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■ FOR ADULTS 40+ WHO ARE DONE GUESSING

THE BODY COMPOSITION PLAYBOOK

WHY YOUR TRAINING ISN'T **WORKING.**

The 5 training principles we use at The Weight Room to strip body fat, restore energy, and rebuild strength in adults over 40.

A short read. ~15 minutes. Nothing wasted.

theweightroom.us

You're not lazy. You're using the wrong tool.

You're in your 40s, 50s, maybe 60s. You train. You eat well. The needle on body fat barely moves. Your energy is flat by mid-afternoon. You used to be able to push through it. Now pushing through it makes everything worse.

You've tried more cardio. You've tried eating less. You've cut carbs, added fasting, swapped seed oils, bought the supplements. The scale and the mirror still don't match the effort.

Here's what we see every week at The Weight Room: the problem is almost never effort. It's the tool. You're using a training method built to burn calories in the moment, when what your body needs is a training method built to change what it does for the next 24 to 48 hours.

Calorie-burn training keeps you flat. Body-composition training rebuilds you.

This short read walks you through the five training principles we use to program every class at The Weight Room. They originated from Charles Poliquin's decades of work pursuing and perfecting the most advanced training protocols in the world.

None of this is theory. It's what's running on the floor in our classes right now, and it's what's getting members in their 40s, 50s and 60s back into a body that feels like theirs.

01

PRINCIPLE ONE

German Body Composition

Charles Poliquin coached over 400 Olympic medalists across 22 sports and four decades. Of everything he wrote, one method has the strongest track record for stripping body fat off adult lifters: German Body Composition, or GBC.

The mechanism is hormonal. When you pair opposing muscle groups, use moderate-to-high reps, and keep rest periods short, you drive lactic acid through the roof. High lactate is the strongest natural trigger of growth hormone release in the human body. Growth hormone is the hormone that tells your body to burn fat for fuel and protect muscle while it does.

Translation: you provide the workout that floods your bloodstream with the hormone you want, instead of the workout that burns 320 calories and changes nothing.

WHAT IT LOOKS LIKE ON THE FLOOR

STRUCTURE Antagonist supersets (push paired with pull, upper paired with lower).

REPS 10–15 per set, every set taken close to failure.

TEMPO Controlled. Usually 4 seconds down, 0 pause, 1 second up.

REST 30 to 60 seconds between exercises. Long enough to keep form, short enough to keep lactate climbing.

DURATION 40 to 50 working minutes.

FREQUENCY 2 to 3 sessions per week.

WHY IT WORKS FOR 40+

GBC trains hard without pounding the joints. No sprinting, no jumping, no impact. It's the correct hormonal stimulus that drops body fat over the age of 40 – you just have to actually deliver it the proper way.

02

PRINCIPLE TWO

Peripheral Heart Action

Peripheral Heart Action was developed by Dr. Arthur Steinhaus in the 1940s and brought into mainstream training by Mr. America Bob Gajda. Poliquin refined it as a tool to build a heart and a body at the same time.

The premise is simple. You alternate between upper-body and lower-body movements with minimal rest. Every set, your blood has to travel from one end of the body to the other to deliver oxygen to the working muscles. Your heart works harder than it does in most steady-state cardio. Your muscles still get a real strength stimulus. You finish in 45 to 60 minutes with both jobs done.

Cardio and strength in the same workout – and your knees say thank you.

A SAMPLE PHA CIRCUIT

A1 Front-Foot-Elevated Split Squat – 10 reps per side

A2 Neutral-Grip DB Press – 10 reps

A3 Romanian Deadlift – 10 reps

A4 Chest-Supported Row – 12 reps

REST · 60 SECONDS, THEN REPEAT FOR 4 TO 5 ROUNDS.

WHY WE PROGRAM IT

PHA gives you the conditioning benefit of steady-state cardio without stealing recovery from your strength work. It's low-impact, joint-friendly, and finishable. Members in their 40s, 50s and 60s leave winded, not wrecked.

03

PRINCIPLE THREE

Accumulation & Intensification

This is the principle that separates a real strength program from a workout. Your body adapts to whatever you do in roughly three to four weeks. After that, the same workout produces less of a result, then almost none. Most people respond by adding more sets, more sessions, more cardio. The right move is to change the kind of stress, not the amount.

The Weight Room's system alternates two block types in roughly three-week cycles. Most people live in one block forever, then wonder why they stall. We cycle, on purpose.

ACCUMULATION

BUILD WORK CAPACITY

REPS	8 to 15 per set
SETS	3 to 4 per primary exercise
TEMPO	Slow eccentrics. 3–4 sec down
REST	45 to 90 seconds
FEEL	Higher volume. Sweaty.

GOAL

Lay down the foundation. Build the muscle and capacity to handle heavy weight later.

INTENSIFICATION

BUILD NEURAL STRENGTH

REPS	2 to 8 per set
SETS	4+ per primary exercise
TEMPO	Controlled down, explosive up
REST	90 seconds to 4 minutes
FEEL	Heavier. Strong, not drained.

GOAL

Teach the nervous system to use what you built. Get genuinely stronger.

