chairman and CEO of GE, once used to say at the start of every business meeting – what’s the reality?

The reality is that when you wake up in the morning, your body is in its most effective fat burning state. This is due to a couple of things. One of them is that first thing in the morning your insulin levels are low. When insulin is low, you burn fat more effectively. Eating a bagel and cream cheese or a bowl of cereal – doesn’t matter if it’s super whole grain stuff or Captain Crunch – will cause insulin levels to elevate and drop your fat burning furnace down to nil. Another reason is that during the morning hours of about 7 am to 9 am, your body’s level of the hormone cortisol is at its peak. In this context, cortisol helps to break down fat by increasing the release of fatty acids to be burned for energy.

So when do I eat?

Good question. New research into old (very old, like caveman old) ways of eating has led to remarkable discoveries, or is it re-discoveries, that human beings are genetically adapted to phases of under-eating and overeating due to the abundance or scarcity of food.

Intermittent Fasting is one way to access that genetic adaptation. While a normal fast can last anywhere from a full 24 hours to a week, an intermittent fast is a much shorter interval of going without food. Studies have shown that people who practice intermittent fasting can receive all the benefits of a longer fast, but without the unwanted side-effects of catabolizing muscle and being on the verge of starvation. Shorter fasts are also much easier to adapt to and implement into your daily life.

Short, intermittent fasts, usually around 16 hours or so, seem to convey the same coveted results of longer more agonizing fasts such as burning fat, improving blood lipids, improved blood sugar control, appetite control, improved cardiovascular function, increased longevity, and stronger resistance to stress, to name a few.

The easiest way I've found to implement the practice of intermittent fasting is to simply skip breakfast. What time I chose to "break my fast" depends on what time I eat dinner the night before. So, for example, if I have dinner at 7 PM then I won't eat again until 11 AM the following day. I usually try for a 16 hour intermittent fast Monday through Friday, then on the weekends I eat breakfast as usual.

So, to sum up...

- Want to burn fat? Stop eating breakfast.
- Want to have more energy? Stop eating breakfast.
- Want to have a super productive morning? Stop eating breakfast.
- Want to be clear and focused? Stop eating breakfast.
- Want to lower your blood pressure and cholesterol? Stop eating breakfast.
- Want to lower your risk of Type II Diabetes and heart disease? Stop eating breakfast.
- Want to increase growth hormone release? Stop eating breakfast.

The Premise of Primal/Paleo Diets

Prior to the Agricultural Revolution some 10,000 years ago (give or take), all humans – everyone on the planet – ate basically the same diet. Of course there were some variations due to geography, climate, and seasons, yes, but basically the same diet. And what if I told you that this one diet kept our caveman (and woman) ancestors leaner, stronger, fitter, and even healthier than we are today? It enabled them to survive and thrive for over 2 million years.

Our genes have remained virtually unchanged since pre-agricultural times. We are quite literally cavemen in business suits – some of us more so than others! The Primal premise is that our current genetic expression is influenced, positively or negatively, by our lifestyle. So that how we eat, how we exercise (or don't), how we rest, play, and sleep all combine to create the body we have today. This means that we literally have the ability to optimize our genetic potential one forkful at a time.

Grains and other processed foods at the top of the list of things to avoid. Yes, even the supposedly healthy, whole grains. Why? Simply because humans did not evolve to digest grains properly. They make us fat and unhealthy. Remember our genes have not changed since pre-Agricultural times.

There are many benefits to eating this way, including a naturally lean body, acne-free skin, improved athletic performance and recovery, and relief from numerous metabolic-related and autoimmune diseases.

Quick Summary of Primal Diet

- You can eat all lean meat, fish, seafood & eggs
- You can eat all non-starchy seasonal vegetables
- Plenty of seasonal fruit
- Moderate healthy fats
- Moderate nuts and seeds
- No grains or cereals at all
- No legumes
- No processed foods
- No sugars.
- No artificial sweeteners. These are not food!

