

A shirtless man with a muscular build is standing on a rocky cliff edge. He is wearing dark blue shorts and black sneakers. His arms are raised in a celebratory gesture, with his hands open. The background shows a vast blue ocean, distant mountains, and a clear blue sky with some light clouds. The sun is high, creating a bright, slightly hazy atmosphere.

# *Fit & Strong Over 40*

Discover how to build muscle, burn  
fat and get in your best shape ever  
even when you are over 40

If you're a man over 40 and feeling frustrated with your fitness journey, you're not alone. You've put in countless hours jogging in the park or sweating on the treadmill, yet the results seem elusive, leaving you feeling bored and defeated. You've explored various fitness options like jogging, weight training, and even high-intensity classes, only to find the stubborn fat clinging on.

In a moment of desperation, you might consider extreme diets or detoxes, convinced that drastic measures will finally yield the results you desire.

Unfortunately, this cycle of yo-yo dieting and ineffective workouts can feel endless. It's time to break free from this pattern and discover a balanced, sustainable approach to fitness that works for your age and lifestyle.

Keep reading to find the key to achieving your health and fitness goals!

**My story in a NUTSHELL! I started off being FAT and self-conscious. I was un-coordinated due to being FAT and not good at any sports during my painful teenage years.**

**By the time I was in my 20's I had enough and started my TRANSFORMATION from being FAT to Fit and competing in an amateur body building competition and teaching Salsa dancing as a part time job that made me good money!!**

**From then on I never looked back. I changed my career path and dedicated my life as a Personal Trainer to help those who struggle with Fat Loss and have I have personally helped hundreds of folks achieve their Fat to Fit Goals!**

Hi, my name is Stefan Lamping and I am writing this report to help you understand how to you can **LOSE FAT and KEEP IT OFF!**

If your goal is to look leaner, get stronger, lose fat and be in the best shape of your life then you have come to the right place.

**I am a Former Fatty so I know what I'm talking about!**

I was a chubby kid--which was ok, because chubby kids are cute. But then I grew up and stayed FAT and that was NOT so cute anymore! I was weak, uncoordinated, clumsy and & extremely self-conscious. I was always picked last to join a team and I never won any of my competitions.



I was so embarrassed I burnt or deleted all the pictures showing how fat I was, but my mum rescued a couple of pictures of when I was teen. Below is a picture of me when I was 16—believe me, I was quite a LOT fatter when I was in my 20's!



Because I was overweight my mum tried to help me by enrolling me in as many active activities she could think of. The first one was cycling. I got discouraged because I was always last to reach the finish line. I even tried Taebo and aerobics. The only sport I was somewhat good at was Judo, and it was only because I was too heavy to throw around. I would win simply by throwing my weight on top on the other guy and then they couldn't get up.

All this activity was probably good for my health but I really didn't lose as much weight as I wanted to so I would stop and would end up getting all the fat I lost back again. I also developed knee problems because I was trying to be active but still too heavy to do things right...

This vicious cycle continued till I got older. By the time I was in my 20's I was a hardcore party addict! I thought I was happier because I was VERY GOOD at partying and drinking and could muster up some self confidence in that scenario. But the ultimate result

was that this unhealthy lifestyle made me **fatter** and much more miserable!

After a while I had enough and hit the gym big time. I wanted to become buff and I was sick and tired of always being the fat boy in the group.

But after sweating on the treadmill for hours and hours and pulling every cable on every machine in the gym I realized I was exhausting myself but not really getting any REAL results. I didn't know what the hell I was doing. Ok, to be honest, I got some results, but despite training "hard" every day and barely eating—I CONTINUED TO STAY FAT!



It was only when my path crossed this fitness/body building guru that I was able to learn how LOSE FAT and KEEP THE RESULTS! I think he felt bad for me; he could see I was trying to do the best I could. He told me he had watched me come into the gym for 2-3 hours every day for months and

he finally decided he needed to help me. We eventually became friends and he showed me some tips and tricks on how to be super effective in the gym and how to **eat properly** to encourage fat-loss.

By following his tips and tricks and experimenting a bit on my own I figured out my Fat to Fit Formula. In only a couple of years I transformed my soft, fat & lazy body completely!

I was hooked! And I wanted to share what I learned with others and this is how my fitness career started.

It's been over 20 years since I embarked on my fitness journey. During this time, I've dedicated myself to studying and became a personal trainer, opening six different gyms across the globe.

