

TYLER TAILORED FITNESS

THE SIX-WEEK GYM RETURN



BACK TO STRONG

40+

Build your routine. Practise the basics.
Progress at a pace you can repeat.

3 DAYS / WEEK | BEGINNER + RETURNING | €19.99 ONE-OFF

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Your six-week guide

A fixed plan you can download, keep and work through at your own pace.

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WHAT IS INCLUDED

18 scheduled full-body sessions, a gradual six-week progression, exercise alternatives, written technique cues and six printable logs. No app subscription is needed to follow this PDF.

Tyler is the virtual presenter for Tyler Tailored Fitness. Images are illustrative branding, not evidence of a physical transformation or a substitute for an exercise demonstration.

Your weekly calendar

Keep a rest day between gym sessions. Move the days to fit your life.

Day	Plan
Monday	Workout A
Tuesday	Comfortable walk or easy cycle; optional gentle mobility
Wednesday	Workout B
Thursday	Comfortable walk or recovery
Friday	Workout C
Saturday	Optional enjoyable walking or cycling
Sunday	Rest, prepare your gym bag and plan the next week

Week	Gym sessions	Main focus
1	A / B / C	Learn the setup; one working set per exercise
2	A / B / C	Build to two working sets per exercise
3	A / B / C	Keep two sets; add controlled repetitions
4	A / B / C	If recovered, add a third set to exercises 1-4
5	A / B / C	Maintain sets; progress only when earned
6	A / B / C	Repeat good practice and review your progress

Only two gym days available? Alternate A and B on non-consecutive days for all six weeks. Use the same weekly progression and skip C; do not cram missed sessions together. This gives 12 planned sessions instead of 18.

Warm up. Then start light.

Preparation sets are additional to the working sets shown in the plan.

1 / Move for 5-7 minutes

Walk on a treadmill or use a stationary bike at an easy pace. Finish feeling warmer, not tired. Start slower if you have been inactive.

2 / Rehearse the movements

Do five comfortable sit-to-stands from a stable bench and a few gentle shoulder circles. Move only through ranges that feel comfortable. Skip any movement that causes pain.

3 / Prepare the first exercises

Before your first lower-body and first upper-body exercise, do 1-2 lighter sets of 5-8 controlled repetitions. Use little effort and rest before your working sets. For other unfamiliar movements, practise a few very light repetitions first.

4 / Find your working weight

Begin with a light setting. If the lower end of the repetition range already feels hard or technique is uncertain, lower it. If it is very easy, rest and try one small increase. Do not keep testing heavier weights until you fail.



During every set

Keep the lowering phase controlled. Lift smoothly without bouncing. Breathe out through the effort and in as you return. Rest longer if you are not ready for the next set.

After the session, walk slowly for a few minutes if that feels good, then record your results.