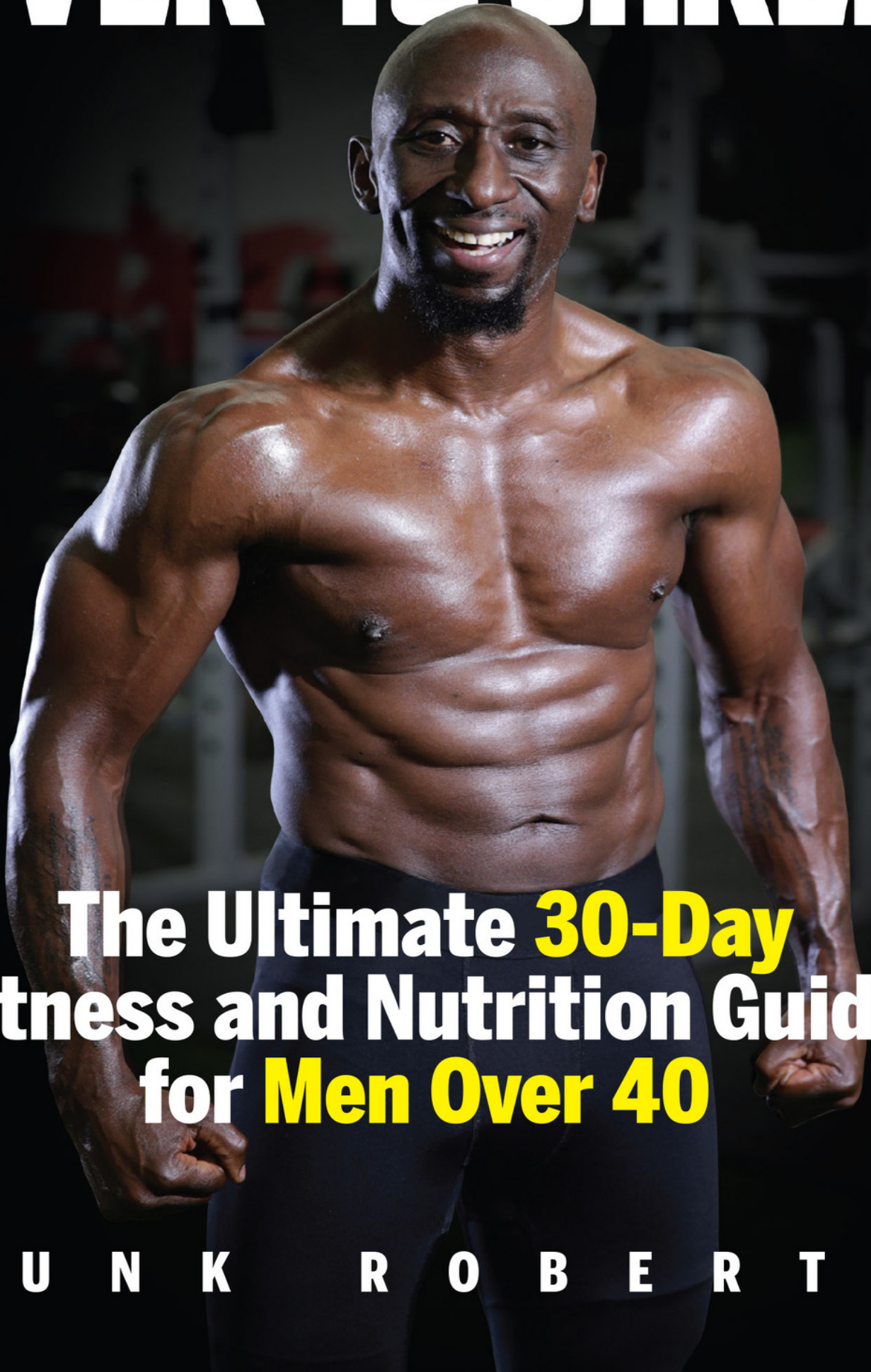


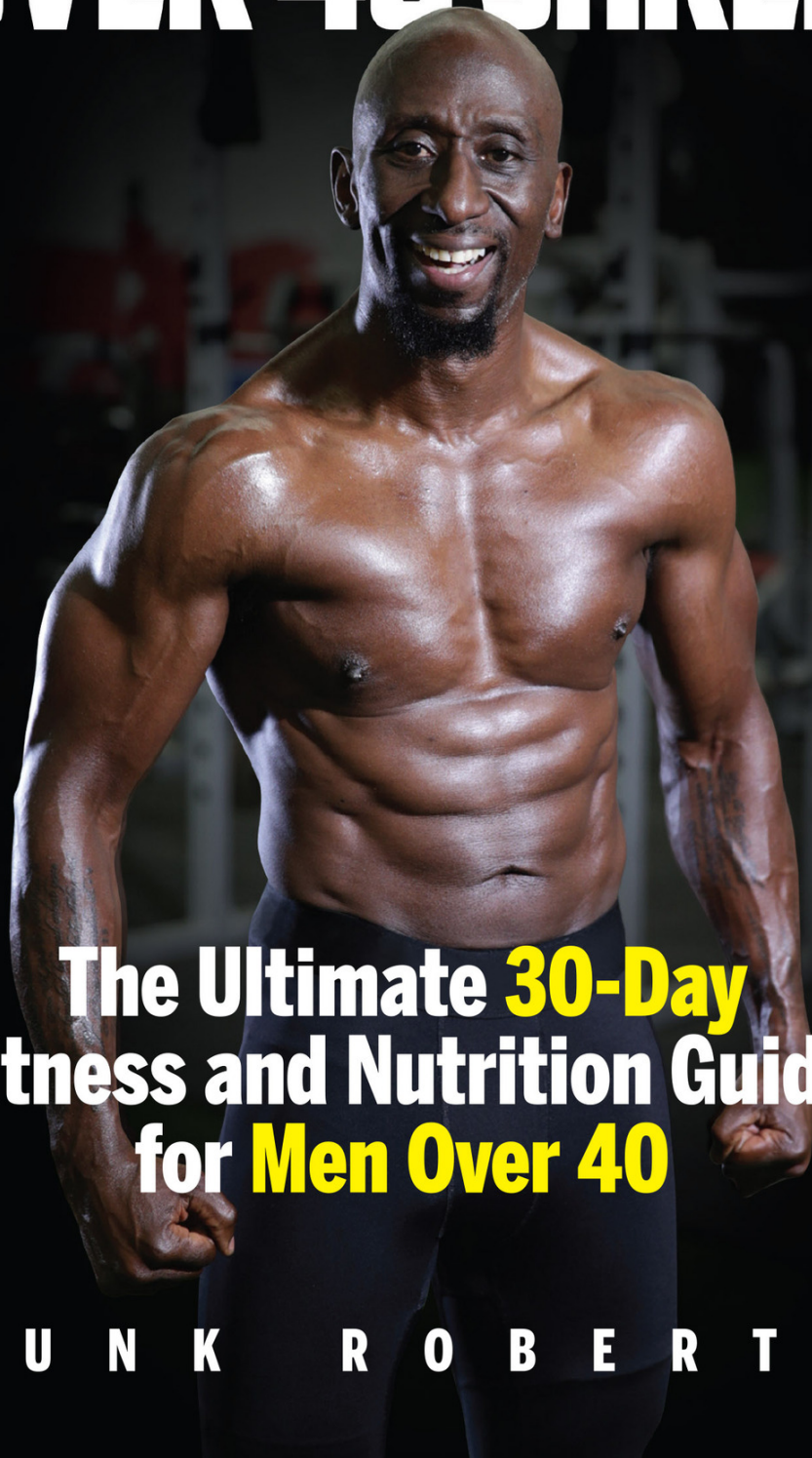
# OVER 40 SHRED



The Ultimate **30-Day**  
Fitness and Nutrition Guide  
for **Men Over 40**

F U N K R O B E R T S

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The Ultimate **30-Day**  
Fitness and Nutrition Guide  
for **Men Over 40**

F U N K R O B E R T S

*“Over40Shred is the only program I know that successfully brings together a varied and challenging workout plan, a realistic and sustainable nutrition approach, an alpha-building mindset, an amazingly positive community of men over 40, and an engaged, real and passionate trainer. It’s the real thing!”*

~ Lawrence Parnell, 52, lost over 20lbs.