My latest establishment, Leefstijlcentrum in the Netherlands, is a culmination of my experiences and passion for health and fitness. I have focused my efforts on guiding men over 40 who are determined to get fit and reclaim their vitality. Specializing in fat loss and muscle building, I am committed to helping you reach your fitness goals and enhance your overall well-being. It's never too late to transform your life—join me at Leefstijlcentrum and start your journey toward a healthier, fitter you.

**My goal is to help as many man possible reach their fitness goals like I did--and that includes you!**

But in order to help you, you will first have to make the decision to CHANGE something in your lifestyle. Once you've made that decision I can help you know what to change and how to go about it.



It's pretty simple really; and it will come down to 3 main things.

It will take work and dedication. I do not promise overnight transformations or magic diet pills that will burn the fat for you.

You will have to work hard to BURN YOUR OWN FAT!  
And you will need to follow what I have to share.

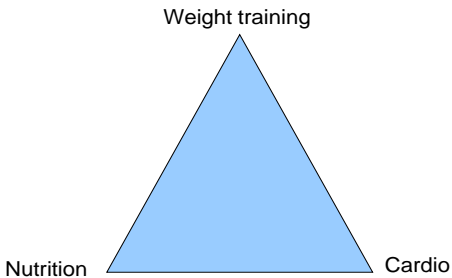
That's the only reason why you've kept on reading this little handbook—right?

**If you keep reading below, you'll soon discover the powerful formula that has not only helped me but has also transformed the lives of many others, just like you. This fit and strong approach is designed to guide you toward achieving your health and fitness goals.**

Yours in Fitness & Fat Loss,

Stefan Lamping

## 3 Aspects of Fitness



# **ASPECT # 1**

## Weight training



- Improve muscle
- Burn extra calories
- Look good naked
- Feel stronger

*Weight training is essential for maintaining a healthy body and preventing fat gain. Without building lean muscle, you risk regaining weight when you stop exercising or take a break. However, it's crucial to lift weights correctly; improper technique can hinder your progress. I've experienced this firsthand—lifting weights without the right form resulted in minimal results. To truly build muscle and increase strength, focus on proper weightlifting methods. For more tips and guidance, visit **[www.fitstrongover40.com](http://www.fitstrongover40.com)**. The simple fitness facts below can drastically accelerate your Fat Loss results and will change your life for the better.*

When you weight train for Fat Loss you should focus on compound exercises that use the large muscle groups.

### Quads, Glutes, Pecs & Lats



Doing a bunch of bicep curls or ab crunches will not help you lose fat efficiently! **But building the large muscle groups WILL HELP** simply because they are **BIGGER** and **will BURN FAT FASTER!**



“In 2 months of training with Stefan I gained 8 kg of muscle and lost 5% of body fat.” –Chris



## **WEIGHT TRAINING TO LOSE FAT**

For some reason when we decide it's time to lose fat, the first thing we tend to do is jump onto a treadmill or run around the park and do cardio like crazy. We rarely think about weight training and we tend to put the weights on the back rack when we want to focus on losing fat. This is the mistake I made when I was trying to lose fat.

Muscles provide a 24/7 metabolism boost, and with the right diet and workout, every man has the potential to gain 5 pounds of muscle in a year, while some may even add up to 10 pounds. This increase in muscle mass can significantly enhance metabolic efficiency; for every 5 pounds of muscle gained, your body burns approximately 250 more calories each day, thanks to the 50 calories required to sustain that muscle. While many may overlook the importance of building muscle due to concerns about becoming "big" or "bulky," it's essential to recognize the benefits of increasing muscle mass. Unlike fat, which is visibly recognizable on the body, gaining muscle can lead to a more toned and fit appearance without the worry of excess bulk. Embracing muscle gain is a smart strategy for improving both metabolism and overall health.

## **WEIGHT WORKOUT TIP #1: HIT IT HEAVY!**

Muscle tissue growth is only stimulated when pressure is applied to it. If you use light weights and do rep after rep, your muscle will never have the stress applied to it that it needs to grow. This means that even if you eat cleaner and are on a reduced-calorie diet, your muscles will not grow.

Lower rep/heavy weight workouts burn more calories during the workout because your muscles have to work harder. The last few reps in an 8-10rep set should be difficult to finish!

