



FITSTRONG **OVER 40**

Train Smarter - Get Stronger - Live Better

By Stefan Lamping

Introduction

Welcome to FitStrongOver40 – your blueprint for rebuilding strength, confidence, and energy after 40... in a way that respects your body, your injuries, and your real life limitations. No extreme diets. No punishing workouts. No pretending you're still 20.

We're Stefan and Marie – partners in life, business, and fitness. For more than 20 years, we've dedicated our lives to helping people move better, feel better, and get stronger – no matter their age, injury history, or starting point.

But our story didn't start at the top. It was built through challenge, rebuilding, and reinvention.

Stefan battled a herniated disc, which left him unable to walk for several days, forcing him to rethink everything he knew about training and recovery.

Marie struggled with chronic knee problems, learning first-hand how important smart movement and joint-friendly training really is.

We spent over 10 years in Bangkok, where we owned and operated two successful fitness studios and worked daily alongside physiotherapists, helping clients overcome pain, recover from injuries, and return to strength.

After selling our studios, we spent 2.5 years riding around the world on a motorcycle, learning from different cultures, coaches, and training systems.

Our journey took us to New York, where we partnered with an American team to open one of the fastest-growing F45 studios on the East Coast.

When the pandemic hit, we returned to the Netherlands, where we were hired to help launch two EMS (Electro Muscle Stimulation) studios – even during one of the toughest economic periods.

Today, we work in a state-of-the-art Lifestyle Center, co-owning and managing the center alongside a physiotherapist, cardiologist, and nutritionist.

We help people rebuild themselves – safely, sustainably, and with confidence. Through all of this, we've learned one powerful truth:

When you train smart, eat smart, and recover with intention... you can become the strongest version of yourself--even after 40!

Step 0: Set Your Goal

Before starting any workout or nutrition plan, set a clear goal. This will guide your training, keep you accountable, and give you a measurement for success.

Use the SMART Principle

Specific: Clearly define what you want to achieve (e.g., lose 5kg, gain 3kg muscle, improve mobility).

Measurable: Track progress with numbers — weight, body fat percentage, or strength improvements.

Achievable: Set a goal that is challenging but realistic for your lifestyle.

Relevant: Make sure your goal matters to you personally.

Time-bound: Set a timeline to reach your goal and measure milestones along the way.

[Watch the full SMART video here:](#)

Measure Your Starting Point

Before you begin, measure:

- Body weight
- Body fat percentage
- Muscle mass
- Circumference measurements and pictures to visually see change and progress (optional)

Tracking these metrics helps you see real progress, stay motivated, and adjust your program when necessary.

This is exactly what we do with all our clients – measure, train smart, and focus on results.

Step 1: Trigger Point Therapy & Foam Rolling

Before any workout, your body needs preparation – especially after 40. Trigger point therapy and foam rolling quickly wake up your muscles, reduce stiffness, and improve movement so you can train safely and effectively.

Why This Matters

As we age, muscles tighten, recovery slows, and old injuries limit motion. Applying slow pressure to tight spots increases blood flow, releases stiff tissue, reduces pain, and helps your joints move freely.

Just a few minutes of this can improve your performance and prevent injury.

How to Do It

Use a foam roller, a massage ball, or even a tennis ball.

1. Find a tight or sore spot.
2. Apply slow pressure and hold 20–30 seconds.
3. Breathe deeply as the tension reduces.
4. Roll gently for 30–60 seconds.

Areas to Focus On

- Upper back
- Glutes
- Hamstrings
- Quads
- Calves
- Chest (ball against the wall)

The Real Benefit

Foam rolling removes the “brakes” in your movement system. When muscles are warm, loose, and activated, you lift better, move safer, and feel stronger — without pain.

[Watch "how to" video here](#)

Step 2: Dynamic Mobility & Active Stretching

Dynamic mobility is your second essential step before any workout – especially after 40. While foam rolling releases tight muscles, dynamic stretching wakes them up and prepares your joints for safe, strong movement.

Why It Matters

Joints stiffen, muscles slow, and tendons lose elasticity as we age. Static stretches before training can weaken muscles.