*“Funk’s Over 40 program is built on four simple principles of nutrition, mindset, workouts and recovery; when properly followed, it produces outstanding results. I’m 66 years old, with the stamina of someone 20 years younger, higher testosterone and remarkably in the best shape of my life!!! Thanks Funk!*

~ Clifton A Bradley, 66

*“I dropped 18 pounds and total cholesterol went from 307 to 170. I feel the best I have in 20 years!”*

~ Brett Douglas, 49

*“In the past I power lifted, did some professional wrestling (Mr. Hollywood), and just lifted heavy. Then I discovered Over 40 Shred and I was impressed with Funk and his passion for guys over 40. The workouts are hard but fun, I haven’t been in this good of “Cardio” shape... EVER!”*

~ Tim Matuska, 61

*“I started this program with 5 months before I turned 40 (figured I’d get a head start). I spent a lot of time lifting heavy weights, but my joints were in so much pain after these heavy workouts, that I just quit. I blew up to a sloppy 205 in no time and was rewarded with a “dadbod.” I am about 4 months in and rocking a pretty nice 4-pack with a pouch and dropped down to 188, with no joint pain and MUCH more mobility and flexibility! I am so looking forward to continuing this journey!”*

~ Brian Frum, 39

*“As a former athlete and combat vet, I had an idea of what being in shape looked like. I also knew how far off I had fallen. Funk’s program provides excellent and simple direction and guidance. In a little over a month’s time, 3 inches and a lot of bad habits were gone. Funk’s straightforward, no BS, researched based approach was the answer I needed- easily followed and sustained!”*

~ Eric Brown

*“In the first 2 months of the program I lost 21lbs and 7% body fat. I learned you don’t need to kill yourself to lose weight! Only 30 minutes exercise 4 times a week for amazing results. I found the nutrition so simple and tasty within 1 week I had good eating habits for life.”*

~ Rob Powell, 42

**Lose Weight, Burn Belly Fat, Increase Testosterone and  
Get into the Best Shape of Your Life After the Age of 40**

# **OVER 40 SHRED**

**The Ultimate 30-Day Fitness and  
Nutrition Guide for Men Over 40**

**FUNK ROBERTS**

Published by Published by Funk Roberts Publishing.

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Printed in the United States of America

Funk Roberts

Over 40 Shred: The Ultimate 30-Day Fitness and Nutrition Guide for Men Over 40

#### Disclaimer

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Because of rapid changes in the industry, this book contains information on nutrition, recovery tips, sleep advice and workouts as of press time. Therefore, this text should be used only as a general guide and not as the ultimate source of information for this subject.

Marc “Funk” Roberts, or anyone associated with Funk Roberts Fitness Ltd advises readers to take full responsibility for their safety and know their limits. Before partaking in the exercises in this or any other program, be sure that your equipment is well maintained, and do not take risks beyond your level of experience, aptitude, training, and fitness.

Please discuss all nutritional changes with your physician or a registered dietitian. If your physician recommends that you don't use this or any other program, please follow your doctor's orders.

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*To my best friend, my Princess, my Queen and beautiful wife  
for supporting me in becoming an Over 40 Alpha Man in  
and outside of the gym!*

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**A MASSIVE FUNK ROBERTS THANKS** to all my Over 40 Alpha Brothers who live by this book, who live the Alpha Male code, for changing their lives and showing that no matter how old you are, you can be in the best shape and health of your life in your 40s, 50, 60s and beyond!

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# Introduction

We are all aging and it's just a fact of life!

**That does NOT mean your body, mind, joints, and energy have to deteriorate** , leaving you with joint and muscle aches and pains, brain fog, a slow metabolism, blood sugar problems and diabetes, zero energy, relying on a medicine cabinet full of pills just to get you moving in the morning.

You have a LOT of control over how your body feels as you get older, but the problem is you've been lied to and misled about the foods, workouts, and strategies to help you lose fat, stay young and get into shape.

In fact, it's **NOT your fault** if you're over 40 and your mind and body feel 20 years older...

Everything that you read in magazines and online are targeted to 20- and 30-year-old guys!

You've probably been told that you are "past your prime" or too "washed-up" to get a strong and ripped body you can be proud of.

Have you been told your "glory days" are dead and gone, and getting the body you had in your 20's and 30's is impossible?

**Well, my Brother, you've been lied to. Because your best body, health and LIFE is ahead of you!**

It won't matter if you're in your 30s, 40s, 50s or beyond, starting today you can pack on mass, and **experience the same eruptions of muscle growth, sex drive, and vitality you enjoyed as a teenager** .

We are all aging but not at the same rate. Have you ever wondered why one 40-year-old has trouble getting out of bed while another is running marathons?

More often than not it's because they have kept up a healthy lifestyle that includes a bulletproof mindset, great

recovery plan, clean eating, and exercising on a regular basis.

But it is not just about exercising regularly and eating clean. At our age we have to change the way that we train and the foods we eat (or don't eat!).

The days of traditional bodybuilding style weight training like we did when we were younger (you know bis/tris and chest and shoulders, etc.) are over.

Those types of workouts don't work well for us when we reach our 40s. We don't recover fast enough and our body doesn't release the hormones that we need to focus on as we age.

Before I share how this book will help you with the transformation of your life, allow me to officially introduce myself.

My name is Funk Roberts and I am a 51-year-old former professional athlete, turned Master Metabolic Conditioning Trainer, MMA Strength & Conditioning Coach, Body Transformation Specialist for Men Over 40, and Founder of the Over 40 Alpha Brotherhood.

**Not to toot my own horn, but I've co-authored an Amazon #1 best-selling book and have been named one of America's Premiere Experts as seen on ABC, NBC, CBS and Fox TV Affiliates.**

I've written for many magazines and websites, am a featured trainer in fitness training DVD's, and I've produced my own online products.

I reach over 1 million people every day through my emails, YouTube channel, Facebook and Instagram.

And most importantly, I have helped thousands and thousands of men just like you to completely transform their bodies, health and life.

**THIS SIMPLY MEANS THAT A LOT OF PEOPLE TRUST ME AND BELIEVE THAT I'LL GIVE THEM THE TRUTH ABOUT WHAT IT REALLY TAKES TO LOSE FAT AND GAIN MUSCLE.**

Unlike a lot of so-called fitness “gurus,” I won’t lead you astray just to make a buck.

Nope, my integrity is the only thing that matters and I refuse to sell out to make money.

Before I helped thousands of other people, I had to literally help myself first!

That’s right, for years I was humiliated by my own body.

I was a professional volleyball player, so during my 20’s I was always very active and very ripped.

But when I retired from playing pro volleyball, that all changed.

I was 39 years old, with a 9 to 5 desk job, kids to raise and a live-in girlfriend. I ballooned up from a ripped 180 pounds to a soft, puffy, and fat 215 pounds.

Since I was never happy about my body... I did what I “thought” I had to do: **hour-long cardio sessions and 6 days a week of heavy weight training for an hour or two each time.**

Even though I was in the gym six days a week, training for up to two hours in one session...

I couldn’t get the lean ripped body I wanted – and was NEVER able to get the abs I wanted.

### **I Was Big, Soft, Puffy and Never Able to Reach the Lean, Ripped Look.**

Then I began to get nagging injuries in my shoulders and knees. I felt depressed, defeated, and my self-esteem started to deteriorate.

I felt like I hit a roadblock in life but still couldn’t figure out why.

And to make things worse, I totally lost my sex drive. My MOJO was GONE and my girlfriend left me.

I ended up eating horrible foods, drinking, partying and drugs. I was on a downward spiral of self-destruction.

It wasn't until I went to the doctor with all these symptoms that he told me it might be due to my testosterone levels being LOW!

After a few tests and some blood work, low and behold I had very low testosterone, just over 300 nanograms per deciliter (ng/dL).

Instead of going on Testosterone Therapy I decided I needed to change my lifestyle to focus on increasing my testosterone and balancing my hormones so I can combat the aging process and get into the best shape of my life.

After months of research, trial and error, and lots of work I used the system I'm about to share with you, my Over 40 Alpha System, that helped to transform my body from 215 pounds to 185 pounds of lean, ripped, muscular physique – all in about 8 weeks.

I was finally lean, ripped, and back down to 185 pounds of solid muscle with hardly any fat at all. **These techniques helped me lose 30 pounds of fat while building lean, hard muscle and getting ripped.**

More importantly I GOT MY MOJO BACK!

And I've continued to stay strong for the past 10 years using my 4-pillar system I am going to share with you in this book

# Overview of the Over 40 Shred - 4 Pillars to Success

*I've created the Over 40 Shred System specifically designed for men who are over 40, 50, 60 and 70 years old.*

- drastically increase testosterone
- restore hormone levels
- reignite metabolism
- incinerate excess belly and body fat
- gain lean muscle mass
- skyrocket your sex drive
- boost energy
- decrease stress
- elevate brain health
- improve immune system function
- erase the side effects from getting older
- increase confidence and self-esteem
- be in a positive and better mood
- regain your manhood
- get into the best shape of your life.

## **GET YOUR MOJO BACK!!!**

Man-to-man, I need you to know that it doesn't matter if you're 50+ pounds overweight or well into your 40s, 50s, and 60s. If you implement just some of the strategies in my system, I can and will help you live healthier and see results.

***My 4-pillar approach has helped transform the health and lives of thousands of men around the world and this WILL WORK FOR YOU!***

1. Mindset – develop a laser-focused, anabolic mindset to help you crush your goals, stay positive and get it done.
2. Recovery and Sleep – discover sleep and recovery strategies that will help boost your testosterone, so you burn fat and muscle while you sleep while saving your joints and prolonging your life.
3. Nutrition – Learn what to eat, when to eat, and how much to eat in order to boost your testosterone and energy and get rid of unwanted belly fat without restrictive diets or sacrificing delicious foods.
4. Workouts – use fast, safe and effective workouts that will transform your body into a muscle-building, fat-burning, metabolism-boosting machine.

The most important aspect is this is a sustainable system that is clear and concise with an action plan that involves every aspect of health, food, exercise, sleep and life so all your bases to success are covered.

**I'm not going to leave you either. I am going to help you, coach you, and keep you accountable to your goals and action plan so you will succeed and change your life.**

**Are you In or In the WAY?**

**Let's Get it Done!**

**Your Friend and Coach,**

**Funk Roberts**



# Testosterone 101 – What You Need to Know

Before we get started, I wanted to talk about testosterone!