Using equipment like free weights, barbells and kettle bells are much more efficient for muscle building for fat loss because these types of exercise equipment require you to use many muscle groups. This brings me to my second tip. Also, stay on your feet, during your workout, rather than sitting or lying down for as many exercises as possible.

## **WEIGHT WORKOUT TIP #2: COMPOUND MOVEMENTS ARE THE BOMB!**

What are compound movements?

Exercises can be classified either as compound, which are exercises that involve more than one muscle group or isolation exercises, which are exercises that involve only one muscle group.

Compound exercises are recommended for the most time-efficient workouts because 4-5 compound styled exercises can stimulate all the major muscles in the body and create the greatest change in body composition in the shortest time. As an added bonus, they are more functional since virtually every movement in everyday activities, such as sitting or kneeling, and in sports like basketball or baseball, involve moving multiple joints and firing many muscles simultaneously.

For example, a bench press is a multi-joint exercise because both the shoulder and elbow joints are working to execute the movement. In turn, the bench press works



several muscle groups, including the muscles in the chest, shoulders, and triceps.

On the other hand, the bicep curl is a single-joint exercise since only the elbow joint is moving. The biceps curl only works the biceps muscle and is more of an isolated exercise.

So, when you are looking for a quality workout that hits lots of muscles and burn more calories, compound exercises help you do more in less time. By working several muscle groups at the same time, you can perform fewer exercises and reduce the total amount of time you spend in the gym.

Compound exercises also increase strength and size far more effectively than single-joint, isolation exercises. This doesn't mean that single-joint exercises are ineffective. Exercises that isolate certain muscles and muscle groups do have an important role in fitness, especially for advanced lifters. However, if your schedule calls for reduced exercise time and faster fat loss compound exercises are the way to go.

Here is a short compound workout sample you can start with...

\*\*\*If you can easily do 10+ reps with the weight you have chosen, you should go heavier! The first couple times you do this workout you might need to spend time finding the correct weight amount that will keep you challenged. But remember; correct form trumps too heavy weights—if you can't do the exercise correctly with the weight you have chosen, then it is too heavy.

## **1. Flat Bench Press:**

### **Execution:**



Lie face up on a flat bench, with back slightly arched, buttocks on the bench, and feet flat on the floor.

Grab the barbell/dumbbells with an overhand grip, slightly wider than shoulder width apart. The starting position should be with your arms extended, your elbows should be straightened and the weights will be hovering above the chest.

Inhale and lower the weight to chest level, until elbows are parallel to the ground.

Maintain control of the barbell/dumbbells, and push the arms back up while exhaling to start position. Repeat for 8-10reps

## **2. Squat:**

### **Execution:**

Stand and hold a dumbbell/kettlebell in front of you as close to body as possible with the elbows facing down beside the waist.



Place the feet shoulder width apart and sit down while keeping the back slightly arched, your eyes forward and abdominals activated. Continue the downward movement until your

thighs are slightly below parallel to the ground. Be careful to make sure your knees do not track over your toes. Straighten the legs to the starting position and repeat for 8-10reps.

### 3. Deadlift:

#### Execution:



Stand facing the barbell, legs shoulder width apart, abdominals contracted and back slightly arched. Bend the knees until the thighs are parallel to the ground, and grab the bar using one overhand grip, and underhand grip.

Inhale, lift the bar by straightening the legs and then contract the back at the top portion of the movement. Exhale at the end of the movement and repeat for 8-10 reps

### 4. Pull-Up:

#### Execution:



Hang from a bar with an overhand grip wider than shoulder width apart.

Inhale, and pull chest up until it reaches the level of the bar. Lower body back down, and exhale at the end of the movement. Repeat for 8-10 reps.



Beginners can use the **pull-down machine** to gain sufficient strength before trying the pullups. Or use a box where you can jump up and focus on the movement going down, the use of resistance bands are also helpful.

## 5. Lunges

### Execution:



With your chest lifted, chin up and abs contracted, hold the weights beside your body. Take a big step backward with your left foot. Sink straight down so your front right knee tracks over the top of your shoe and your back right knee points down toward the floor. You are on your back left toe. Push back to the starting position. Repeat on the right leg. Keep alternating. Repeat 8-10reps per leg.