Dynamic mobility:

- Boosts blood flow and warms muscles
- Activates your nervous system
- Improves joint mobility
- Reduces injury risk

It's an active warm-up, not a passive stretch.

How to Do It

Perform smooth, controlled movements through your range of motion:

- Leg swings (front/back, side-to-side)
- Hip circles
- Arm circles, shoulder rolls
- Torso rotations
- Walking lunges with reach
- Cat-cow for spinal mobility

Time: 3–5 minutes.

The Benefit

Dynamic mobility switches on the muscles you'll use, loosens stiff areas, improves posture, and makes your strength work feel stronger, safer, and easier.

[Dynamic Stretching video here](#)

Step 3: Full-Body Strength Training

Strength training is the cornerstone of fitness after 40. As we age, we naturally lose muscle, slow metabolism, and lose bone density.

Training your whole body 2–3 times per week prevents muscle loss, strengthens bones, improves posture, supports joints, and boosts metabolism.

Why Strength Training Matters

- **Preserve muscle mass:** You lose about 3–5% of muscle per decade after 40 if you do nothing.
- **Protect joints & bones:** Strength helps prevent injury and osteoporosis.
- **Improve mobility & balance:** Strong muscles support safer, easier movement.
- **Enhance metabolism:** More muscle means your body burns more calories even at rest.
- **Boost confidence & energy:** Functional strength makes daily life easier and more enjoyable.

Core Principles

- Train all major muscle groups: Legs, hips, glutes, core, chest, back, shoulders, arms.
- Focus on basic movements: Squats, deadlifts, push and pull exercises, single-leg movements, and core work.
- Prioritize technique over weight: Proper form protects your joints and ensures effective training.
- Progress gradually: Beginners start with bodyweight; advanced lifters can add dumbbells or barbells.

How to Progress

1. Bodyweight exercises: Master technique first (e.g., squats, lunges, push-ups).
2. Add dumbbells: Gradually increase load while keeping perfect form.
3. Barbell or heavier weight: Only once 20 reps with moderate weight feels easy and technique is flawless.

Sample Strength Training Movements

- Legs & Hips: Squats (bodyweight → dumbbell → barbell), lunges, hip bridges
- Push: Push-ups, dumbbell chest press, overhead press
- Pull: Rows (dumbbell or cable), pull-downs, face pulls
- Core & Glutes: Planks, side planks, bird dogs, glute bridges, hip thrusts

[View collection of all muscle groups here](#)

Tips for Success

- Start with 2 sessions/week, progress to 3 sessions/week.
- 8–12 repetitions per set, 2–4 sets depending on experience.
- Rest 1–2 minutes between sets.
- Keep movements controlled and full range of motion.
- Add variations over time to keep muscles challenged.

The Real Benefit

Strength training over 40 is not just about looking good – it's about living strong, moving well, and protecting your body. Build strength today, and your future self will thank you.

[How to build your own workout](#)



In just 6 months, Janel achieved amazing progress by simply following our training plan and nutrition guidance.



Meet Gregory from Australia—a true testament to perseverance. Despite struggling with a shoulder injury, Gregory didn't let that stop him. Together, we tailored his workouts to accommodate his injury, and with relentless hard work and dedication, he achieved incredible results.

Step 4: Low-Impact Cardio & Heart Health

After strength training days, focus on low-impact cardio on separate days. While lifting builds muscle and protects joints, cardio keeps your heart strong, improves blood flow, and supports overall endurance.

Why Cardio Matters

- Strength training maintains muscle, but the heart is a muscle too. Cardio strengthens it.
- Improves blood circulation, oxygen delivery, and energy levels.
- Supports weight management and metabolic health.
- Enhances overall recovery, but should not be performed immediately after strength training to avoid fatigue and reduce muscle gains.

Training Schedule Recommendation

- Strength training: 2–3 times per week
- Cardio: On non-strength days, 2–3 times per week
- Keep strength and cardio separate for optimal results. Avoid doing cardio immediately after lifting.

Low-Impact Options

Skip the explosive moves you did in your 20s. No burpees, box jumps, or high-impact sprints – they risk shoulders, knees, and lower back.