If you're a man reading this right now, chances are good you've heard of testosterone before. You know that testosterone is what drives your system. It's what makes you a man. It's what gives you your *edge*.

So, it should come as no surprise that when your testosterone levels begin to decline, it can do a *real* number on your health.

There are so many issues that come along with lower than normal testosterone and the even sadder fact is that the current prevalence rates of men with hypogonadism (markedly low testosterone) is between 2.1% and 12.8% depending on the subject group being looked at. <sup>1</sup>

Research has also noted that testosterone levels typically do decrease with age to the tune of 0.4% to 2% per year after the age of thirty if care is not taken to help prevent this. <sup>2</sup>

And even then, some of a drop is still often seen and can start to impact a man's ability to function optimally and maintain good health.

**While you can't stop the hands of time, there are things that you can do to help elevate your testosterone levels and feel better again.**

Let's first introduce you to the problems associated with low testosterone levels, talk about how testosterone is made, and then move on to talk about how you can increase testosterone levels. The fact is, in men who have very low testosterone levels, 95% of this decline is due to lifestyle factors, so this is something that is quite control lable.

## Side Effects of Low Testosterone Levels

What can you look forward to if you suffer from low testosterone levels?

- **Reduced sexual function/desire**

Because testosterone is the primary sex hormone for men, when it starts to decline there is a very large impact on your overall libido level.

Not only do men who suffer from lagging testosterone report they don't have much sex drive, some also report impotence as well.

It may not go quite that far, but many will still note that they are having erectile dysfunction issues.

In a large study of men in Massachusetts, about 11% overall said they had a lack of sex drive. The researchers then tested all the men's testosterone levels. About 28% of men with low testosterone had low libido. These men were relatively young, with an average age of 47; older men might have worse sexual symptoms.

- **Increased body fat**

Another big issue with low testosterone levels is that you may notice an increase in body fat. Testosterone is connected to resting metabolic rate and helps keep you lean, so those who have very low testosterone may notice their body fat levels creeping up.

If you have unexplained weight gain and you don't feel like you are eating any differently, it may be time to get your hormonal panel taken.

Low testosterone in men also induces insulin resistance. <sup>3</sup>

This is another reason a man will gain weight and be unable to maintain muscle tone despite no change in his regular exercise routine. What does this look like? Symptoms are often undetectable unless you know what to look for.

Typically, if a man has a "beer belly" or "pot belly," it's a tell-tale sign of lower testosterone levels, insulin resistance

and inflammation.

An article in the popular magazine “Men’s Health” corroborates the belief that belly fat and testosterone are linked. “A study of 1,822 men by the New England Research Institute confirmed that a man’s waist circumference is the single strongest predictor of low testosterone levels.” <sup>4</sup>

- **Decreased muscle strength and muscle mass**

Often what goes hand-in-hand with low testosterone-induced fat gain is decreased muscle strength and size. Testosterone is the primary muscle-building hormone in the body, so when it drops, so does your ability to sustain lean muscle tissue.

A study showed that aging is accompanied by a decrease in free testosterone levels and, as BMI as well as fat mass increase with age (with a redistribution of body fat), whereas muscle mass decreases, it is tempting to attribute a causal role to the decrease in androgen levels. <sup>5</sup>

This leads to a feeling of weakness and may also compromise your ability to do everyday tasks as well. A good strength training program can definitely help offset some of this, but often it doesn’t completely eliminate it.

- **Decreased body hair**

Testosterone is the hormone that drives the growth of body hair so when your testosterone is low, it’s normal to see a reduction in body hair.

Dihydrotestosterone (DHT) is made from testosterone by an enzyme. DHT is five times more potent than testosterone. DHT is primarily used by the body in the prostate, skin, and hair follicles.

The actions of DHT and the sensitivity of hair follicles to DHT is what causes hair loss.

You may notice that your facial hair isn’t growing as thick or dense as it normally is and your body hair may also thin out as well.

- **Development of breast tissue**

Perhaps one of the most frightening issues for most men when thinking about suffering from low testosterone is the growth of male breast tissue.

A condition called gynecomastia, when extra fat is deposited in the chest area, creates male breast tissue that looks more similar to that of a female.

As testosterone levels drop in older men, gynecomastia may develop and persist unless it's treated. Gynecomastia affects about 1 in 4 men between the ages of 50 and 80, according to the [Mayo Clinic](#).<sup>6</sup>

When you see this, usually it occurs in men who are also carrying a high amount of excess body fat.

This is because body fat is estrogenic (fat cells secrete estrogen) and fat also easily accumulates in the breast tissue. So the man has two strikes against him – excess estrogen and excess body fat.

This said, it can still happen in those who are not overweight and when it does, you know that this individual very likely is suffering from quite low testosterone levels.

- **Ongoing fatigue**

When testosterone levels decline, you'll notice your energy levels taking a tumble as well. Testosterone helps with the production of energy in the male body, so when it's low, you may feel sluggish and unmotivated to do much of anything.

Low motivation and drive are one of the key signs that testosterone levels are starting to change. Testosterone is what helps give you that extra edge on a day-to-day basis, so without it, you may not feel quite like yourself.

This can actually lead to feelings of depression in some men, which is one of the main reasons it's so important to monitor your testosterone levels.

- **Emotional changes**

Finally, in addition to changes in your overall drive and motivation, you may also notice changes in your emotions as well. You may find that you are becoming more emotional about things that never used to affect you.

You probably have the image right now of a full-grown man crying at a sad movie but don't laugh too hard – this could be true. Men who suffer from lower testosterone levels do struggle with maintaining normal emotions, so don't be surprised if you are dealing with this.

Also, according to a WebMD article, studies show that men with low testosterone levels are four times more likely to be diagnosed with clinical depression. <sup>7</sup>

Another study looked at 50 men with an average age of 57 who had low testosterone and were treated by urologists at the Kobe University Graduate School of Medicine in Japan. <sup>8</sup> Thirty of those men were diagnosed with depression at the beginning of the study.

On the positive side of things (or negative perhaps, depending on how you look at it), you may notice that your aggression, anger, or rage, if you have any, is suppressed when testosterone levels decline.

- **Low bone density**

It's also quite common for men who are suffering from low testosterone to have lower than normal bone density as well.

Age-related testosterone deficiency is the most important factor of bone loss in elderly men. <sup>9</sup>

Just as we see women start losing bone density when menopause sets in, because they are no longer producing the same levels of estrogen and progesterone as they were before, the same applies to men.

Males may notice they are at an increased risk for osteoporosis or stress fractures as they approach an older age and their testosterone naturally declines, or younger if they are suffering from low testosterone for other reasons.

As you can see, there are many drawbacks to having low testosterone. This is why it's so important that you are doing everything you possibly can to get your testosterone level optimized and side-step all these unwanted side effects.

## How Testosterone is Made

You may wonder how testosterone is made. A small amount of it is made in the adrenal glands on top of the kidneys, however about 95% of it is made in the testicles.

First the hypothalamus in the brain detects that the body needs more testosterone. This causes the release of gonadotropin-releasing hormone (GnRH), which is then sensed by the pituitary gland. From there, that causes the release of follicle stimulating hormone (FSH) and luteinizing hormone (LH) that then flow down to the testicles through the blood stream.

From there, FSH kicks off sperm production and LH stimulates the Leydig cells in the testicles to create more testosterone, through the conversion of cholesterol to testosterone (which is a very complex process). This is why very low cholesterol diets are not actually ideal for most men.

As you can see, there are many steps that go into the production of testosterone, which means there are many areas where it can go wrong.

## The Estrogen and Cortisol Connection with Testosterone

It's also important to note that it's not *always* just testosterone that's the problem. It can be estrogen and cortisol as well. If your cortisol levels are too high, which can happen during times of high stress, dieting, too much exercises, or something similar, it can also cause the suppression of testosterone.

This is a big reason why it's so important for you to control your stress levels. Not only does having a high level of stress make you more prone to experiencing weight gain, but it also is more likely to lead to low testosterone.

Likewise, if you have too many estrogenic factors at play in your life that could be causing your estrogen levels to rise, because estrogen counteracts testosterone, this too can cause testosterone production to dwindle.

## Taking a Lifestyle Approach to Boosting Testosterone

The good news is you don't necessarily need medication to give your testosterone production a boost. You can see your rates increased simply by making a few lifestyle changes.

Some of these lifestyle changes include:

- Getting your mindset right
- Controlling your stress levels
- Sleeping more soundly at night
- Getting your nutrition in order
- Exercising in a smart manner. (Note that not *all* exercise leads to greater testosterone levels.)

By making these changes, you can take a giant step forward to improving your testosterone, improving your health, and feeling better on a day-to-day basis.

Low testosterone does not need to be something that's always getting you down.

You can take control and you can bring your levels back up to where they should be.

You just need to know a few smart tricks that will help you do so.

# Pillar #1: Mindset

When it comes to seeing success with your body, sometimes the most important step is to get your *mind* in gear.

Having the right frame of mind can mean the difference between success or failure, so it's vital that you start with your mind first and build from there.

Before you even begin thinking about whether to do squats or deadlifts, or if you should eat low carb or high carb, you need to get your mind in the right place.

To help you get started, I'm going to share 10 factors to put into place that will help you get to where you want to be.