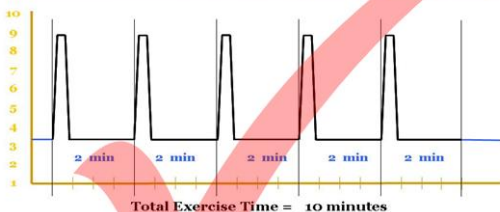
## ASPECT # 2

### Cardio



- Not effective
- Does NOT burn extra calories
- Boring

### Interval Training - 1:3



- 5 times more effective
- Burns more calories (even after 38 hours)
- Fun and time saving

The pictures explains briefly why your previous methods of fitness haven't worked. Running for hours on a treadmill will just tire you out. You might think you're losing weight and burning fat because you are sweating like a dog but in reality this is NOT SO! Yes, you are getting some much needed exercise in, but YOU ARE NOT BURNING FAT EFFICIENTLY!

When most people think of cardio, they think of long boring jogs, or endless hours on the elliptical. I've got good news for you: there's a method of

cardio that takes much less time and is far superior to jogging to help you burn fat. It's called High Intensity Interval Training (HIIT)

The picture to the right shows an extreme example of the different training outcomes of a marathoner



("steady state" cardio) and sprinter (high intensity interval training cardio). While these people obviously have different body types and genetics, the photo still helps explain what I am trying to say.

## **What is High Intensity Interval Training?**

High Intensity Interval Training (HIIT) involves alternating between very intense bouts of exercise and low intensity exercise. For example, sprinting for 30 seconds, then walking for 60 seconds is high intensity interval training. HIIT can be used both anaerobically (in the gym with weights) and aerobically with cardio.

## **Why is HIIT the Best Cardio to Burn Fat?**



It's simple really. You burn more fat when you are doing higher intensity activities. But our bodies can't exert "high intensity" energy for long periods of time—thus High Intensity Interval Training was born.

HIIT allows you to exercise at very high intensities for a much longer period of time than steady state cardio. You might be able to run for 60 seconds (or perhaps even a couple of minutes) but you will slow down and start jogging or walking shortly after. And most people stop there. They exerted their energy and now they're tired and will revert to slower, steady state cardio for the rest of their workout and thus slow down their fat-burning.

HIIT helps you keep going at high intensity level for longer because you are expected to start up again shortly after your rest or low intensity exercise. When you add up the "high" points of your HIIT training session you will find that you will have exerted yourself to the max for much longer than if

you were expected to “sprint” for the complete amount of time in one shot.

If you don't understand what I'm trying to say, try this:

Start your stopwatch and sprint your FASTEST for as long as you possibly can...

Stop your stopwatch as soon as you feel like you are slowing down...

How many seconds or minutes did you manage?

According to statistics the average person will start slowing down within 10-30seconds.

That's not very long right?

But with HIIT you will be able to exert that same amount of “high intensity energy” 8-12x that length of time—depending on your fitness level. So instead of just 20seconds of your peak fat burning time you can have 2.40mins of optimum heart-pumping, fat-

blasting cardio! I know 2.40mins doesn't seem that long...but try to sprint for 2.40mins and you will find that it's awful hard, if not impossible, to do.

## **Other HIIT Benefits**

There are a number of great benefits to High Intensity Interval Training besides serious fat burn that includes:

- *Increased Aerobic Capacity* – More oxygen in your body is always a good thing. HIIT increases your overall aerobic capacity much faster than low intensity (endurance) exercises.
- *Increased Lactate Threshold* – Your ability to handle increased lactic acid buildup in your muscles

increases (this will minimize the pain you will feel in your muscles when doing cardio)

- *Improved Insulin Sensitivity* – Your muscles will use glucose (sugar) for energy, instead of the glucose going to your fat stores.

- *Anabolic Effect* – Some studies show that interval training combined with consuming slightly more calories than normal helps you put on muscle. The opposite occurs with steady state cardio, which for long durations is catabolic in the sense that long cardio durations starts using muscle as an energy source instead of excess fat.

**Here are some HIIT workouts that are simple, but effective:**

Start with a 3-5 minute warm up and then begin your HIIT workouts shown below. The intensity on the HIGH end should be pushing 80% of your max (sweating and breathing heavy), and the low end should be 60% of your max—if you are pretty fit and accustomed to interval training—to 40% your max if you are a beginner.

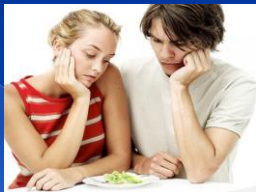
You will notice that the times for your LOW intensity will shorten as you get more proficient in the HIIT style. Please ignore the “NO B.S.” introduction as these workouts were originally made for a fitness program with that name...

