AgelessCoach™
AGE STRONG. LIVE LONG.

Muscle After 40: The 3-Rule Sheet

The lifting minimums, the protein number, and the mistakes that quietly cost muscle.

✓ **Verified against published guidance** from Harvard Health, NIA & CDC · sources below

The three rules: lift two days a week, eat 1 to 1.2 grams of protein per kilogram, and keep walking.

✓ Do This

Lift Two Days a Week
- Weights, bands or body weight
- All major muscle groups
- Non-negotiable minimum

COACH'S TIP The CDC floor: 2 days, every week.

Work to 8 to 12 Reps
- To where one more is hard
- 1 set counts
- 2 or 3 sets bring more

COACH'S TIP Effort, not equipment, is the active ingredient.

Do the Protein Math Once
- RDA: 0.8 g per kg
- Building: 1 to 1.2 g per kg
- Then hit it daily

COACH'S TIP Protein repairs what training tears down.

Eat Real Protein Foods
- Eggs, milk, Greek yogurt
- Lean chicken
- Powders optional, not required

COACH'S TIP Carbs and healthy fats fuel the work.

Keep Walking Most Days
- About 150 minutes a week
- Brisk pace counts
- Below that still helps

COACH'S TIP Walking plus lifting is the best-tested recipe.

Add Power Moves
- Lift quickly, lower slowly
- Builds strength and speed
- Stimulates bone too

COACH'S TIP Never too old to benefit.

✗ Do Not

Do Not Rely on Cardio Alone
- Strength is a different thing
- Cardio does not lift for you
- The recipe needs both

COACH'S TIP Keep the walks, add the lifting.

Do Not Wait for a Gym
- Body weight counts
- Bands and dumbbells at home
- Pushups and squats qualify

COACH'S TIP The living room is equipment enough.

Do Not Skip Weeks
- Muscle is use it or lose it
- 4 to 6 lb lost per decade untrained
- Often replaced by fat

COACH'S TIP Consistency beats intensity.

Do Not Crash Diet Without Lifting
- Weight loss can cost muscle
- And bone density with it
- Lift while you lose

COACH'S TIP Protect the lean mass, lose the fat.

Do Not Chase Your 25-Year-Old Numbers
- Response to training changes
- Compare to yourself
- Adjust expectations, not effort

COACH'S TIP A 60-year-old is not an 80-year-old either.

Do Not Ignore New Weakness
- Could be sarcopenia
- Could be something else
- Worth a doctor visit

COACH'S TIP General weakness is a symptom, not a verdict.

THE NUMBERS BEHIND THIS SHEET

Three figures worth knowing

3% to 5%	Muscle mass lost per decade starting at age 30
4 to 6 lb	Muscle lost per decade without strength training, often replaced by fat
2 days	The weekly muscle-strengthening minimum for adults

Sources: Harvard Health, A guide to combatting sarcopenia (2024) · NIA, How can strength training build healthier bodies as we age? (2022) · CDC, Adult Activity: An Overview (2023). **Educational content, not medical advice.** Talk with your doctor before a new exercise program.