If you do this, make no mistake, you *will* achieve the goals you have set for yourself. It's almost impossible not to.

Even better, these factors apply not only to your workouts and nutrition but to all areas of your life. So do these and you will really benefit.

Remember to take it at your own pace. It's easy to get overwhelmed when you read all the factors and feel like you have to do a complete overhaul of how you think and the actions you take.

You don't.

Baby steps if you prefer. Put one foot in front of the other and soon you will be where you need to go. Don't give up!

Ready? Let's get going.

## #1 Breaking the Habit of Negative Thought and Boosting Your Self Esteem

Do you ever stop and pay attention to your self talk? Most people don't. They just continue on about their day, never really thinking about what they are saying to themselves.



**Starting today, *tune in.*** Listen to what your mind is telling you. Is it saying that you “can’t do it?” That you are “not good enough?” That you will never achieve your goals?

**Or is your mind encouraging and full of positive reinforcement?**

This is simply not the case for most people. For the vast majority of the population, our self-talk has some degree of negative connotation associated with it.

Negative self-talk lowers self-esteem and makes it that much less likely that you *will* in fact see the results that you desire.

**Your mission now is twofold.**

- 1. Identify the negative self-statements you are making to yourself. You can’t change something until you are fully aware of it.**
- 2. Replace those negative self-statements with positive ones. By reframing what you are saying into something more positive, you are better able to talk yourself up rather than down.**

Research suggests that thinking positive can lead to thoughts of optimism. [10](#)

Now, when you first start, there’s no question this is going to be challenging. You might even feel a bit silly doing it. But you must if you are going to see the results that you desire. Negative self-talk should have *no place in your life* if you want to see success in anything that you do.

## **#2 Establish New Healthy Behaviors at a Speed That’s Right for You**

What’s the rush? Seriously. *Slow down.* Many people set a goal then decide they need to arrive at that goal tomorrow.

Life doesn’t work that way. Patience is key. For 99% of all the goals you set, work and time will be required. There’s just no way around it.

And keep in mind that everyone's time is different. Some goals may come naturally to some people while they're a struggle for you.

As such, it may take you more time to achieve your goals than another person. That is okay. As long as you are moving in the right direction, that's what really matters here.

It's best to focus on establishing new healthy behaviors over time to help ensure that those behaviors stick, especially if you are trying to stamp out bad habits.

Bad habits can be hard to break and you need to focus on one (or maybe two!) at a time. Make sure they are completely eliminated and replaced with a healthier behavior before moving on to something else.

If you try and do too much, you'll just end up going nowhere. Slow and steady should be the name of your game.

### #3 Identify Your Reasons

Next, make sure that you are identifying your reasons for wanting to change. Until you pinpoint that reason why you are trying to achieve success, you won't have a driving force pulling you in that direction.

And by this I don't just mean that you want to achieve your goal – that's a given. But *why* do you want to achieve your goal? Try and dig deeper. It's the only way you'll really come to learn what it is that will keep you going through the hard times.

### #4 Set Goals and Have a Plan

Next up on your list is goal setting. In order to get your mindset straight, you need a clear direction going forward.

Many people set goals; they just don't set the right ones.

Keep in mind that you want your goals to be specific, measurable, attainable, realistic, and have a time frame (the SMART goal setting process). If even one of these elements is missing, the chances that you reach that goal will be lower.

A study showed that using the SMART process will increase the success of goal attainment. It saves time and simplifies the construction of goals that are sufficiently specific to be measurable. <sup>11</sup>

If you set a vague goal, for instance you simply want to “get more fit,” how well is that going to serve you in the long run? What defines being fit? What does this *really* mean?

It’s too general. If you set the goal that you want to be able to bench press 200 pounds, though, that is a specific goal. If that is what being fit means to you, you’ll know very well when you have achieved it.

Make sure that you strive to push yourself with your goals as well. Don’t set the bar too low thinking that’s all you can do. If you set a harder goal than you initially felt inclined to, you might just find yourself surprised at what you can accomplish.

Once the goals are set, the next thing to do is set a firm plan in place to accomplish those goals. It’s great to have a goal, but you also need to have a plan to get from point A to point B.

When you have this plan, then all that is required is proper execution going forward. Without that plan, you’ll be more likely to detour and take the “long route” (which may, in fact, mean missing your destination altogether).

Write these goals and your plan down on paper. By doing so, they are crystal clear and you can always refer back to them if needed.

## #5 Establish a Routine

Humans work best on routine. Think about your morning. Do you even notice the things you are doing when you wake up any longer? Likely not because they are so routine that you do them without thought.

The more you can make the necessary steps you need to do to fulfill your goals this way, the better. Then you basically put

doing what needs to get done on autopilot. This is the *best* way to mistake-proof your program.

When you have a good routine, everything will feel natural and come that much easier.

## #6 Stop Finding Excuses

How many times have you told yourself that you just can't do it because \_\_\_\_\_ ?

Realize that you are not a special case. There are no excuses for not putting in the effort and getting the job done. Many people think they are different – that something is off with their body and that is why what they are doing is not working.

The more time you sit there and try and find an excuse, the less likely you are to ever see the progress that you are hoping for. Instead, use that energy to create change. Keep trying.

If one program or plan is not working for you, *try something else*. Eventually you will find out what works for you and when you do, you'll start seeing the results you hoped for.

## #7 Stay Outside Your Comfort Zone

Here's another very common trait among us humans, we *crave* comfort. Moving outside your comfort zone is not something that most people will willingly do, thus we tend to gravitate back to it.

This is why it's so hard to change. Change makes you uncomfortable and that makes you want to run back to safety in what you know.

But, if you keep doing what you know and what you've been doing all along, you won't ever get the results that you are looking for.

You need to ask yourself; is a little bit of short-term discomfort worth the chance of seeing success?

No one said getting great results was easy. If it was easy, everyone would be doing it. It takes a lot of hard work and determination. But if you keep pushing and stay motivated, you will see the results you're after.

## #8 Make A Commitment and Stay Consistent

One of the biggest recommendations I can give you to keep your mindset where it needs to be is to track your progress on a regular basis. Start a journal. Write down what you are eating and what you do each time you go to the gym.

This serves a few purposes.

First, it helps keep you accountable. If you know you have to write down that you ate a slice of pizza in an otherwise perfect week of eating, you might think twice about doing so.

Likewise, if you are tempted to skip the gym, you'll realize it will ruin your track record and you may decide to go anyway.

Second, it also gives you a log to look back at. You can see what you have done in the past, what's worked, and what hasn't. This way, you know what your expectations should be going forward and how to best handle times when you may not see the results that you are after.

Think of your journal as your guidebook where you will learn what works for your body and what doesn't.

You may also want to take progress pictures as well, which will allow you to see the results that you are achieving over time. It can be hard to see results when you look at yourself on a day to day basis, but if you take progress pictures and look back at yourself over weeks, you'll then notice just how much better you are looking.

## #9 Visualize Success

The next step is to begin visualizations. This is a mental trick that everyone should be doing as part of their day.

Take 10 minutes or so to sit back, close your eyes, and focus on your breathing. Once you are feeling nice and relaxed, begin to visualize yourself achieving success. You might see yourself overcoming an obstacle you're struggling to get past, or perhaps you see yourself standing at the finish line with your results obtained.

Hold this visualization and focus on as many little details as possible. This is what will not only create that hunger and drive in yourself to see success, but also help you gain confidence that you can achieve it if you put your mind to it.

Use your visualizations any time you are facing a potential hurdle and are worried you won't make it through (such as a dinner party for work). Imagine yourself sticking to your plan and overcoming any problems that may arise.

Do this as many times as needed until you gain the confidence required to carry out that event or situation without a problem.

## #10 Surround Yourself with Positivity

Finally, the last thing you need to do to get your mindset in the right place is to surround yourself with positivity. They say that you are the sum of the people closest to you, so look at the five people you spend the most time with.

Are they positive, goal-oriented individuals who are always trying to achieve greatness in their lives?

Or are they people who are always complaining and looking at the negative side of things? Are they people who tend to bring you down and leave you feeling worse than when you first encountered them?

Many people don't really stop to consider this, but this can have a profound effect on how you are feeling and how hard you work to achieve your own goals.

Try and create a positive environment to live in – one that will foster great success and one that hopefully encourages you. A support team is what you want around you – not a team that tries to take you away from your goals.

**So there you have the 10 steps you need to take to get your mind in the right place. Do these 10 things and you will achieve success. I guarantee it.**

**Funk's Get It Done Tips:**

**Before we move to the next pillar, I ask you to do just three things:**

## Pillar #2: Sleep and Recovery

Now we come to the second pillar in transforming your health and fitness, sleep and recovery.

Too many men over 40 take this lightly. They believe that as long as they eat right and exercise, getting those 8 hours isn't that important. Who has time for that anyway?

Sleep needs vary from individual to individual, but according to the National Sleep Foundation, adults need 7–9 hours of sleep per night to avoid the negative effects of sleep deprivation. [12](#)

Does *anyone* actually get seven hours of sleep a night?

It's time to rethink this. The fact is, seven hours of sleep at night is critical to your success and those who are truly successful are finding a way to make it happen.

Does that mean going to bed at what may seem like a crazy hour?

It very well may be if you're up by 5 every morning. But trust me, once you start doing this, it will be 100% worth the effort.

Sleep impacts absolutely every part of your overall well-being and without it, you will suffer, make no mistake about that.