Protein

Protein should be the first thing making up your meal or snack. Individual protein needs vary and I've read studies that suggest the optimal amount of protein one needs on a daily basis is anywhere from 0.5 grams per pound of bodyweight all the way up to 2 grams per pound of body weight. I usually come in at about .75 grams per pound of body weight, but even this varies with me on a day-to-day basis. When all else fails, you can follow the general rule of having a serving of protein the size of your palm.

When it comes to what kind of protein you should eat, remember that free range animals are healthier than commercially raised animals. If possible:

- Buy your meat local, grass-fed and USDA organic
- Buy eggs from free roaming chickens
- Buy your fish wild, if possible

Carbohydrates Part 1: Eat Your Veggies!

You want the bulk of your meal to be made up of non-starchy carbs, i.e. - veggies. Make sure you get variation, and eat a lot of them! Here are some things to keep in mind with vegetables:

- Buy local, in season, organic veggies
- Avoid starchy vegetables (i.e. potatoes), unless eating post-workout
- Avoid legumes (i.e. peanuts, beans, peas, soybeans etc.)

Carbohydrates Part 2: Moderate Your Fruit

Fruit is good for you in moderation. There is a common grading system of fruit based on the fruits nutrient value and glycemic load. Generally, berries are at the lower end of the glycemic load spectrum and fruit like bananas are at the higher end. You should also consider how the fruit was grown. Think about the following in regards to fruit:

- Buy local, seasonal, organic fruit, if possible
- Avoid genetically modified fruit
- Avoid fruit juices – these are basically just sugar water
- Make sure to wash any fruit thoroughly to minimize pesticides

Fats

Despite what modern society has taught us to believe, fats are your friend! It is important to have the right balance of fats and the right kind of fats in your diet. On the Primal diet, your body is trained to burn fat instead of carbs for

energy (this will make your energy levels more stable), so don't skip the fat in your meals!

- Buy oils (coconut, olive) organic and cold pressed so they remain chemically unchanged
- Buy organic and local avocados
- Buy coconut in all forms
- Nuts are good in moderation (almonds, walnuts, pecans and macadamia nuts are your best choice). Buy them raw.
- Avoid canola (the oil is genetically modified, partially hydrogenated and highly refined), peanut, cottonseed, soybean, and wheat germ oils
- Avoid trans fats and hydrogenated or partially hydrogenated oils

Liquids

Drink plenty of water, coffee, and tea. Alcohol is allowed in moderation. I prefer red wine, usually a Malbec or Cabernet. ☺

Primal Foods Shopping List

Vegetables

Artichoke	Cucumbers	Parsnips
Arugula	Eggplant	Peppers (all kinds)
Asparagus	Endive	Pumpkin
Avocados	Fennel	Purslane
Beets/Beet Greens	Fiddlehead Ferns	Radishes
Bell Peppers	Garlic	Romaine Lettuce
Bok Choy	Green Beans	Rutabaga
Broccoli	Jerusalem Artichokes	Sea Vegetables
Broccoli Rabe	Jicama	Spinach
Brussels Sprouts	Kale	Squash
Cabbage	Kohlrabi	Swiss Chard
Carrots	Leeks	Tomatoes
Cauliflower	Mushrooms	Turnip Greens
Celery	Mustard Greens	Watercress
Celery Root	Olives	
Collards	Onions	
<u>In Moderation</u>		
Cassava	Sweet Potatoes	Yams

