

STRENGTH TRAINING OVER 40

A one-page quick start for building a repeatable strength habit

START WITH FIVE MOVEMENT PATTERNS

- 1

SQUAT

Sit down and stand up under control.
- 2

HINGE

Fold at the hips and lift from the floor.
- 3

PUSH

Press a load away from you.
- 4

PULL

Bring a load towards you.
- 5

CARRY

Walk while holding a load securely.

TWO-SESSION WEEK

Session A
Squat · Push · Pull · Carry

Session B
Hinge · Push · Pull · Carry

Start with 2–3 sets of 5–8 controlled repetitions.
Finish each set while you could still complete another good repetition or two.

HOW TO PROGRESS

Keep the same main movements long enough to learn them. When every repetition is steady and controlled, add the smallest practical amount of weight next time. If form changes or pain appears, stop adding load and adjust the movement.

YOUR FIRST 12 WEEKS

WEEKS 1-2	Learn the positions. Use light loads and leave the gym feeling able to train again.
WEEKS 3-6	Keep the same lifts. Add a small amount of weight when all sets are controlled.
WEEKS 7-12	Use heavier working sets while keeping one or two good repetitions in reserve.

THE WEEKLY CHECK

Train: two full-body sessions is a useful starting point.
Recover: notice sleep, stress, soreness and appetite before adding more work.
Record: write down the exercise, load, sets and repetitions so progress is visible.
Get help: if you have a heart condition, uncontrolled blood pressure, a recent injury or uncertainty about starting, speak with your doctor or an Accredited Exercise Physiologist.