



NO CHILL FIT FIT CLUB

OVER-40 FITNESS BLUEPRINT

No Chill Fit Club®
Over 40. Underestimated.

Get Stronger, Leaner, and Injury-Free in the Second Half

Read This First

Welcome to a program designed for those aged 40 and above who are weary of solutions aimed at twenty-somethings. This blueprint offers practical strategies that deliver results today: efficient strength training, lasting recovery methods, realistic nutrition plans, and the accountability needed to see your goals through to completion.

Promise: follow this for 12 weeks and you'll feel a decade younger—without beating up your joints.

The No Chill Method: 5 Pillars

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| 1) Smart Strength | 3–4 days/week. Prioritize compound moves (hinge, squat, push, pull, carry). Use joint-friendly ranges, slow tempo, and perfect form. Progress load or reps weekly. |
| 2) Mobility & Prep | 10 minutes before training: open hips, T-spine, ankles; activate glutes and core. Pain-free range first, then strength. |
| 3) Conditioning That Respects Recovery | 2–3 short sessions: brisk walks, intervals on bike/rower, sleds. Keep joint impact low; finish feeling better, not crushed. |
| 4) Eat to Recover | 1g protein per pound of goal bodyweight (or 0.8g/lb to start), veggies at 2+ meals, smart carbs around training, consistent hydration and sleep. |
| 5) Accountability & Mindset | Weekly check-ins, simple metrics, and a community that won't let you quit. |

10-Minute Joint-Friendly Warm-Up

1. Tissue Prep	90s	Foam roll: quads, glutes, lats (30s each).
2. Mobility	3 min	World's greatest stretch x 5/side, thoracic openers x 10, ankle rocks x 10/side.
3. Activation	3 min	Glute bridge x 12, band pull-apart x 15, dead bug x 8/side.
4. Movement Rehearsal	3 min	Bodyweight squat x 10, incline push-up x 8, hip-hinge drill x 10.

You should feel better at the end of the warm-up than when you started.

7-Day Starter Plan (Minimal Equipment)

Day 1 – Strength A	Goblet Squat 3x8–10 • Incline Push-Up 3x8–12 • One-Arm DB Row 3x10/side • Carry 3x40–60m
Day 2 – Conditioning (Low Impact)	20–30 min brisk walk or bike; nasal breathing; finish easy.
Day 3 – Strength B	Hip Hinge (DB/RDL) 3x8–10 • Half-Kneel Press 3x8/side • Split Squat 3x8/side • Dead Bug 3x8/side
Day 4 – Mobility & Core	20 min flow: hips, T-spine, ankles + plank series 3x30s each.
Day 5 – Strength A (Progression)	Repeat Day 1 and add 1–2 reps or small load.
Day 6 – Conditioning Intervals	5 min easy + 8 x 30s hard / 90s easy on bike/rower + 5 min easy.

Day 7 – Active Recovery

Walk, stretch, breathe. Family time. No hero workouts.

Progression: add a rep each week or a small weight bump while keeping form crisp.

Nutrition Made Simple (for 40+)

Daily Targets (start): Protein = 0.8–1.0 g/lb goal bodyweight • Veggies at 2+ meals • Carbs mostly around training • Water = bodyweight (lbs) × 0.5 in ounces.

Breakfast	Greek yogurt + berries + granola Veggie omelet + toast Protein shake + banana
Lunch	Chicken bowl (rice/greens) Tuna wrap + apple Lentil soup + salad
Dinner	Salmon + potatoes + broccoli Turkey burgers + slaw Tofu stir-fry + rice
Snacks	Cottage cheese Jerky Mixed nuts Apple + peanut butter

Grocery Shortlist: eggs, chicken thighs, salmon, Greek yogurt, cottage cheese, oats, rice, potatoes, mixed greens, frozen veggies, berries, olive oil, nuts, low-sugar sauces.

Recovery That Actually Works

Sleep

7–9 hours. Phone off 60 minutes before bed. Cool, dark room.

Steps

7–10k daily. Walking is recovery, not ‘extra cardio.’

Breathing	2–5 minutes nasal breathing or box breaths after training to down-shift.
Deloads	Every 4th week, reduce sets or load by ~30% to super-compensate.
Supplements	Optional: whey/casein, creatine (3–5g/day), vitamin D if deficient, magnesium for sleep.

Joint-Friendly Cheatsheet

Knees hurt in squats?	Try box squats, elevate heels slightly, shorten range, and slow the tempo.
Shoulders cranky on push-ups/press?	Use incline push-ups, neutral-grip DB press, keep elbows ~45°.
Low back tight on hinges?	Use Romanian deadlifts with light DBs, hip hinge drill, and brace hard.
Cardio bothers joints?	Swap to bike, rower, or sled pushes. Intervals short, recovery generous.

Your Next Step

This blueprint gives you the roadmap. But real results come with coaching, accountability, and the No Chill community. If you're ready to take back control and crush the second half, apply for the 12-Week No Chill Coaching Program.

[→ Book Your Free Strategy Call](#)

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