**\*For those scientific minded people -- max heart rate is 220 minus your age.**

- **Week 1** 30 seconds HIGH intensity (HIT)  
30 seconds LOW intensity
- **Week 2** 45 seconds HIGH intensity 45  
seconds LOW intensity
- **Week 3** 1 minute HIGH intensity 1  
minute LOW intensity
- **Week 4** 1 minute HIGH intensity 45  
seconds LOW intensity
- **Week 5** 1 minute HIGH intensity 30  
seconds LOW intensity
- **Week 6** 1 minute HIGH intensity 30  
seconds LOW intensity
- **Week 7** 45 sec HIGH intensity 15  
seconds LOW intensity Complete 3
- **Week 8** 45 sec HIGH intensity 15  
seconds LOW intensity Complete 3

## **ASPECT # 3**

Nutrition is the most important BUT  
it can also easily become boring



**Proper Nutrition is the most important but  
also the MOST DIFFICULT Aspect of Fitness  
for Fat Loss because...**

1. We feel that our foods will lack in variety...



2. We feel we have to give up our favorite foods...



3. The results aren't enough compared to the sacrifice...



**I totally understand the above feeling because I went through all of that myself. Below are 10 healthy tips I followed, and continue to follow, to maintain my Fat Loss results. Don't worry, they aren't complicated and I will not expect you to eat 100% healthy—these tips are for everyone; athletes & fitness beginners alike...**



## THE 10 HEALTHY HABITS

**Habit 1: Eat breakfast within 15 minutes of waking up followed by a meal every 2-3 hours.** You must fuel your body (not starve it) to get your metabolism revving and keep your blood sugar stable starting first thing in the morning. Your body is in a fasted state when you wake up because you have not been eating for 8-12 hours. Being in a fasted state means your body wants to store fat. Your metabolism is in the gutter at this point and you are definitely not burning fat. Most people eat somewhere around 3 meals a day. Since you'll be more active when you're training and exercise, you should eat a little differently than the average people. Research has demonstrated that eating every 2-3 hours is one of the most important changes you can make. Regular feeding intervals stimulate the **metabolism**. So make sure you'll eat every 2-3 hours.

**Habit 2: Have a protein source every meal (2-3 hours). Never eat carbohydrates by themselves.**



Protein contains the building blocks of what your body needs to build

muscle. Never eat carbs alone. Carbs raise your blood sugar, some faster than others, telling your body to go on fat storage mode. Protein blunts this increase in your blood sugar keeping it stable for fat burning mode. At every meal have a source of protein. I recommend that women get 20-30 grams of protein per meal (looks like the size of the palm of your hand) and men around 40-60 grams per meal. By doing this, you'll be sure to maximally stimulate your metabolism, improve your muscle mass and recovery and you will be in fat burning state all day long.

**Habit 3: Eat vegetables with each feeding opportunity.**

Remember what mom and grandma have been saying for years, Eat your vegetables!!! It's true, science proved that there a lot of micronutrients



(vitamins and mineral) packed into veggies; plus there are also important plant chemicals that are essential for optimal physiological functioning.

**Habit 4: Eat veggies and fruits with any meal; “other carbs” only after exercise.**

Another way of saying is: eat non-fruit and non-vegetable carbohydrates (including simple sugars, sport drinks as well as starchy carbohydrates such as rice, pasta, potatoes, etc) only during and within the few hours after exercise only. Want to eat bread, pasta, rice sugar? You can- just be sure you save them until the 1-2 hours after exercise.

**Habit 5: Eat healthy fats daily. And Multi Vitamin and omega 3 fish oil.**

About 30% of the diet should come from fat. It's important that this intake is balanced between saturated, monounsaturated, and polyunsaturated fat. A goal of 1/3 saturated, 1/3 monounsaturated, and 1/3 polyunsaturated fat is recommended. By balancing out your fat intake, health, body composition, and performance can be optimized.



However that looks more complicated than it really is. Eating this way is easy. Just focus on adding the healthy

monounsaturated fats (say, from extra virgin olive oil) and omega 3 fats (say, from fish oil supplements) into your diet and you're all set.

