THE STUCK TO STRONG SERIES

FOR MEN OVER 40

Built to Last

The men's 40+ guide to getting strong, lean and energised again

Mark Saker

Personal Trainer · Nutrition Coach · Menopause Coach

Fit By Choice · fitbychoice.co.uk

Nutrition powered by Compound Nutrition (CN^2)

MEET YOUR COACH

Hello, I'm Mark

I'm Mark, founder of Fit By Choice.



For over ten years I've coached men who feel stiffer, more tired and softer round the middle than they did a decade ago, at my private studio in Bexhill-on-Sea and online across the UK.

My approach is built on honesty, simplicity and results that last. No fads, no punishing plans and no judgement. This guide gives you the same foundations I use with my own clients, so you can start building strength today.

Qualified and experienced

- ✓ CIMSPA Level 3 Advanced Personal Trainer
- ✓ Certified Menopause Coach
- ✓ Founder of Compound Nutrition (CN^2)
- ✓ Private studio in Bexhill-on-Sea, online UK-wide

10+	200+	5★
YEARS COACHING	CLIENTS TRANSFORMED	GOOGLE REVIEWS

WHAT CLIENTS SAY

“I always look forward to my sessions with Mark. He's not just a trainer, he genuinely cares about your progress and keeps you accountable without making you feel guilty.”

James W., Hastings ★★★★★

THE CHALLENGE

Why 40+ feels different

If you've noticed the weight goes on more easily, the aches last longer and the energy isn't what it was, you're not imagining it. The good news is that most of it is within your control.

Does this sound familiar?

- ✓ You're carrying more weight round the middle than you'd like
- ✓ Your back, knees or shoulders complain more than they used to
- ✓ Energy dips mid-afternoon and sleep isn't what it was
- ✓ You used to train, but work and family took over
- ✓ You're not sure what training should look like after 40
- ✓ You've cut back on food, but the weight keeps creeping on

Why it happens

From your 30s you naturally lose muscle each decade unless you train it, and testosterone gradually declines. Less muscle means a slower metabolism, less resilient joints and less energy. Add long working days, stress and poor sleep, and it's easy to feel you've lost your edge.

How this guide helps

- ✓ A simple 3-day strength plan that rebuilds muscle and protects your joints
- ✓ Five nutrition habits that trim your waistline without a strict diet
- ✓ Mindset tools and a habit tracker to keep you consistent when life gets busy

YOUR TRAINING PLAN

Your 3-day strength plan

3 days a week · 45 minutes · dumbbells and a bench

Full-body sessions three times a week build strength faster than long daily workouts, and leave you time to recover. Do the same session on each training day and aim to add a little weight each week.

MON	TUE	WED	THU	FRI	SAT	SUN
TRAIN	Walk	TRAIN	Walk	TRAIN	Active	Rest

Warm-up (5 minutes): 2 minutes brisk walking or cycling, 10 bodyweight squats, 10 hip hinges and 10 arm circles each way.

#	EXERCISE	SETS x REPS	COACHING CUE	VIDEO
1	Goblet Squat	3 x 8-10	Dumbbell at your chest, sit down between your heels, drive up through the whole foot.	▶ Watch
2	Dumbbell Romanian Deadlift	3 x 8-10	Soft knees, push your hips back and keep the weights close to your legs.	▶ Watch
3	Press-Up	3 x 8-12	Body in one straight line. Hands on a bench makes it easier.	▶ Watch
4	Single-Arm Dumbbell Row	3 x 10 each side	Hand on the bench, pull your elbow towards your hip, no twisting.	▶ Watch
5	Farmer's Carry	3 x 30 metres	Heavy dumbbells, stand tall, shoulders back, slow controlled steps.	▶ Watch
6	Plank	3 x 30 seconds	Elbows under shoulders, squeeze your glutes, breathe steadily.	▶ Watch

How to progress: When you can complete every set at the top of the rep range with good form, increase the weight slightly next session. Rest 60 to 90 seconds between sets. Check with your GP first if you have a medical condition.

Five habits that matter most

You don't need a strict diet to lose the belly and build muscle. Nail these five habits on most days and the results will follow.

1

Protein at every meal

Aim for a palm or two of protein (meat, fish, eggs, Greek yoghurt, tofu) at each meal. It builds muscle and keeps you full.

2

Half a plate of veg

Vegetables add volume, fibre and nutrients for very few calories, so you eat well without feeling hungry.

3

Drink smart

Beer, lattes and fizzy drinks add up fast. Keep alcohol to a few drinks a week and swap to alcohol-free options when you can.

4

Stay hydrated

Keep a water bottle with you and sip through the day. Pale urine is a good sign you're getting enough.

5

Plan the week

Batch cook two or three meals on Sunday and keep easy protein in the fridge, so the good choice is the easy one.

Want a plan built around you?

Compound Nutrition (CN^2) is my specialist nutrition service, from a 45-minute Nutrition MOT to a full 8-week goal programme. Find out more at compoundnutrition.co.uk

MINDSET & HABITS

Build habits that stick

Motivation comes and goes. Habits keep you going when it doesn't. These are the strategies my most successful clients use.

01

Start smaller than you think

Two good sessions a week beats five you can't sustain. Build from there.

02

Book it like a meeting

Put your workouts in the diary and treat them as appointments you can't move.

03

Never miss twice

Missed a session? No drama. Just make sure you're back for the next one.

04

Sleep is training

Seven to eight hours is when your body recovers and rebuilds. Protect it.

05

Track wins, not just weight

Strength, energy, sleep and a looser belt all count as progress.

06

Become someone who trains

Every session is a vote for the person you want to be. Keep casting votes.

Your 4-week habit tracker

Tick a box for each day you hit the habit (Monday to Sunday).

HABIT	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Strength session (3 a week)	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐
Protein at every meal	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐
7+ hours' sleep	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐
Walk 20+ minutes	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐
Water bottle finished	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐

YOUR NEXT STEP

Ready to make a change that actually sticks?

Ready for a plan built around you?

Book your free, no-obligation consultation. We'll talk through your goals, what's been holding you back and build a plan that finally works for you.

How I can help

- ✓ Personal training at my private studio in Bexhill-on-Sea
- ✓ Online coaching with personalised programmes and weekly check-ins, UK-wide
- ✓ Nutrition coaching with Compound Nutrition (CN^2), from a Nutrition MOT to a full 8-week programme

BOOK YOUR FREE CONSULTATION →

Call 07864 069326

Email mark.saker@fitbychoice.co.uk

Web fitbychoice.co.uk

Instagram @markfitbychoice

Studio 115 Belle Hill, Bexhill-on-Sea, TN40 2AP (parking available)

Important

This guide is for general information only and is not medical advice. Please check with your GP before starting any new exercise or nutrition plan, especially if you are pregnant, have a medical condition or take medication. Stop any exercise that causes pain and seek advice.

© 2026 Fit By Choice. For personal use only. Please don't copy, share or resell.