

LIVE BETTER FOR LONGER ROUTINES

MEN AGED 40-50

LONGEVITY
PERFORMANCE
COACHING



Perform, feel and look better as you age

This Routine is for you if :

Your male in your 40s

You are losing confidence in your physical capabilities

You feel stressed and time constrained by your lifestyle

Your body is changing and not in the way you want

You still want to participate in the things you love doing

You want to perform well in all aspects of you life

You want to change the routine you have today

You know you must invest in your health to live better for longer

This Routine's Goals

In the "Accumulation" decade learn to accumulate good physical and emotional capabilities while young enough to make big gains

Feel better physically and emotionally so you can perform better in all aspects of your life

Reignite pride, confidence and joy

Build positive habits you can realistically and consistently do in the limited time you have available



The plan

Choose from Novice, Committed and Elite routines that reflect your start point of where you are today. Take the habit survey to pick the right routine for you. [Click here](#)

Novice

The start point if you don't do much today

Choose if your habit score is less than 40

Committed

You have some healthy habits and want to lock in a consistent routine that's part of your lifestyle

Choose if your habit score is 41-80

Elite

You already do a lot and want to be the best

Choose if your habit score is 80+



The Novice Routine

3 GOALS

- Lose weight
- Start better eating and exercise habits
- Rebuild confidence and reduce stress

1 WEEKLY ROUTINE

	Activity	Mon	Tue	Wed	Thu	Fri	Sa	Sun
Wake up	Set wake up time	X	X	X	X	X	X	X
	Drink electrolytes	X	X	X	X	X	X	X
	40g protein meal	X	X	X	X	X	X	X
	Multivitamin	X	X	X	X	X	X	X
	Omega 3	X	X	X	X	X	X	X
	Vitamin D	X	X	X	X	X	X	X
	Glucosamine	X	X	X	X	X	X	X
	Turmeric	X	X	X	X	X	X	X
	Walk	X	X	X	X	X	X	X
AM	40g protein meal	X	X	X	X	X	X	X
	Stretch	X	X	X		X		
PM	Drink 2.25 litres of water	X	X	X	X	X	X	X
	40g protein meal before 7pm	X	X	X	X	X	X	X
Evening	Social/joy activity	X	X	X	X	X	X	X
	Set bedtime to optimise sleep	X	X	X	X	X	X	X

8 WEEKLY TARGETS

Daily Protein target - 1.6g per kg body weight
Daily calorie deficit - 500 kCal
Eat with purpose 80% of meals
Daily step goal - 8,000

2 resistance sessions
2 endurance & 1 high intensity cardio sessions
5 social or joyful activities
Stretch 4 times a week

10 BENCHMARK OUTCOMES

How you look
25 or less Body Fat %
Waist to Hip ratio <1
50-65% lean muscle mass

How you feel
Stress score less than 100
Resting heart rate <60
Heart Rate Variability > 20

How you perform
Habit score > 55
VO2 Max 38-41
Max squats in 1 minute > 30
Max push ups in 1 minute > 12

The Committed Routine

3 GOALS

- Be physically and emotionally fit to fully participate in life
- Feel great, confident and proud of how you look
- Your routine is locked into your life style

1 WEEKLY ROUTINE

Activity	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Get water up time	X	X	X	X	X	X	X
Drink electrolytes	X	X	X	X	X	X	X
Algebraic meal	X	X	X	X	X	X	X
Multivitamin	X	X	X	X	X	X	X
Omega3	X	X	X	X	X	X	X
Vitamin D	X	X	X	X	X	X	X
Shoosamine	X	X	X	X	X	X	X
Turmeric	X	X	X	X	X	X	X
Collagen Type II	X	X	X	X	X	X	X
Hypermure-Glycine	X	X	X	X	X	X	X
AM							
Walk	X	X	X	X	X	X	X
Algebraic meal	X	X	X	X	X	X	X
Stretch	X	X	X	X	X	X	X
Resistance session with heavy weights	X		X				
Resistance session hypertrophy focused	X		X				
PM							
HIIT session			X		X		X
Endurance session			X		X		X
Drink 1/2 liter of water	X	X	X	X	X	X	X
Algebraic meal before 5pm	X	X	X	X	X	X	X
Evening							
See why you fail	X	X	X	X	X	X	X
Get bedtime together sleep	X	X	X	X	X	X	X