**Habit 6: Don't drink beverages with more than 0 calories.**

Fruit juice, soda, and other sugary beverages should be eliminated from your diet. Even fruit juice? That's right. Many people believe fruit juice is a healthy alternative to



soda, and fruits, but fruit juices have almost no nutritional value whatsoever, and they're packed with sugar. So here's the deal: eat your fruits and veggies, and drink water. Drink around  $\frac{1}{2}$  your bodyweight in ounces of water every day. Being dehydrated is not good for achieving the fabulous body and getting in those jeans. It leads to decreasing results, causes fatigue and increases your cortisol levels, your stress hormone that breaks down muscle tissue. Your pee should be clear. If your pee is not clear you are not drinking enough water

**Habit 7: Eat whole foods instead of supplements whenever possible.**

Your food intake should come from high quality fresh food sources that conform to the other 9 habits. There are some certain times when Protein shake's, Protein bars and other supplements are



useful (during and immediately after exercise, as well when traveling), your food intake should be fresh, unprocessed foods. No pills can even come close

to what good old fruits and veggies contain.

### **Habit 8: Plan ahead and prepare feedings in advance.**

The hardest part about eating well isn't understanding which foods are good and which are bad. Nor is it understanding proteins, carbs, and fats. Really, the hardest part is **consistency**. It's about making sure the food is available when it's time to eat.

You should come up with food preparation strategies in order you make sure you consistently get the nutrition you need, when you need it. That

means cooking a bunch of meals on Sunday for the upcoming week, or getting up 30 minutes earlier and preparing for the rest of the day, or let your mate do all the work, it's critical to have a plan. 'Failing to plan is planning to fail.'

### **Habit 9: Eat a variety of good foods as possible.**

Most of us eat every day in the same habit manner, like similar breakfasts, lunches, and dinners--day in and out. Boring but easy.

It's important to balance out this daily habit with seasonal foods and healthy variety. Find healthy alternatives to the foods you normally eat. Use a variety of protein, fruit and veggie sources.



**Habit 10: Keep a journal of what you are eating and follow the rules 90% of the time.** Keeping a journal will keep you

accountable and keep you on track. To get into your jeans you must keep track of what you are doing so you can look back and make changes if you need to.

If you don't keep track you will think...I am following these rules "most of the time" but when someone tells me "most of the time" and don't write it down, they usually are only following the rule 70% of the time and that will not get them the results they want.

An important thing to remember is this – your diet doesn't have to be perfect 100% of the time. In fact, it's even important to have foods or feeding opportunities that don't necessarily follow the rules above. In all my years of working with clients and experience by myself I learned that 100% nutritional discipline is never for optimal progress. Give yourself 10% of your week to relax and enjoy life.

***Follow these 10 habits as close as possible.  
Remember your food will fuel your workouts.***

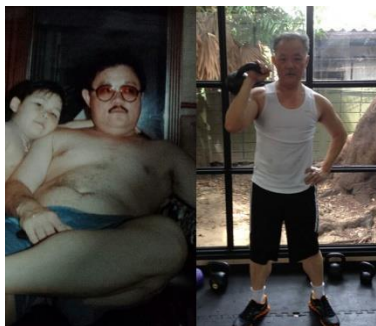
***Push yourself in the gym and then refuel  
yourself and repeat.***





*I lost my excess kilos but the most important result that I value was that with Stefan's help, I **changed my entire lifestyle** into a healthier one, and I feel so much better for it!*

*-- Greg*



*Stefan has transformed me from a chubby 97Kg to an 87 Kg different person, with muscle! I am very much stronger, healthier, more energetic and feel fantastic now.*

*Many thanks to the good advice, and close attention from our two Super trainers Stefan and Marie, together with their different programs every day; it has made working out not boring but fun and challenging. I really want to recommend to all.*

*Give it a try and you will be very happy like me. Stefan's experience is Real and really Works!!*

*My ultimate goal is to further drop down to 80Kg and get a SIX PACK!*

*Whatabout you??*

*--Charlie A.*

*If you enjoyed the simple insights shared in this eBook and are interested in taking your fitness journey to the next level, I invite you to reach out!*

*Call me at **+31653287198** for a free coaching call, or visit: [www.fitstrongover40.com](http://www.fitstrongover40.com) where I can provide you with personalized tips and additional information about our tailored online fitness programs.*

*Whether your goal is to get fit, build strength, or enhance your overall well-being, I'm here to help you every step of the way. Don't miss out on this opportunity to transform your health and fitness—let's connect and start your journey today!*

**Stefan Lamping**