Focus instead on:

- Swimming
- Cycling
- Elliptical
- Battle ropes
- Rowing

These exercises are easy on the joints but still get your heart rate up effectively.

Incorporating Core & HIIT

Combine low-impact cardio with core exercises for a more efficient session. Interval training (HIIT) is often more effective than long treadmill sessions:

- Short bursts of effort, followed by recovery periods.
- Burns more calories in less time.
- Maintains muscle while improving cardiovascular fitness.

Tips for Success

- Cardio on non-strength days, 2–3 times per week.
- Steady-state cardio: 20–30 minutes, HIIT intervals: 15–20 minutes.
- Maintain controlled movements and listen to your body.

The Real Benefit

Low-impact cardio keeps your heart, lungs, and core strong, without stressing your joints. Paired correctly with strength training, it ensures full-body fitness after 40 – strong, lean, pain-free, and energized.

[Sample of Low Impact cardio](#)

Step 5: Cool-Down & Recovery

After any strength or cardio session, cool-down and recovery are essential, especially over 40. Your muscles, joints, and nervous system need time to return to normal, prevent stiffness, and improve overall performance.

Why Cool-Down Matters

- Reduces muscle soreness by gradually lowering heart rate and relaxing muscles.
- Improves flexibility through gentle stretches.
- Enhances recovery by promoting blood flow and nutrient delivery to muscles.
- Prevents injury by easing joints back into a resting state.

Cool-Down Routine (5–10 minutes)

1. Gentle Walking or Cycling – 2–3 minutes to slowly bring the heart rate down.
2. Stretching Key Muscle Groups (hold each 20–30 seconds):
 - Hamstrings
 - Quads
 - Glutes & Hips
 - Chest & Shoulders
 - Back & Spine
3. Foam Rolling or Trigger Point Release – Optional but highly effective for reducing tension and speeding recovery.

Tips for Recovery

- Stay hydrated and refuel with protein and carbs within 30–60 minutes post-workout.
- Use a cold shower or contrast bath if needed for inflammation.
- Ensure 7–8 hours of sleep for optimal hormone and muscle recovery.

The Real Benefit

A proper cool-down preserves your mobility, reduces post-workout soreness, and keeps your muscles and joints healthy. It's the final step that makes all your training safe, effective, and sustainable.

Step 6: Nutrition – 10 Healthy Habits

Nutrition fuels your body, supports recovery, and keeps you strong after 40. Follow these 10 habits to maximize results.

1. Eat frequently: Start with breakfast within 15 minutes of waking, then eat every 2–3 hours to rev your metabolism and stabilize blood sugar.

2. Include protein at every meal: Protein builds muscle, supports recovery, and stabilizes blood sugar. Women: 20–30g; Men: 40–60g per meal.

3. Vegetables every meal: Packed with vitamins, minerals, and phytonutrients for optimal body function.

4. Carbs around workouts: Eat fruits, veggies, and other carbs mainly during or after exercise.

5. Healthy fats daily: Include monounsaturated fats (olive oil) and omega-3s (fish or supplements) to support hormones and metabolism.

6. Drink water, avoid sugary drinks: Hydrate $\frac{1}{2}$ your body weight in ounces daily; skip soda and juice.

7. Whole foods over supplements: Focus on fresh, unprocessed foods; use supplements only when necessary (post-workout or travel).

8. Plan ahead: Meal prep ensures you consistently get the nutrition you need. Failing to plan is planning to fail.

9. Eat variety: Mix protein, vegetables, and fruits; rotate seasonal foods to avoid monotony.

10. Track & follow 80% of the time: Journaling keeps you accountable; 20% flexibility is fine for balance.

[Watch "10 Habits" video here](#)

Remember: Train hard, eat smart, and fuel your body consistently for strength, energy, and results.

Step 7: Your Free Coaching Call

Ready to take your fitness to the next level? We're offering a free coaching call or workout assessment where we:

- Assess your current fitness and any injuries
- Discuss your goals
- Create a personalized program tailored to your level and needs
-

This is completely free, but we only take 5 new clients per month due to our busy schedule. Act now – this limited offer won't last!

Leave your name and email, and we'll get back to you with more information and schedule your free session.

[Click Here to Claim your Spot](#)