Research shows that inadequate sleep can reduce testosterone levels. [13](#)

Let's first talk about what happens if you aren't sleeping enough and then talk about how you can go about ensuring that you get the amount of sleep that you truly need.

## Problems Associated With Lack of Sleep



Below are *some* of the main problems associated with lack of sleep.

Please keep in mind that this list is by no means inclusive and there are other issues you may face if you still aren't getting enough throughout the day.

## Declines in Testosterone

As a man, you know how important testosterone is. Without it, you wouldn't be the man that you are today.

But what if you could be walking around with testosterone levels that are more akin to a man who is *a decade* older than you?

According to some research, you could be. Just one week of sleep deprivation left men with testosterone levels that were more in tune of a man that is 10-15 years older.

Without testosterone, it'll be harder to stay lean, build muscle, and maintain that drive that you're used to having.

Sleep makes a BIG difference when it comes to this hormone.

## Impaired Glucose Control

How your body handles glucose is one of the main factors associated with how readily you gain body fat as well as how your energy levels progress over the course of the day.

When you have good blood glucose control, your body is able to move the glucose you eat (from the carbohydrates consumed) into the muscle tissue for repair, rebuilding, and energy.

When you have bad blood glucose control on the other hand, the fate of that glucose is more likely your body fat stores.

A 2008 Research study suggests that sleep loss can lead to impairments in glucose metabolism and increases in insulin levels, which could increase the risk of the development of diabetes. <sup>14</sup>

This is part of what contributes to weight gain in many men.

What's worse is that those who have poor blood glucose control are more likely to gain weight as visceral adipose tissue (belly fat), which is the most dangerous type of fat because it focuses around the organs.

This can cause organs to malfunction and eventually shut down, leaving you in a diseased state.

## Heightened Cortisol Levels

Another factor that can come into play when you aren't getting enough sleep is greatly increased cortisol levels.

A 1997 study published by the American Sleep Disorders Association and Sleep Research Society showed that Sleep Loss Results in an Elevation of Cortisol Levels the Next Evening. [15](#)

Cortisol is the stress hormone produced by the body and serves to break tissues down – including muscle mass tissue.

If it's in high concentrations in the body, this can cause you to grow weaker and eventually, it may lead to a loss of lean muscle mass and a reduced metabolic output, causing weight gain.

High cortisol levels also often mean increased fat accumulation in the abdominal region, so here again, you may be gaining the worst type of body fat.

If you've been noticing that you're starting to develop more "love handles" than normal, this very likely could be because you have too much cortisol floating around.

While too much stress is obviously the direct way to increase your cortisol levels, not enough sleep will be the other.

## Changes in Ghrelin and Leptin

Two hormones that are very important in the area of body weight management are ghrelin and leptin.

Together, these help to influence appetite levels as well as metabolic rate to a degree.

Leptin is produced in the body fat cells and any time there is a decrease either in energy intake or else total body fat levels, leptin production declines.

This signals to the brain that a fuel shortage is taking place, which then increases your drive to eat (your hunger), slows down your metabolic rate (so starvation is less likely) and generally makes you feel very unwell.

Leptin, when you're trying to maximize your appearance, is something you want to keep up as high as you can.

**Sleeping enough will help you do this, among other things, such as including sufficient carbohydrates in your diet plan.**

Likewise, ghrelin is the opposite. The more of it you have, the hungrier you will feel. When you don't get enough sleep at night, ghrelin concentrations will significantly increase in the body.

When both of these are working against you, your chances of sticking with your diet plan will be considerably lower. You'll need a will power of steel in order to maintain the course.

Research shows that Short Sleep Duration Is Associated with Reduced Leptin, Elevated Ghrelin, and Increased Body Mass Index [16](#)

## Changes In Growth Hormone

Another change you can expect to see if you are not sleeping enough at night is alterations in growth hormone release.

Growth hormone, which is commonly known as a muscle-building hormone, is also associated with body fat regulation as well.

A study in the JAMA showed that production of growth hormone decreases in men over 40 (age-related) where they are sleep deprived. [17](#)

When you don't have enough growth hormone, you're more likely to see weight gain as a result. Those with sufficient growth hormone usually stay leaner without as much effort.

Growth hormone is also an anti-aging hormone, so if you hope to prevent the signs of aging from showing, you want to do what you can to maximize it.

This is one big reason why those who aren't sleeping enough look older.

It's not just that they are tired and don't have that usual youthful glow that others do, it's that their body is physically aging more than it should.

## Insulin Changes

Insulin is the major hormone that is responsible for keeping blood glucose levels in check as you go about your day. Without enough sleep, it may not be performing optimally.

Those who sleep shorter periods at night are at a greater risk for insulin resistance, which means their body doesn't respond to it like it should.

This is going to mean a higher amount of glucose resides in the bloodstream, resulting in a greater chance of weight gain.

A study in the JCEM suggests that just a single night of partial sleep deprivation induces insulin resistance in multiple metabolic pathways in healthy subjects. [18](#)

## Exercise Performance

Finally, we must not forget about exercise performance.

If you are not sleeping enough at night, you will not be recovering as well from each workout session, thus your body will not be making the adaptations it should be.

A study in SLEEP showed that sleep deprivation strongly impairs human functioning and performance. [19](#)

You will notice you aren't progressing as well with strength improvement and you may even start to feel like you're dragging your feet in the gym – like every set you perform is a colossal effort.

Sleep is the primary time when your body repairs itself and gives you full recovery.

You need this working in your favor, especially if you are dieting because you will be at a reduced-calorie intake already. You'll have less fuel available for the recovery process, meaning all the rest you can get will be imperative to make use of what fuel you do have.

As you can see, there are many good reasons not to short yourself on sleep.

Keep in mind as well that it's not just about being in bed for seven hours a night. You ideally want to be in bed at a time that aligns with your natural circadian rhythm.

That's how you will ensure that you are getting the best *quality* of sleep.

Night shift workers, for instance, despite getting enough sleep, often still don't feel as well as they normally would and this is because they are sleeping at odd hours during the day.

Your best quality of sleep usually comes in the hours *before* midnight, so you want to strive to be in bed by ten or eleven at the latest to make use of that.

Let's now look at some additional things you can do to ensure that you are getting the highest quality of sleep possible.

## Tips to Getting the Best Quality of Sleep Possible

Now that you realize the importance of sleep, what can you do to maximize the sleep you do get?

We know that as a man in the prime of your life, you likely have many things going on.

You may have a demanding career, a family to attend to, and you have extracurricular activities you've managed to squeeze into your week as well. Not to mention the gym!

This makes it very challenging to get enough sleep at night. The good news is that the higher the quality of sleep you need, the less you do tend to require.

This still doesn't mean you should go below our 7-hour recommendation from above.

But you could likely get away with 7 hours, rather than 8 or 9, which is what many people who aren't getting good quality sleep need to feel optimal.

**Here are some tips to help optimize your sleep.**

## Set The Environment

First, you need to make sure that the environment is set for you to sleep well. You can't sleep if you are constantly being woken up by traffic that is passing by or loud noises in your house.

Likewise, light has the ability to completely disrupt sleep as it can mess with your natural melatonin release.

**To ensure a proper sleep environment, you'll want to:**

- **Use blackout blinds**
- **Turn down the temperature in your room**
- **Use a fan or a noise machine to block out any sounds**

Doing these three things can make a huge difference in the degree of sleep that you get, including how fast you fall asleep, how deeply you sleep once you are asleep, and how often you wake during the night.

## Use a Thoughts/Stress Journal

For some men, the reason they can't sleep is because they lay in bed at night with worries. They worry about everything

under the sun and then also worry about how much they are worrying and why they can't sleep in the first place!

The best way to solve this is to focus on a thoughts or stress journal. Write down whatever is on your mind – even if it seems minor. It could be impacting you more than you realize.

By getting these thoughts out on paper, you reduce the chances that you lay in bed at night tossing and turning over them. You may also want to jot down an action plan to resolve whatever it is you are worrying about as well if you like, which can take this one step further.

## Try a Hot Shower Before Bed

The next tip to help you sleep better is to consider a hot shower before bed. Raising your body temperature and then letting it drop is another great strategy for inducing sleepiness and helping you nod off.

Take the hot shower about 30 minutes prior to when you need to go to sleep and then place yourself in a cooler environment (you should be programming your home to get cooler at night).

Watch how well this works.

## Dim the Lights and Turn Off All Electronics

Finally, make sure that you are dimming the lights in your home and turning off all electronic screens. Looking at your cell phone, your computer, or your TV all stimulates the brain and can make it harder to fall asleep as well.

You should be reducing the use of these at least one hour prior to going to sleep, if not two.

Reading in bed on your tablet or smart phone is about the worst thing you could do if you hope to fall asleep quickly.

**So there you have some of the vital information that you need to know about sleep and recovery. Do not take this lightly as it really can make all the difference in the world in how your body feels, looks, and performs .**

## Funk's Get It Done Tips:

**Before we go onto the next pillar, I ask you to do just three things:**

1. **What is the one thing you can do tonight from the tips above to help you to better sleep?** *Write it down and then Get It Done!*
2. **Join the Over 40 Alpha Program at [www.over40alpha.com](http://www.over40alpha.com).** If you haven't already, please access your 30-day TRIAL in my workout, nutrition, recovery and fitness program specifically designed for men over the age of 40, 50 and 60 to lose weight, burn belly fat, improve energy, boost testosterone and get into the best shape of your life at [www.over40alpha.com](http://www.over40alpha.com).
3. **Share this book with a friend.** Here's the link for your friend to get their copy of my book for free at [www.over40alpha.com/free-book](http://www.over40alpha.com/free-book)



# Pillar #3: Nutrition for Boosting Testosterone

**N**ow that you have mindset and recovery taken care of, it's time to look at the next pillar that will be critically important for boosting your testosterone – nutrition.