Potatoes

Wild Rice

Taro

Fish

Anchovies

Mahi Mahi

Salmon

Bass

Monkfish

Sardines

Cod

Mullet

Tilapia

Eel

Northern Pike

Tuna

Haddock

Orange Roughy

Walleye

Halibut

Perch

Any Other Wild Fish

Herring

Red Snapper

Mackerel

Rockfish

Shellfish

Abalone

Lobster

Scallops

Clams

Mussels

Shrimp

Crab

Oysters

Crayfish

Prawns

Meat and Poultry

Beef

Goat

Pork

Chicken

Lamb

Game Meat

Alligator

Emu

Rabbit

Bear

Goose

Snakes

Buffalo

Pheasant

Turkey

Caribou

Kangaroo

Venison

Duck

Ostrich

Elk

Quail

Organ Meats

Hearts

Liver

Sweetbreads

Kidney

Bone Marrow

Tongue

Eggs

Chicken

Goose

Roe/Caviar

Duck

Pheasant

Other Bird Eggs

Emu

Quail

Nuts and Seeds

Almonds

Pecans

Sunflower Seeds

Brazil Nuts

Pine Nuts

Walnuts

Hazelnuts

Pistachios

Derivative Butters

Hempseeds

Pumpkin seeds

Macadamias

Sesame Seeds

Healthy Fats/Oils

Avocado Oil

Macadamia Oil

Unprocessed Palm Oil

Butter/Ghee

Olive Oil

Walnut Oil

Coconut Oil/Milk

Sesame Oil

Lard

Tallow

Fruit

Preferred

Blackberries

Boysenberries

Gooseberries

Blueberries

Cranberries

Raspberries

Other Fruits

Apple

Honeydew Melon

Pears

Apricot

Kiwi

Persimmon

Banana

Lemon

Plums

Cantaloupe

Lime

Pomegranate

Cherries

Lychee

Rhubarb

Coconut

Mango

Star Fruit

Figs

Nectarine

Strawberries

Goji Berries

Orange

Tangerine

Grapefruit

Papaya

Watermelon

Grapes

Passion Fruit

All other fruits

Guava

Peaches

Spices and Herbs

Anise

Cumin

Peppermint

Basil

Dill

Rosemary

Black Pepper

Fennel

Sage

Cayenne Pepper

Ginger

Stevia

Chili Pepper

Mint

Tarragon

Cilantro
Coriander Seeds
Cinnamon
Cloves

Mustard Seeds
Nutmeg
Oregano
Paprika

Thyme
Turmeric

In Moderation

100% Full fat cream
Cheese
Yogurt

Honey

Supplements

Daily High-Potency Antioxidant Multi-Vitamin Supplement
Omega-3 Fatty Acid Fish Oil Supplement
Whey Protein Powder
Probiotics
Vitamin D

See the SOF Guide to Supplements for more!

Occasional Indulgences

Alcohol
Dark Chocolate

[What To Expect](#)

The Hardest Part of Any Journey is the First Step. A New Diet is No Different.

Making the Primal switch comes with challenges. Depending on how heavily your diet is dependent on grains and sugar before you switch, you will experience an adjustment period of varying degrees of intensity. You will experience a dip in your athletic performance and have times when feel tired and maybe a little cranky. This is normal! It usually lasts about one to two weeks. Keep in mind that your body is going through withdrawals and changes

converting from a sugar/carb burning organism to a fat for fuel burning machine. You'll get there. Be patient!

The 6 P's!

Remember your 6 P's: Proper Prior Planning Prevents Poor Performance! Part of the difficulty of starting any new diet is the amount of preparation involved. Make sure you plan ahead so you aren't stuck in a situation where you are left with no options. A lot of people like to use Sunday to prep for the week. Other people make lunch for the next day at the same time as they are making dinner, so they don't feel like they are spending too much time in the kitchen. Find a system that works for you and stick to it.

There will be places or situations where you know you have difficulty staying on diet (i.e. at the office working late, pizza parties, birthday parties, any sort of holiday party, etc...) - make sure you have options readily available to you. Talk to your family, friends, and co-workers so they know what you are doing and can either do it with you or provide you with moral support.

SOF Nutrition – How To Succeed

When to Eat:

Here's the deal - Every day you will fast for 16 hours and eat ONLY during an 8-hour window. So, if you start eating at 11 AM, you stop eating for the day at 7PM. This will control the amount of calories you eat each day as well as discourage cheating.

The Intermittent Fasting (IF) is a critical component of the diet. You will feel healthier, more energetic and also accumulate a calorie deficit which is essential for weight loss.

Healthy carbohydrates are allowed in the 2-hour post-workout window. This is when you can eat stuff like rice, potatoes, and sweet potatoes. Any questions about this – let me know!