10 WEEKLY TARGETS

Daily Protein target - 1.6g per kg body weight
Daily calorie goal - build muscle
Eat with purpose 90% of meals
Take supplements every day
Daily step goal - 10,000

3 strength and hypertrophy resistance sessions
2 endurance & 1 high intensity cardio sessions
7 social or joyful activities
Sleep well > 5 nights a week
Stretch 4 times a week

18 BENCHMARK OUTCOMES

How you look

20 or less Body fat %
Waist to Hip ratio <1
65-70% lean muscle mass
Fat free muscle mass 20-22

How you feel

Stress score 65-80
Resting heart rate <60
Heart Rate Variability > 40
Cholesterol and blood pressure function in normal ranges

How you perform

Habit score > 80
VO2 Max 42-46
Max squats in 1 minute > 40
Max push ups in 1 minute > 25
Squat 1.75x body weight
Deadlift 1.75-2x body weight
Bench press 1.2x body weight
Plank > 2 minutes
Dead hang > 1 minute



The Elite Routine

3 GOALS

- Confident you can perform highly in all aspects of your life
- Be top 5% in all fitness markers
- Your preventative health routine is your identity

1 WEEKLY ROUTINE

Activity	Mon	Tue	Wed	Thu	Fri	Sa	Sun
Get water at 8am	X	X	X	X	X	X	X
Take supplements	X	X	X	X	X	X	X
Allegation meal	X	X	X	X	X	X	X
Strength	X	X	X	X	X	X	X
Cardio 1	X	X	X	X	X	X	X
Meal 2	X	X	X	X	X	X	X
Cardio 2	X	X	X	X	X	X	X
Strength	X	X	X	X	X	X	X
Meal 3	X	X	X	X	X	X	X
Strength 2	X	X	X	X	X	X	X
Hydration/Recovery	X	X	X	X	X	X	X
Cardio 3	X	X	X	X	X	X	X
Meal 4	X	X	X	X	X	X	X
Allegation meal	X	X	X	X	X	X	X
Stretch	X	X	X	X	X	X	X
Resistance session with heavy weights	X	X	X	X	X	X	X
Resistance session with light weights	X	X	X	X	X	X	X
Get sleep	X	X	X	X	X	X	X
Breakfast routine	X	X	X	X	X	X	X
Drink 1.2litres of water	X	X	X	X	X	X	X
Allegation meal	X	X	X	X	X	X	X
Meal 5	X	X	X	X	X	X	X
Meal 6	X	X	X	X	X	X	X
Meal 7	X	X	X	X	X	X	X
Meal 8	X	X	X	X	X	X	X
Meal 9	X	X	X	X	X	X	X
Meal 10	X	X	X	X	X	X	X

10 WEEKLY TARGETS

- Daily Protein target - 1.8g per kg body weight
- Daily calorie goal - Sustain high performance
- Eat with purpose 95% of meals
- Take supplements every day
- Daily step goal - 12,000+
- 4 strength and hypertrophy resistance sessions
- 2 endurance & 2 high intensity cardio sessions
- 7 social or joyful activities
- Sleep well at least 6 days a week
- Stretch 4 times a week

21 BENCHMARK OUTCOMES

How you look
 Less than 18% body fat
 Waist to Hip ratio <1
 70-80% lean muscle mass
 Fat free muscle mass 22-25

How you feel
 Stress score 65-80
 Resting heart rate <60
 Heart Rate Variability > 50
 Function of liver, kidneys, cholesterol and blood pressure in ideal ranges

How you perform
 Habit score > 95
 VO2 Max 47-52
 Max squats in 1 minute >50
 Max push ups in 1 minute > 40
 Squat 2 x body weight
 Deadlift 2-2.5 x body weight
 Bench press 1.5 x body weight
 Plank > 4 minutes
 Dead hang > 2 minute
 Pull ups > 20
 Carry body weight for 1 min

3 Essential Pro Tips

Prioritise

Treat each Routine activity with the same importance as your job

Commit

Agree your routine with your family and friends

Consistency

Plan ahead - food preparation, your schedule, your workouts, your social time



LONGEVITY PERFORMANCE COACHING



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Contact us



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