Do not underestimate the power of nutrition. The foods that we eat on an everyday basis are going to have a profound influence on the results that we see. *Period.*

**There's simply no getting around this. If you don't take your diet seriously, you won't get the results you are looking for, that much you can be sure of.**

Many of the diets out there may be good for the average and younger guys, but for men over 40, who are hoping to boost their testosterone, they fail to deliver.

This is often because:

- **They are not designed in such a way to be sustainable for the long term**
- **They are more geared towards building more muscle as a primary objective, not necessarily boosting testosterone**
- **They cater to the younger man, who has different needs than a man above 40**
- **They are way too restrictive and not something that you can feasibly live with for longer than a week or two**
- **They require a lot of meal preparation – which lets face it, you do NOT have time for**

In order to see success with nutrition, it needs to be easy to implement, relatively fast to prepare each week, and it needs to focus on the right mix of nutrients that will help you boost

the natural release of hormones while ensuring you still feel *good* .

If you don't feel good on a diet, it only stands to reason that you aren't going to be able to follow it for long.

This is why finding a diet that is doable for *you* is important.

Let's begin by going over the requirements of what your diet needs to have and then give you a sample daily test-boosting diet to follow.

## Testosterone Boosting Diet: 1-Day Diet Plan

While many anabolic hormones in the body influence muscle growth hormones, insulin and insulin-like growth factor-1, testosterone is the hands-down most important.

Your nutritional diet will also influence testosterone after it's produced.

Testosterone travels in the blood to muscle cells and other tissues either as free (or active) testosterone or bound to a carrier protein.

Only the free kind can work to increase muscle size by entering the muscle cells. In some tissues, such as fat cells and the brain, fat can be converted into estrogen, yes, the female hormone you don't want in excess in your body, since it can lead to fat gain and inhibit further testosterone production by decreasing brain hormones.

A testosterone-boosting diet will influence the amounts of both active testosterone and estrogen in the blood

## Total Calorie Intake

Of first importance is your total calorie intake.

While being overweight will definitely hinder your ability to boost testosterone (as being overweight is actually estrogenic), using a low-calorie diet also hinders production.

There are studies, like the one in European J. Applied Physiology, that shows that restricting calories is bad for our testosterone. Sometimes very severely. [20](#)

If you are currently overweight, your best option is to use a lower calorie diet and lose the excess fat for now and then transition to a plan designed to boost your testosterone.

Any time you diet on reduced calories, the production of the sex hormones naturally declines, so it's not abnormal at all to find that men struggle to maintain ideal testosterone levels.

Also, cortisol, the stress hormone, is elevated when we are in a caloric deficit, and we already know in the book that chronically elevated cortisol levels plummets your testosterone levels. [21](#)

If you look at men who are doing competition prep for instance, you will see that most, if not all, have lower testosterone levels than they normally should.

This said, if you are overweight you should ideally try to be at or below 15% body fat before you begin this nutrition plan to boost your testosterone.

Those who have body fat levels higher than this will often notice their testosterone declining.

This is evident by the increased production of breast tissue in some, the overall feminizing features of the face, and the loss of natural drive that comes with being a male.

Usually men who are significantly overweight do tend to have a more feminine look to them and this is very much thanks to the hormonal environment that is taking place in their system.

You can use some of the concepts given in this diet plan to lose weight, but you won't see optimal results because your calorie intake does need to be lower, as we just pointed out, to produce the weight loss results that are so important right now.

**So how many calories should you be eating?**

A good range to aim for is about 16-17 calories per pound of bodyweight assuming you are actively engaging in exercise at least 3-4 times per week.

If you only hit the gym two times per week (or even less than that), you'll want to lower your calorie intake to around 15 calories per pound, or even 14, if 15 causes fat gain.

**The goal is to avoid fat gain while maximizing calorie intake to boost your testosterone levels.**

If you don't know how many calories you are currently eating, track your food for 2-3 days and then take the average of the total number of calories consumed amongst them.

## The Macros

Second to calories, the next most important thing is going to be your macronutrient intake. If you are not consuming the right macronutrient intake, you are going to be hard pressed to see the results that you are looking for.

**Let's look at each of the macronutrients on their own.**

### Dietary Healthy Fat

**Of particular importance is dietary fat.**

If you don't get enough fat in your diet, a whole host of physiological processes become compromised, including hormone production.

You may have used a low-fat diet in the past to improve your overall health and while that is good for some, it is a terrible idea for those who are hoping to boost their testosterone.

**Research indicates that men who use a very low fat, higher fiber diet tend to show a decline in testosterone compared to men who use a moderate to high fat diet and one that doesn't contain as much fiber. [22](#)**

Does this mean you should feast on pizza and ditch the broccoli?

Definitely not, but it does mean there is no need to cut fats out of your plan.

That's why the Institute of Medicine recommends that adults get 20% to 35% of their daily calories from dietary fat.

[23](#)

In fact, they should be a cornerstone of your diet. You should aim to get at least 30% of your total energy intake from dietary fats.

Now, the type of fat you eat also matters.

You might think I'm about to tell you to avoid saturated fat all costs. But, this isn't the case.

**The fact is, some saturated fat is necessary for the generation of testosterone in the body. If you cut it all out, you'll be worse off, not better.**

This said, where you get the saturated fat does count.

You want to turn to naturally-occurring saturated fats such as those found in coconut oil, medium chain triglycerides, dairy products, raw butter and eggs. Those are the fats that will help you increase your testosterone levels.

Avoid fats that come from deep-fried foods or any sort of processed foods. These are only going to dramatically decrease your testosterone levels.

**Likewise, *trans fats* should also be restricted entirely in your diet plan. No one has any business eating trans fats. EVER.**

In addition to saturated fats, you want to be sure that you are consuming plenty of monounsaturated and unsaturated fats.

Foods like salmon, avocado, nuts, seeds, and olive oil are all great choices. These fats will help provide a long-term source of fuel while ensuring that you are doing all you can to optimize the hormonal levels in your body.

Do keep in mind, though, that fats are very calorie dense at 9 calories per gram, so you do want to be very careful how much you eat. If you aren't measuring them out, it's very easy

to over consume calories and wind up gaining weight because of it (which remember, we don't want).

You may be wondering about cholesterol in all of this.

You've heard that too much fat will greatly impact cholesterol levels and set you up for heart disease.

While if you do have a pre-existing heart health condition you may want to think twice about overloading your fat intake, if you are otherwise quiet healthy, there should be no problem eating a moderate fat diet.

Again, the key is only getting fat from naturally-occurring sources. It's usually the fat that comes from foods that have been made by man that cause the problem. So eat a natural diet and you shouldn't have to worry.

## Carbohydrates

The next macronutrient to consider is carbohydrates.

Many men over 40 have come to fear carbohydrates – at least those who are trying to get leaner. It's time to change that thought process around.

**Yes, if you are trying to lose body fat, you will want to cut your carbohydrate intake, but if you aren't aiming to lose body fat but boost testosterone, you do want to have ample carbohydrates in your diet plan.**

This is going to help keep your metabolic function optimized which in turn helps produce more of those important hormones, including testosterone.

Without carbohydrates, your workouts will also suffer and the specific type of workouts that we will discuss later is one of the other big factors that plays a key role in being able to produce higher testosterone levels.

Being on a low-carb diet will affect your testosterone levels negatively and also increase your resting cortisol levels, which you want to keep low. [24](#)

Anything that dramatically or chronically raises cortisol levels, like calorie restriction, overtraining, high levels of

stress and low carb diet, will also dramatically and chronically lower your T-levels.

That's why research and I recommend that you should include a high carb or balanced carb diet if you are physically active to keep your cortisol levels low and testosterone levels high. [25](#)

The main thing that you need to remember at all times is that you want complex, wholesome carbohydrates here.

Not simple, sugary carbohydrates, which will just spike blood glucose levels and cause them to crash, taking your testosterone levels with it.

Diets that are high in refined carbohydrates are the worst thing you can consume if your goal is boosting your testosterone levels, so stay away from all those as much as you can.

**Ideally you want to have about twice as many carbohydrates in your diet as you do protein.**

This may again come as a surprise but note that most men consume far too much protein in their diet. You really don't need that much – far less than you likely believe.

As long as you are consuming wholesome varieties of carbohydrates combined with some dietary fats, there's also no need to have a high dose of protein with each and every snack and meal; 10-15 grams for snacks and 25-30 grams per meal is more than sufficient for most men.

**So if 30% of your diet is coming from dietary fats, you should consume around 50% from complex, wholesome carbohydrates. This leaves about 20% left over for protein – which is sufficient for most.**

You'll want to focus on foods like Ezekiel bread, sweet potatoes, beets, white and brown rice, and oatmeal.

These are the most wholesome carbohydrates you can get so should be first priority.