If you do choose to eat breakfast, make it a protein and fat meal – no carbs. The best way to do this is to have 30 grams of protein in the morning.

How Much to Eat:

This will obviously vary from person to person and probably day to day, depending on your activity level. Generally, I eat until I am full, but not stuffed. I never count calories; it bores me to tears just thinking about it. But, hey, this is what works for me. As they say, your mileage may vary.

Cheat Days:

Let's face it, life is no fun without beer, pizza, and some ice-cream. So the SOF Nutrition Manifesto builds in strategic Cheat Days to allow some occasional indulgences!

After 2 weeks of strict eating to help normalize insulin levels, you will be allowed 1 cheat day per week. The purpose of the cheat day is twofold – first to help you stay sane and have a binge day to look forward to each week, and second to restore leptin levels in the body. Leptin is the fat burning hormone that gets depleted as you continuously diet. It must be replenished so that your fat burning does not hit a plateau or stop altogether.

All foods are allowed on a Cheat Day. Want to eat a whole pizza? Go for it! Box of donuts? Have at it! Bagels and beer for breakfast? Go to town! But remember, you must throw away (or eat) all cheat foods so you are not tempted the next day!

Journaling:

Keeping a journal of your progress helps to keep you accountable. It also helps you associate what you are putting in your body and how you feel throughout the day and during workouts. It will help you hone in on the foods your body responds best to, and which foods to avoid.

Include:

- What you ate
- How much you ate
- What time of day you ate

This is usually the step most people skip, but it is probably the most valuable. At least in the beginning, make an effort to do this. Don't cheat or adjust what you ate to make yourself look better. Remember – this is a tool to help you, not a paper you'll be graded on!

As with all change, the journey of 1000 miles begins with the first step. Now it's up to you. I have given you my system of nutrition for health, fitness, and performance. You must do the rest. Take action!

Blueberry Almond Joy Protein Shake

I'm not really big on creating recipes, but this is one I use almost 5 days a week so I thought I'd share it with you. It takes about 5 minutes to make and is full of great stuff to start your day and keep you going.

Try this delicious recipe for a shake full of protein, healthy fats, and antioxidants!

What you'll need:

- 1 Scoop natural whey protein powder
- 1 Scoop [Amazing Grass](#) or other greens drink
- 1 Tablespoon almond butter
- 1 Tablespoon shredded coconut (no sugar added)
- 1 Cup frozen blueberries
- 1 Teaspoon cinnamon
- 1/2 Cup plain Greek yogurt
- 1 Cup coconut milk or organic whole milk (depending on preference) Put all the ingredients in a blender. Mix it up and enjoy!

Sample SOF Nutrition Meal Plan

	Breakfast	Lunch	Dinner	Snacks
Day 1	3-4 egg omelet with spinach and cheese Bacon on the side	Mixed greens salad with grilled chicken and walnuts. Extra virgin olive oil and apple cider vinegar	Grass-fed steak Asparagus Sweet potato with butter and cinnamon	Apple with almond butter
Day 2	Paleo "Oatmeal" <ul style="list-style-type: none"> ▪ 3 Eggs ▪ 1 Banana (mashed) ▪ 1 Tsp Vanilla Extract ▪ 1 Tsp Pure Maple Syrup (optional) ▪ 1 Tsp Cinnamon ▪ 1 Tbsp. Organic Shredded Coconut (I seem to put this on everything!) ▪ Handful Crushed Almonds or Walnuts ▪ Organic Raspberries, Blueberries, or Blackberries Mix eggs, banana, vanilla, and maple syrup in a bowl. Melt organic butter or coconut oil in skillet. Add mixture to skillet and cook. Pour "oatmeal" into a bowl and top with cinnamon, coconut, nuts, and berries(s) of your choice.	Spicy Tuna Lettuce Wraps <ul style="list-style-type: none"> • Make tuna fish with spicy guacamole instead of mayonnaise • Add chopped onions • Wrap in romaine lettuce leaves 	Salmon fillet (no farm raised fish!) Mixed greens salad Wild rice or quinoa	Raw milk or organic cheese with mixed nuts and fruit