04

PRINCIPLE FOUR

Reps, Tempo, Rest Periods

These are the three dials nobody at your commercial gym is touching. They are the difference between two workouts that look identical on paper and produce completely different bodies.

REPS – TELL THE BODY WHICH SYSTEM TO TRAIN

Reps choose the adaptation. 1 to 5 reps trains pure strength. 6 to 12 reps trains muscle growth. 12 to 20 reps trains muscular endurance and the hormonal response behind GBC. None of these is better – they're tools for different jobs. The mistake is using one tool forever.

TEMPO – TIME UNDER TENSION CHANGES EVERYTHING

We notate tempo in four numbers, like 4010. Eccentric (lowering), pause at bottom, concentric (lifting), pause at top. A 4010 squat takes five seconds per rep. A 1010 squat takes two. Same exercise, same weight, completely different stimulus.

4010 Slow eccentric. Builds muscle and connective tissue. Used heavily in Accumulation.

3110 Slow down, pause at the bottom. Builds control out of the hole. Bulletproofs joints.

3010 Standard controlled tempo. Used most weeks for working sets.

20X0 Explosive concentric. Used in Intensification blocks for power.

REST – DICTATES THE HORMONAL RESPONSE

Rest is not a recovery accident. It's a programmed variable. Short rests (30 to 60s) drive lactate and growth hormone for fat loss. Long rests (3 to 5 min) protect the nervous system and let you express maximal strength. Both are correct in the right block. Random rest periods give you random results.

THE QUIET TRUTH

Most people change their exercises every week and never change their tempo or rest. Reverse it. Keep the exercises. Move the dials. Watch what happens.

05

PRINCIPLE FIVE

Progressive Overload

Every program on the internet promises progressive overload. Almost none of them actually deliver it, because almost no one is keeping a log. If you can't see your last session's numbers, you can't beat them. And if you're not beating them, you're maintaining at best.

Adding weight is the obvious lever. It's also the one most people overuse. There are five honest ways to progressively overload, and good programming rotates through all of them.

THE FIVE WAYS TO PROGRESS

- 1 LOAD**
More weight on the bar at the same reps and tempo.
 - 2 VOLUME**
More sets or more total reps at the same load.
 - 3 DENSITY**
The same work in less time. Cut the rest periods by 15 seconds.
 - 4 TEMPO**
Slower eccentric, longer pauses. Same weight, more time under tension.
 - 5 RANGE**
Deeper squats, fuller stretches. More tissue worked per rep.
-

If it isn't measured, it isn't progressing. Our clients log every set, every class.

At The Weight Room, every member can log their numbers on our workout app. You walk in, you see what you did last week, you know exactly what you're chasing today. That is the difference between training and exercising.



INSIDE THE ROOM

What an actual session looks like

Here's a real Day A from a current Accumulation block. This is what a member walks into on a Monday morning. Sixty minutes door to door. Coached, programmed, periodized.

WARM-UP 5 MINUTES

PREP Hip flow, T-spine opener, banded glute activation.

BLOCK A PRIMARY STRENGTH BASE

A Barbell Back Squat — 4 sets of 10 — tempo 4010 — rest 60–90s

BLOCK B GBC · LOWER PULL + UPPER PUSH

B1 Lying Hamstring Curl — 3×8 — tempo 5010 — rest 30s

B2 DB Incline Chest Press — 3×10 — tempo 3010 — rest 30s

BLOCK C GBC · LOWER PUSH + UPPER PULL

C1 Bulgarian DB Split Squat — 3×10 — tempo 3110 — rest 30s

C2 Wide Pronated Pulldown — 3×10 — tempo 3010 — rest 30s

BLOCK D GBC · AUXILIARY

D1 Garhammer Raise (abs) — 3×15 — tempo 3010 — rest 30s

D2 Standing Calf Raise — 3×15 — tempo 2210 — rest 30s

WHAT YOU WON'T SEE

No burpees for the sake of burpees. No random bootcamp circuits. No coach yelling at you. Every set has a reason, written on our Workout Screen.

THE ASK

COME TRY A CLASS. ON US.

You've read the playbook. You can put a lot of it into practice on your own — or you can come do it with a coach watching your numbers, your tempos, and your progressions every week.

We run small-group classes at The Weight Room. Capped roster, programmed in 3-week training blocks, coached on the floor. No commitment to start. No sign-up gauntlet. Just walk in once and see if it's the room for you.

FREE INTRO CLASS

One full session, on us. We'll put you through a real GBC workout, show you the tempo and progression system, and answer every question you have. If it's not a fit, no pressure. If it is — your first month starts the week after.

WHAT TO EXPECT IN YOUR FIRST CLASS

ARRIVE

10 minutes early. We'll walk you through the room.

TRAIN

60 minutes. Programmed and coached. Scaled to where you are today.

DEBRIEF

10 minutes after. Honest read on what you need next.

WEAR

Anything you can move in. Flat-soled shoes if you have them.

BOOK YOUR FREE CLASS

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TWR

**TRAIN SMART. · TRAIN HEAVY. · TRAIN
CONSISTENTLY.**

Small-group strength classes.
Coached, programmed, periodized.

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