Try and minimize any grain-based carbs such as breads and pastas as these can cause a decrease in testosterone levels.

As far as vegetables are concerned, you definitely do want to add some to your diet plan, but you don't want to overdo them.

Too many vegetables can be detrimental to testosterone production, so keep it to a few cups per day.

**As long as you stick to the most nutrient dense, leafy greens such as broccoli, cauliflower, peppers, spinach, kale, and bok choy, you'll be getting the antioxidants your body needs without too much fiber.**

## Protein

Finally, the last of the macronutrients is protein.

Protein tends to be a bit overrated in many diets, especially those that are aimed at boosting testosterone levels. You definitely DO need to get your protein needs met, as that is essential for ensuring that you sustain lean muscle mass, but you don't need to go overboard.

Scientists from the College of New Jersey found that a high protein diet is good for a lot of reasons, but it doesn't affect testosterone production. [26](#)

Once your needs are met, the calories are better put towards adding more carbohydrates and dietary fats to your plan.

**Your diet should be around 20% total protein content, so for a man who is eating about 3,000 calories per day, that means 600 calories of protein per day, or 150 grams. If he weighs in at around 175-180 grams, this hits the mark at about 0.8-0.9 grams of protein per pound, which is sufficient given you are not on a reduced-calorie diet.**

If you are dieting, you may need a bit more protein to ensure you don't lose lean muscle mass tissue, but in a calorie balance (you're taking in enough calories to support your weight), this will be enough.

To get the best bang from your protein, you'll want to choose animal-based protein sources only. Vegetarian diets tend to be lower in total protein content, so try and steer clear



of those options (like tofu and tempeh). Soy-based foods cause an increase in estrogen production in the body, which opposes testosterone, so is not ideal for helping you achieve your goals.

Choose foods like steak, bison, salmon, white fish, chicken, turkey, eggs, seafood, and grass-fed whey protein powder instead.

Now, in addition to tending to the macronutrients, there are a few other additional considerations.

## Hydration

First, make sure that you are well hydrated throughout the day.

Your body needs WATER to burn fat and produce energy.

Lack of proper hydration is another leading factor that can cause a decline in testosterone output.

Most men over 40 years old are chronically dehydrated to begin with, which plays a huge role in decreasing testosterone levels. Whether you exercise regularly or not, dehydration has a direct impact on the production of cortisol. Cortisol is a hormone produced by the body when it is under stress, and as a result, acts as a natural testosterone suppressor.

The researchers found that cortisol levels increased significantly when candidates exercised while dehydrated in both states. <sup>27</sup> The increase in testosterone levels that are normally associated with exercising was greatly suppressed when the participants were dehydrated. So, even if you exercise regularly, it may not be enough to increase testosterone levels if you are constantly dehydrated.

Did you know that failing to properly hydrate first thing in the morning can also flatline both your energy levels and fat burning for the rest of the day?

When you wake up remember your body has been in a dehydrated state for 7-8 hours. Our bodies and 30 trillion cells are made up of 70% water. In order to function efficiently, every single cell needs rehydration to carry out energy boosting, health enhancing metabolic functions.

So in order to utilize and assimilate the nutrients that we are providing our bodies we have to HYDRATE!

First thing in the morning, you can kickstart your metabolism and energy levels by drinking 32 ounces of water. That's about 3 glasses of water.

Try and ensure this hydration comes from pure water only.

You should be aiming to drink at least 8 glasses of water each day, and more than that on workout days.

You can easily require another 2-3 cups of fluid on workout days to replenish what you sweat out.

**Avoid alcohol. As much as you may love going out for a night with your buddies and throwing back a few beers, it's seriously hindering your testosterone release.**

Studies show that alcohol lowers testosterone in a dose-dependent manner. [28](#)

## Micronutrients

Finally, you also want to consider micronutrients well.

While it's easy to put all the emphasis on macronutrients since they are the ones that dictate your calorie intake, micronutrients can have a significant influence on your testosterone production.

Here are the main ones to know about.

### Zinc

Found in foods like beef, shellfish, chicken, and spinach, zinc is critical to optimal testosterone production. One of the most commonly seen characteristics of men who are suffering from low testosterone levels is zinc deficiency, so you'll want to do whatever you can to clear this up.

One study researched the effects of a magnesium and zinc supplement. [29](#) It found that men who received 30 milligrams of zinc per day showed increased levels of free testosterone in their bodies.

This said, don't overdose on zinc as too much can interfere with your ability to absorb other minerals, which are also important as well. For best results, 40 mg per day should be your target.

## Vitamin D

The sunshine vitamin, Vitamin D, is also critical for optimal testosterone development. When you are low in this, your body may not make as much as it should and your fitness and testosterone optimization plan will go down the drain.

Vitamin D also helps promote stronger bones, so that's another reason to ensure that it's part of your day. While the best way to get more vitamin D is to spend time in direct sunlight, for most men this is not advisable as it can increase your risk for cancer.

The results of a 2011 study on the effectiveness of Vitamin D supplementation on testosterone levels in men showed that Vitamin D will increase T-Levels.

Instead, try focusing on Vitamin D supplementation. It's only found in a few foods – salmon, mushrooms, and bananas, therefore supplementation is often the easiest route.

Aim for 4000 IU's per day.

## Magnesium

Magnesium is another mineral to pay attention to. It often gets left out of the picture because it doesn't seem to have any glamorous effects on the body but it is necessary for optimal muscle development as well as reproductive function.

Those who don't consume sufficient amounts of magnesium are more at risk for declining testosterone levels as well as poor energy and recovery as well.

One in-vitro study found that magnesium frees bound testosterone and makes it more bio-active. <sup>30</sup> This happens because the mineral inhibits SHBG (sex hormone binding globulin), which is a molecule that binds to free testosterone, making it unavailable for the receptor.

Magnesium is found most concentrated in almonds, spinach, kale, and bananas, so put these foods as a primary focus in your diet. You should aim to consume 420 mg per day.

## Selenium

Finally, the last mineral to make sure that you are consuming is selenium, which is found in the soil. It's part of the metabolic process and is also involved in ensuring that your testosterone levels are where they need to be.

Having optimal selenium levels are linked to proper glutathione levels, which is then linked to higher testosterone.

Research studies on selenium for testosterone boosting show that selenium has demonstrated an ability to increase testosterone levels in men over the age of 30, the age in which testosterone levels begin to decline. [31](#)

The best sources of selenium include brazil nuts and turkey, however if you are not in the habit of eating these regularly, you may want to consider supplementation instead.

So there you have the main minerals to focus on to help boost testosterone release. These will all play a role in keeping your hormones where they need to be.

Now that you have this information in place, let's look at what a sample daily meal plan would look like.

## Sample 1 Day of Testosterone Boosting Eating

### Upon Waking Up

Drink 32 ounces of clean, filtered water to rehydrate your body for maximum energy and fat loss throughout the day.

### Breakfast

This is a balanced meal of carbs, healthy fat and protein. This breakfast will help to kickstart fat loss hormones and stabilize blood sugar.

## Simple Oatmeal Bowl

2/3 cup raw oats

1/2 cup unsweetened low-fat almond milk

2 tbsp. natural peanut butter

1 tbsp. raisins

1 sliced small banana

1 scoop vanilla LeanPro30 Grass Fed whey protein powder

Mix the almond milk with the whey protein powder. Pour over top of oats. Stir in peanut butter and then mix in raisins and banana slices. Serve immediately.

*Nutritional information: 700 calories, 75 grams of carbs, 30 grams of protein, 25 grams of fat*

## Lunch

This is a balanced meal of good carbs, protein and healthy fats. Lunch is the perfect time to eat healthy carbs to keep energy high and metabolism revving.

### 4 oz Grilled Chicken Sandwich

2 slices of Ezekiel bread

3 oz sliced chicken breast meat

1/2 avocado, sliced

spinach, arugula, kale, tomato

1/2 oz full-fat cheddar cheese

1 apple

*Nutritional information: 600 calories, 75 grams of carbs, 30 grams of protein, 25 grams of fat*

## Post-Workout (Only Workout Days)

It's important that right after a workout you digest a protein shake with carbs (fruits) to help replenish glucagon stores that have diminished during the workout so your body continues to

burn calories and the protein feeds muscle growth, while staving off fat storage.

### Post Workout Smoothie

1 scoop whey protein powder

1 banana

1 cup orange juice

1 cup frozen strawb erries

Place all ingredients in a blender and pulse blend until desired consistency is reached. Add ice if preferred.

*Nutritional information: 300 calories, 75 grams of carbs, 25 grams of protein, 4 grams of fat*

## Dinner

Dinner is a healthy balanced meal of high carbs, lean protein and vegetables.

### Sesame Salmon

4 oz grilled salmon

200 grams sweet potatoes, baked in ½ tsp. olive oil, salt and pepper

1 cup steamed broccoli

*Nutritional information: 600 calories, 50 grams of carbs, 25 grams of protein, 21 grams of fat*

**\*Note that you should avoid eating after dinner as this will help to produce a naturally higher level of growth hormone release during the overnight period.**

## Conclusion

Follow these steps with your nutrition program and you will be well on your way to seeing remarkable increases in your natural testosterone release.