<p>Day 3</p>	<p>Protein Smoothie</p> <ul style="list-style-type: none"> • 1 Scoop natural whey protein powder • 2 Tbsp. Pine Pollen • 1 Scoop Amazing Grass or other greens drink • 1 Tablespoon almond butter • 1 Cup frozen blueberries • 1 Teaspoon cinnamon 	<p>Grass-fed Beef Cheeseburger (no roll!)</p> <p>Side salad or sautéed mixed veggies (broccoli, cauliflower, etc.)</p>	<p>Stir fried chicken and broccoli (cook in organic butter or coconut oil)</p> <ul style="list-style-type: none"> • Add in diced onions, garlic, and mushrooms • Organic soy sauce 	<p>Mixed berries with full fat cream</p>
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THE STRONG(ER) OVER 40 SUPPLEMENT GUIDE



Jon Haas, The Strong(er) Over 40 Coach

Warrior Fitness Training Systems

Legal Stuff

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Disclaimer:

You must get your physician's approval before beginning this exercise program. These recommendations are not medical guidelines but are for educational purposes only.

You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

The information in this e manual is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The author advises readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this e manual, be sure that your equipment is well maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises in this book are not intended as a substitute for any exercise routine or treatment that may have been prescribed by your physician.

See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program. If you experience any light-headedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

The Strong(er) Over 40 Guide to Supplements

Supplements can be an extremely cloudy area to navigate. Over the years I have experimented with many of the major supplements, and some of the more obscure ones available on the market today.

What I have done in this short guide is cut through the clutter and given you my recommendations for the most effective and safest supplements for building a strong, healthy body.

Multivitamins

[Men's Multivitamins](#)

Individual Nutrients

[Zinc](#): 15-25 mg post workout or before bed

Zinc blocks aromatase, which is a building block of estrogen. By block aromatase, zinc limits our natural production of estrogen, which positively effects our natural testosterone levels, and by correlation, our body's ability to burn fat and build muscle.

[Vitamin D3](#) : 1,500 to 3,000 IU twice a day

[Fish Oil](#): 2 tablets twice a day

Fish oils are one of the most important supplements you can take, not only for heart health, but also for improved cognitive health as well.

Actually, studies have shown that there is no real “limit” to omega-3 fatty acids. So adding a high quality supplement is a great idea.

Fat Burning Stack – take before meals

- [Garlic extract](#): 200 mg
- [Green Tea flavanols](#) (decaf with at least 325 mgEGCG): 325 mg
- [Alpha-Lipoic Acid](#) (ALA): 100-300mg

[Vitamin C](#)

Take 1,000 mg of vitamin C after a workout to limit the release of cortisol. Cortisol is a hormone that makes the body burn muscle and store fat. C helps you return to an anabolic state

[Protein Power](#)

Utilize as meal replacement or post workout drink.

[Amazing Grass Organic Greens Supplement](#)

Get up to 12 servings of fruits and vegetables in just one serving

- Made from 75 whole food sourced ingredients in their natural form
- Contains probiotics and enzymes for optimal nutrient absorption and digestion
- Carefully formulated by doctors and nutritionists to deliver essential nutrients
- 10+ years of research to develop an easy to mix powder with naturally sweet taste

[BCAAs](#)

Take 15 to 30 minutes prior to working out to minimize muscle breakdown.

[Creatine](#)

Creatine Monohydrate powder is taken from the compound Creatine, which is essential in the process of sending energy directly to muscle. It is naturally produced by the body in organs such as the liver, pancreas and kidneys, and it can be found in areas as diverse as the brain, heart and all muscle tissue.

Recommended Herbs and Herbal Formulas

[Pine Pollen](#)

Pine Pollen may be one of the most potent and powerful herbs or foods available today. It is the male spore of the pine tree and has been used for thousands of years.

[Hercules Pre-workout Formula](#)

Not only will Hercules Pre-Workout Formula help fire up your workouts but you'll likely discover lots of side effects...beneficial ones. These herbs increase antioxidant capabilities, help with sex in many ways, modulate the immune system, support anti-gaining and so much more.

