

TYLER TAILORED FITNESS

TWELVE WEEKS OF STEADY HABITS



LEANER & STRONGER 40+

Combine strength training, achievable walking and practical food habits.

12 WEEKS | 3 DAYS / WEEK | PDF PROGRAMME

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Start with confidence

Adults aged 40+ with basic gym familiarity who want a longer strength, walking and food-habit plan.

The purpose

Combine strength training, achievable walking and practical food habits. This is a fixed educational plan, not individual coaching or a medical treatment. Tyler is an AI-created virtual presenter. His images illustrate the brand; they are not exercise demonstrations or evidence of a real transformation.

Your equipment

A gym with leg press, chest press, row, leg curl, pulldown and cable machines; light dumbbells, a stable bench and mat. A safe walking route or treadmill.

Before starting

If you have symptoms, an injury, recent surgery, a medical condition or uncertainty about exercise, get individual advice before starting. Ask a qualified trainer to check unfamiliar exercises and equipment setup.

Know when to stop

Stop movements that cause sharp, radiating or worsening pain. Stop training and seek urgent medical help for chest pain, fainting or severe unusual breathlessness. Do not use exercise alternatives to work around unexplained pain.

A pace you can repeat

Usually 40-55 minutes. Move smoothly, breathe throughout and stop a set before technique changes. No amount of weight loss or muscle gain is promised. Allow at least a rest day between full-body strength sessions.

Prepare before you lift

Preparation sets are additional to your working sets.

Start with easy movement

Walk, cycle or march gently for 5-7 minutes. Finish feeling warmer rather than tired.

Rehearse the patterns

Try a few comfortable bodyweight sit-to-stands and unloaded hip hinges. Before the first lower-body and first upper-body exercise, perform 1-2 light preparation sets of 5-8 repetitions. Practise unfamiliar movements unloaded first.

Find a starting load

Choose a light resistance and use the lower end of the rep range. If it feels difficult or technique is uncertain, reduce it. If very easy, rest and try one small increase. The aim is practice, not finding your maximum.

Keep the session controlled

Lower smoothly and lift without bouncing. Breathe normally rather than holding your breath for long periods. Rest longer if needed. Record your results while the setup and load are fresh in your mind.



Workout A

Squat, press and pull

Exercise	Repetitions	Rest
1. Leg press	8-12	2 min
2. Machine chest press	8-12	90-120 sec
3. Seated row	8-12	90-120 sec
4. Seated leg curl	10-15	90 sec
5. Rope triceps pressdown	10-15	60 sec
6. Dead bug heel tap	5-8 / side	60 sec

Sets and sequence

Use the set count for your week on the progression page. Complete the sets of one exercise before moving on. For unilateral movements, completing both sides counts as one set; record the weaker side and match it on the other.

Today's priority

Use the same movement and setup from week to week. If a swap is necessary, record it and treat its load as a new baseline. For split squats and rows, take time to reset safely between sides.

