



How to: Build Muscle Efficiently When You Are 40+ Guide





Sarcopenia kicks in when you reach 40

Sarcopenia is the muscle wasting process
of ageing

**If you are aged 40+ you
need hypertrophy* focused
resistance training to offset
Sarcopenia to maintain
your health and longevity**

*Hypertrophy is the adaption process that
triggers muscles to increase in size resulting
from resistance training





2 resistance workouts per week are recommended to build and maintain muscle mass as you age

But there is a massive range of resistance training options

This guide provides an efficient, evidence-based approach to building muscle for people aged 40+





Muscle stress process

Muscles are developed and maintained by being stressed. Stress causes adaption in the muscle fibres called hypertrophy. Following a stress the muscle recovers and adapts using complex amino acids from protein, that results in the muscle growing and force production increasing.

This adaption takes 72 hours after being stressed so the optimal muscle building routine is to stress and recover muscles every 72 hours which works out at twice per week.

A stress is created when muscles are exercised to near failure. This is when a person can probably do 1-2 more reps before they cannot move the weight with the required form.

Resistance training involves two movements :

Concentric movement

Contracting of the muscles to move a weight against gravity

Eccentric movement

The lowering of weight and controlling the pull of gravity

We are constantly fighting gravity. We have more eccentric endurance than concentric endurance. To stress a muscle, we must do more work in the eccentric movement phase than the concentric to reach close to failure.

Muscles vary in size. The effort and time to take muscles to near failure varies. Based on a 2 second concentric and 4 second eccentric rep, near failure is reached with one working set of:

- Glutes – 90-120 seconds in 15-20 reps
- Legs – 60-90 seconds in 10-15 reps
- Upper body – 40-70 seconds in 6 – 12 reps





Muscle recovery process

Repair and build

Complex amino acids facilitate recovery and muscle growth

1.5 grams of protein needs to be consumed daily **per 1 kg of bodyweight** to ensure enough protein is available for recovery

Rest

Recovery process takes **72 hours**, so plan workouts using the same muscle group **every 3 days**

Avoid

Cold therapy the day you train





If you have medical conditions,
before starting an exercise
programme consult a doctor

Medications prescribed may cause low blood pressure, risk of fainting, muscle fatigue, weakness and soreness in lower limbs so seek advice from a suitably qualified personal trainer or coach on exercise adaptations if you take medication.





Hypertrophy programme goals

- 1. Build muscle**
- 2. Time efficient**
- 3. Low volume so low fatigue on joints**
- 4. Works for all experience levels**





Programme design principles

Frequency: 2 workouts per week

Time: 1 hour per workout

Type: Hypertrophy focused weight resistance exercises covering all major muscle groups

Duration: 6 weeks then 1 week rest

Volume: 1 work set per exercise

Tempo: 6 second rep of 4 second eccentric & 2 second concentric (watch video in link for demonstration)

<https://youtu.be/qxPawBy2z50>

Progression: Do more reps each workout. When you reach the target reps for the exercise add 2.5kg of more weight in the next session.





Warm up



3 rounds as a circuit

Press up 10 – 20 reps

Glute Bridge 10 – 20 reps

Single leg split squat 10-20 reps each leg





Main workout

- Warm up set of 10-12 reps at 70% of your work set weight before each exercise
- For each exercise complete 1 work set with a 6 second rep tempo
- Aim to beat the number of reps done in the last session
- Rest for 2 minutes between exercises
- When you get to the target reps for the exercise increase the weight by 2.5kg for the next session

