

OVER35FIT

THE MEN'S RESET

A 12-week training, nutrition and supplement system built for the over-35 body. Evidence-based. Zero bro-science.

THIS IS A FREE PREVIEW

What follows is the opening of the guide, one complete sample workout, and a look at the supplement section — so you can see exactly how the full system reads before you buy. The complete guide runs 41 pages: three training tracks (gym, dumbbell, bodyweight) at 2, 3 or 4 days a week, full nutrition with meal-prep and a no-cook plan, the complete evidence-graded stack, sleep protocols, and four printable trackers.

SECTION 01

IT'S NOT YOUR DISCIPLINE. IT'S YOUR **PHYSIOLOGY.**

If you're over 35 and the routine that worked at 25 has stopped working, you haven't gotten lazy. Your body is running different software, and you're still using the old manual.

Here's what actually changed:

Your testosterone has been declining for years. From around age 30, men's testosterone falls by roughly 1% per year on average. You won't notice it month to month. You notice it as a decade-long drift: harder to build muscle, easier to store fat around the middle, slower to feel recovered, flatter energy.

You're losing muscle by default. Adults lose roughly 3–8% of muscle mass per decade after 30, and the rate accelerates after 60 — a process called sarcopenia. Muscle is your metabolic engine. Less muscle means fewer calories burned at rest, which is why the same diet that maintained your weight at 28 adds a pound or two every year at 40.

Your muscle responds less to the same inputs. Researchers call it anabolic resistance: an aging body needs a stronger signal — more protein per meal, more deliberate training — to trigger the same muscle-building response a 25-year-old gets for free.

Your recovery window got longer. Connective tissue adapts slower than muscle. Sleep quality typically declines. The 5-day bro split that worked when you could sleep 9 hours and had no mortgage now just accumulates fatigue.

Insulin sensitivity drifts down. Particularly with less muscle and more sitting. Carbs you handled easily in your 20s are more readily stored as visceral fat — the firm belly fat behind the abdominal wall that's most strongly linked to health risk.

None of this is a crisis. All of it is manageable. But it explains why "just eat less and train harder" — advice designed for younger bodies — fails you now, and why failing makes you feel like the problem is you. It isn't.

What this system IS

Three levers, pulled together, for 12 weeks:

1

TRAIN

3 full-body strength sessions per week + 2 easy cardio sessions.
Progressive overload, joint-friendly selection.

2

EAT

A protein-first plate method with calorie targets you can hit without weighing chicken at your desk.

3

SUPPORT

A short, evidence-graded stack with a daily timing chart, plus the sleep rules that multiply everything.

Each lever works alone. Together they compound. That's the entire premise: not intensity — **integration.**

SAMPLE WORKOUT

ONE SESSION FROM THE PROGRAM

This is Day A of the gym track. The full guide includes Days B and C, all three equipment tracks, and the 2/3/4-day schedules.

Gym track — Day A (push focus)

| # | EXERCISE | SETS × REPS | JOINT-FRIENDLY SWAP |
|---|---------------------------------------|---------------|----------------------------------------|
| 1 | Trap bar deadlift | 3 × 8 | Dumbbell Romanian deadlift |
| 2 | Incline dumbbell press | 3 × 8–12 | Machine chest press |
| 3 | Goblet squat | 3 × 10 | Leg press |
| 4 | Landmine press (half-kneeling) | 3 × 8–10/side | Seated DB shoulder press, neutral grip |
| 5 | Cable row | 3 × 10–12 | Chest-supported DB row |
| 6 | Pallof press (core) | 2 × 12/side | Dead bug |

IN THE FULL GUIDE

Every workout exists in three versions — gym, dumbbell-only, and bodyweight/calisthenics — plus a movement-pattern library so you can swap any exercise for your body, your equipment, or today's hotel room. Choose 2, 3 or 4 sessions a week and the rotation adapts.

THE FULL GUIDE

WHAT'S INSIDE

- 01 · Why everything stopped working — the physiology, explained
- 02 · Training — 3 tracks × 2/3/4 days, joint-friendly, fully tabled
- 03 · Nutrition — protein targets, meal rotations, Sunday meal-prep, no-cook Plan B
- 04 · The Stack — four that work, six to skip, timing chart
- 05 · Sleep & recovery — the five rules that multiply everything
- 06 · Four printable trackers — measurements, habits, workouts, 12-week wall chart
- 07 · FAQ + 90-day roadmap

[Get the full guide at over35fit.com](https://over35fit.com)