[Titan Post Workout Formula](#)

The two versions of Hercules Pre-Workout Formula have been quite successful in helping people become stronger and more enduring. Titan delivers many of the same benefits as well as unique ones, **designed to help you best recover from your workouts.**

It is a combination of four amazing herbs from across the world, suma, maral root, shilajit and mucuna.

[Athlete's Bundle](#)

Increased Energy to Workout, Better Recovery and Ability to Adapt, Hormonal Support & Greater Strength and Endurance.

Herbs can help to improve your workouts in a number of ways. This special bundle offer is designed to help you with them all! Regardless of what sort of training, workouts or sports you do, these herbs can help you to do it.

[Men's Hormone Package](#)

All in one package for building testosterone and reducing estrogen levels in the body, specifically formulated for men.

[Tongkat Ali](#)

In English, this translates *Ali's Walking Stick*. And they weren't talking about an actual stick from a tree! It reminds me of that scene from *Austin Powers 3* where Mini Me is described as a **tripod**...

Other names for this powerful root include **Longjack**, **Eurycoma Longifolia** and **Malaysian Ginseng**. In Vietnamese it is known as Cay ba binh which means **"The Tree that Cures a Hundred Diseases"**.

[Thor's Hammer](#)

For men to have top performance it comes down to a number of factors, not just a single one. Sadly, few people know this and thus may fail in overcoming "the scourge of men". Basically it comes down to these four physiological factors:

- 1) Testosterone must be sufficiently high and freely available for sexual arousal and libido.
- 2) Dopamine, the neurotransmitter, lies at the heart of creating desire and is equally crucial for libido.
- 3) Blood Flow and Nitric Oxide causing vasodilation and thus an erection.
- 4) Phosphodiesterase type 5, or PDE5 for short, an enzyme, must be low enough that the erection doesn't go away (through its break down of cGMP, thus reducing vasodilation).

This formula was created to give you five of the most powerful sexual herbs out there directed at the four actions listed above.

Additional Recommended Resources

[Vital Force: The Yin of Strength **NEW](#)**

Vital Force: The Yin of Strength is an easy-to-learn health maintenance program combining dynamic mobility with age-old Qigong energy work, and breathing exercises.

It is specifically designed to increase your body's vital energy, open up the joints, enhance recovery from exercise, and reduce stress. This program can be used by anyone regardless of age, health, or physical ability.

[WarFit Combat Conditioning Program **NEW](#)**

An 8-Week Combat Conditioning Program That Will Forge A Warrior's Whole-Body Strength, Endurance, and Toughness

[Integrated Strength Program \(Video and Manual\) *NEW*](#)

Ever wonder if you could have it all in your training? Integrated Strength combines the best of Unconventional Strength training exercises with Internal Power Building training for a unique and comprehensive way of building whole body strength.

[Warrior Fitness: Conditioning for Martial Arts](#)

Warrior Fitness will help you and your students attain a new level of strength, flexibility and endurance — quickly and with little chance of injury. **Warrior Fitness combines old school fitness with modern exercise science.**

[Guide to Striking Power](#) – **Specific Physical Preparedness for ALL striking arts from old school Traditional Martial Arts to modern MMA!** Learn how to build a powerful structure to stabilize punches, kicks, and martial movement! Discover how to use lowtech, high yield tools to strengthen strikes throughout a range of motion!

[Martial Power Program \(e-book and video\)](#)

The Martial Power Program is for those traditional martial artists committed to taking their body, mind, and spirit to the next level! This program is for people who are serious about learning how to functionally integrate high level fitness training into their martial arts practice!

[Ninja Mission Program 1 \(Video and Manual\)](#)

You will train like the ninja of feudal Japan preparing body, mind, and spirit through rigorous physical training and martial practice

[Evolve Your Breathing: Essential Techniques for Optimal Performance](#)

Learn unique and powerful breathing exercises drawn from martial arts, qigong, and yoga that will teach you how to **Adapt AND Perform Under Stress!**



www.WarriorFitness.org