Lower Body

Leg press 15-20 reps

Single leg extension 10 -15 reps

Single leg hamstring curl 10-15 reps

Calf raise 15 – 20 reps

Tib raise 15-20 reps

Upper Body

Flat chest press 6-12 reps

Seated row 6-12 reps

Incline chest press 6-12 reps

Lat pull down 6-12 reps

Shoulder press 6-12 reps

Cable single arm lateral raise 6-12 reps

Cable straight bar curl 6-12 reps

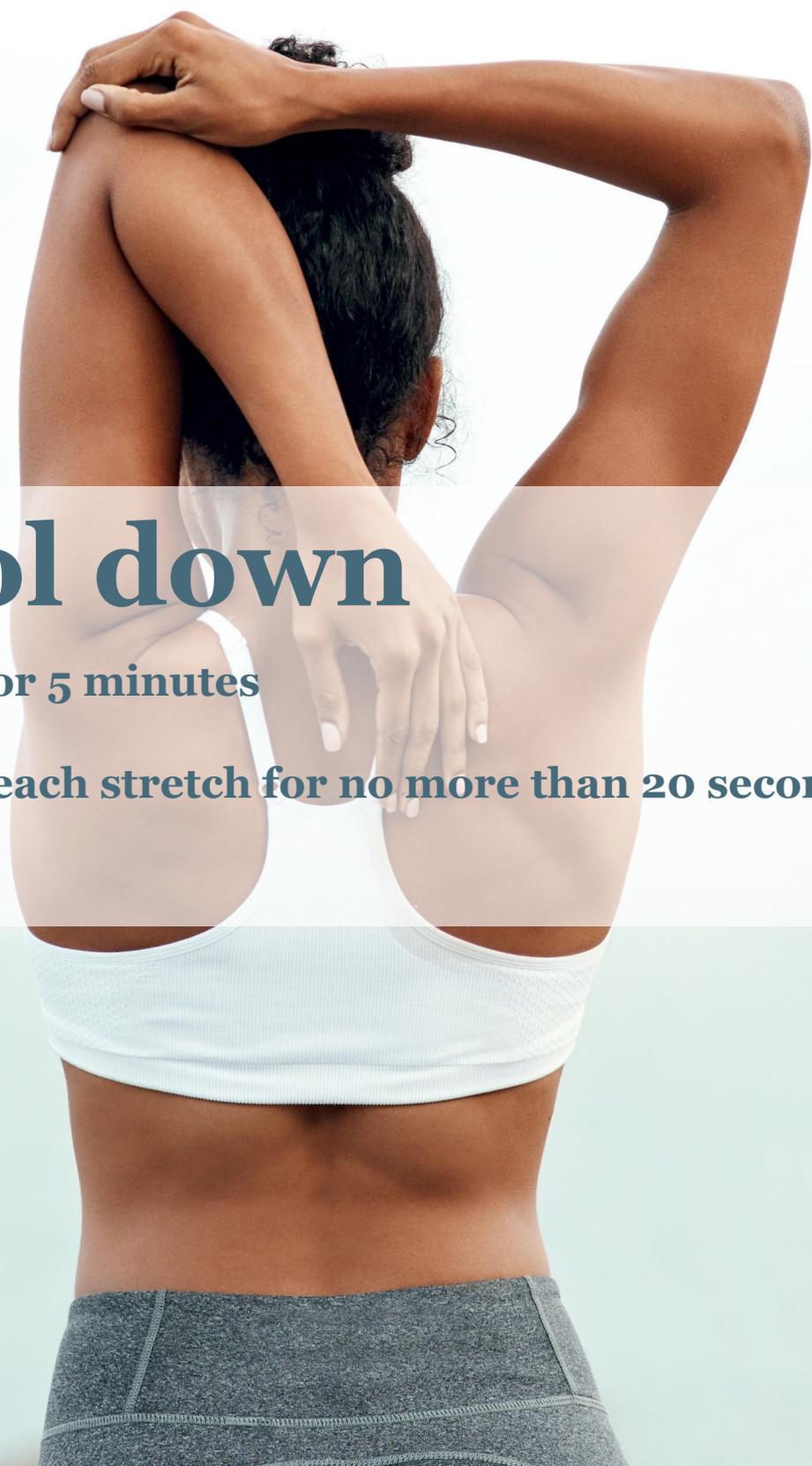
Cable triceps push down 6-12 reps

Core

McGill Curl 6-12 reps

Hyper extension 6-12 reps





Cool down

Stretch for 5 minutes

Holding each stretch for no more than 20 seconds





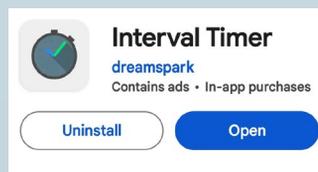
Pro tips

#1 Use machines not free weights

Quick to set up, safer when near failure, easy to add progressive weight.

#2 Use a rep timer

Keeps you honest on the rep tempo as you will go faster if you count yourself. Download Interval Timer App on phone from Android or Apple store.



Create a preset timer in advanced features with a 10 second prepare, 4 second lower and 2 second lift phase with the rep count you are targeting.

#3 Start with 80% of the weight you normally use for the exercise





The Longevity Experience

Research from the American College of Sports Medicine (ACSM) suggests that only around 20-30% of individuals meet their fitness goals.



An International Health, Racquet & Sportsclub Association (IHRSA) survey indicated that 70% of members who hired a personal trainer met their goals.

Contact us for expert support so you meet your goals.



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