## Funk's Get It Done Tips:

**Before we go to the next pillar, I ask you to do just three things:**

- 1. Write down your favourite starchy complex carb, lean protein, healthy fat and fruit/vegetable that you can eat all the time on a weekly basis.** This is the basis of ensuring that you stay consistent with your nutrition.
- 2. Join the Over 40 Alpha Program at [www.over40alpha.com](http://www.over40alpha.com).** If you haven't already, please access your 30-day TRIAL in my workout, nutrition, recovery and fitness program specifically designed for men over the age of 40, 50 and 60 to lose weight, burn belly fat, improve energy, boost testosterone and get into the best shape of your life at [www.over40alpha.com](http://www.over40alpha.com).
- 3. Share this book with a friend.** Here's the link for your friend to get their copy of my book for free at [www.over40alpha.com/free-book](http://www.over40alpha.com/free-book)



# Pillar #4: Workouts and Workout Plan

The final pillar of the Over 40 Shred program is your workouts.

We all know that exercise is a key part in getting lean and staying healthy, but when we reach the age of 40, the type of workouts needs to change.

According to a study published in the Journal of Strength and Conditioning Research, strategic resistance training and muscle building with exercise variety are essential for older guys who want gain muscle. [32](#)

The workouts that we used to do when we were in our 20s and 30s are not going to work for us at 40, 50, 60 and 70.

As we get older, metabolism naturally slows, and testosterone levels start to drop. [33](#) We begin to lose muscle mass and our ability to burn off unwanted fat decreases as a result.

The problem is that there is a lot of confusing information and conflicting advice everywhere so it's no wonder that you find yourself frustrated.

What many people don't realize is that some of the plans out there can actually be quite harmful for you to use. They often prescribe exercises that may put your shoulders, knees, and even back in unsafe positions, which lead to injuries that take *forever* to recover from and workout plans that strain your body.

Instead of seeing the results you were hoping for, you wind up feeling exhausted.

Before we get to the type of workouts that you should be doing let's talk about what is changing for us as we get older.

- **Metabolism slows down.** [34](#)

First, as you may have noticed, your metabolism is starting to slow down. As this takes place, you're going to notice that if you continue to eat the same amount and type of foods that you ate previously, you gain weight much easier. This is the number one reason why people put on weight with age.

Note however, there's not some magical effect taking place that's causing your metabolic rate to drop.

Instead, it's mostly a matter of you losing lean muscle mass tissue. If you do something to preserve your lean muscle mass tissue, like the strength training we are about to outline, you can avoid this metabolic slowdown from occurring.

This issue is largely preventable.

- **Belly Fat Increases**

The next change you may notice is that you start to experience an increase in belly fat.

An epidemiological study of community dwelling men aged between 24 and 85 years has confirmed that total and free testosterone levels are inversely correlated with waist circumference and that testosterone levels are specifically related to this measure of central obesity rather than general obesity. <sup>35</sup>

This can also happen for a variety of reasons.

The first reason is the obvious – your metabolism is slowing down as noted above, therefore, you are more likely to put on additional weight.

Second, you may notice that your insulin sensitivity is decreasing.

This is also normal as we become less active as we get older. Fortunately, it's also something that can be dealt with.

Finally, the last reason you may notice that you are seeing an increase in belly fat is because your stress hormone, cortisol, is on the rise.

As you get older, you may find that you have more things that lead to worry – your kids growing older, a more stressful

career, financial stressors, and so forth.

This causes a higher release of cortisol, which then leads to an increase in belly fat.

- **Muscle Decreases**

As noted above, another common change is a decrease in lean muscle mass tissue.

This is both due to a lack of use of those target muscles along with the fact that you may no longer be eating sufficient protein to maintain lean muscle mass tissue.

Reductions in free testosterone can correlate with age-related declines in fat free mass (muscle mass) and muscle strength. [36](#) , [37](#)

As you get older, it's not abnormal to see your appetite start to curb and this can lead to decreased food intake overall.

Many people think that the loss of lean muscle mass doesn't happen until you reach your 60s or 70s, but it can happen much earlier, beginning in your 40s.

Unless you take steps to prevent it, there's a very high probability you'll see it starting to occur.

In fact, researchers have noted that people who are inactive can lose as much as 3-5% of their muscle mass each decade after the age of 30. [38](#)

This may still not seem like much, but considering that the average adult has around 35% of their total body mass as lean muscle mass, the 150-pound adult therefore has 52.5 pounds of muscle overall.

Losing 5% of this per year is 2 ½ pounds. In a decade, that's 25 pounds of lean muscle gone from your frame.

Your body will look *significantly different* 25 pounds lighter and you'll also note that you feel much weaker as well.

Your mission as someone who is approaching the age of 40 and beyond is to perform workouts that not only help strengthen your muscles to reverse lean muscle mass loss, but

also help to burn calories while you are working out, as well as after you are finished.

This will give you the best defense against unwanted weight gain.

Before we get into details about what you *should* be doing, let's first go over what you *shouldn't* be doing.

## Workout Mistakes to Avoid After 40

In order to make maximum progress, there are a few specific things that you must be avoiding at all costs. If you do these, it will sacrifice the results you see and you'll be hard pressed to see testosterone enhancement taking place.

### Long Cardio Workouts

If your idea of a good workout is hopping on the treadmill and jogging for an hour, you might want to rethink this.

Long, moderate intensity cardio training will really do a number on your cortisol level, sending it soaring.

A 2011 published study shows that regular exercise increases the stress hormone cortisol, which is associated with heart disease, cancer and visceral belly fat (the most DEADLY kind of body fat). [39](#)

Cortisol is the stress hormone associated with the breakdown of lean muscle mass, not to mention suppressed testosterone and the accumulation of body fat, so it's clearly something that you want to avoid at all costs.

Long cardio workout sessions also increase cravings and hunger.

A 2012 published study shows that people over 40 who regularly exercise end up eating 100 calories MORE than they just burned off, making it nearly *impossible* to keep your body in a fat-burning calorie deficit. [40](#)

One 2009 study shows that people seemed to increase their food intake after exercise — either because they thought they

burned off a lot of calories or because they were hungrier. [41](#) The same review mentioned earlier from 2012 found people generally overestimated how much energy exercise burned and ate more when they worked out.

Another drawback to this type of session is that it really doesn't burn THAT many calories, especially considering your total time invested.

You'd have to exercise for nearly an hour to see any sort of remarkable calorie burn, so it's simply not an ideal way to reach your target weight.

Finally, long bouts of cardio ages your body faster and makes you old. [42](#)

A 2010 published study shows that regular exercise will FLOOD your body FULL of free radicals, the molecules that attack your cells, causing rapid aging inside your body, damaging your skin—*eventually making you look years older than you should.* [43](#)

## Bodybuilding-type Split Routines

The next thing that you'll want to avoid is the classic bodybuilding type of split routines. These routines are not ideal for you no matter what your goals happen to be.

The only people they may be good for are men in their 20s and 30s who have already built up an appreciable amount of lean muscle mass and are already at lower body fat levels simply looking to fine tune their physique.

If that's you, by all means, have at it, but 99.9% of people reading this right now do not fall into that category.

### **The problem with these split routines is two-fold.**

First, they do not stimulate the muscles often enough to see great gains in either strength or muscle size. If you are only working your chest once per week instead of say three times per week, for example, this is going to hinder its overall development.

There are smaller increases in growth hormone and testosterone production. The increase in hormone production is strongly dependent on the amount of muscle mass that is active during training.

Since split training targets a few muscle groups each training, the hormonal response from training is smaller.

Recent studies have shown that this hormonal response is not a requirement of muscle growth. <sup>44</sup> However, it is likely that growth hormone production has other beneficial effects, such as stimulating fat metabolism.

This leads us to the second issue

The second issue is that you don't get nearly the same post workout calorie burn from these types of workouts because, for the most part, they just aren't that intense.

Think about it, how many calories are you really going to burn doing bicep curls and triceps extensions?

Hardly any at all.

But yet, that's what these routines often have you doing for a full day each week.

Instead, you are better off performing workouts that have you targeting as many muscle groups at once, ensuring that you get the most energy expenditure for the amount of time that you put in.

A study shows that training each muscle three times a week will provide additional muscle building and fat burning benefits. <sup>45</sup>

On top of the lack of frequency in hitting each muscle, these split type of routines can actually lead to overtraining because with each single muscle workout you do, you may overwork that muscle, making it challenging to make progress.

For instance, if you do a full body routine three days per week, you might perform 4 sets of chest work total each day for a total of 12 sets per week. For each workout, you go into those four sets feeling fresh.

If you are doing a body part split, you might have a designated chest day where you perform 12 sets in that single day.

By the time you are at set 6 or 7, chances are, you are already pretty fatigued and won't be able to put in maximum effort or see optimal progress. This can greatly cut into the results that you would otherwise be seeing.

## CrossFit

CrossFit has become extremely popular over the years but it is not for everyone. If you are a man over 40 who is looking to boost their testosterone levels, it is not for you.

While everywhere you turn it may seem like CrossFit is being promoted, there are problems associated with it.

First, many of the CrossFit exercises that you see being performed are going to place great strain on the body.

Box jumps, handstand press-ups, and Olympic lifts repeated (often) day after day after day will really strain your joints, muscles, and ligaments as well as your central nervous system.

A recent study found that the “injury rates with CrossFit training are similar to that reported in the literature for sports such as Olympic weight-lifting, power-lifting and gymnastics.” [46](#)

These sports are not set out for men in their 40s, 50s and 60s.

This can set you up for devastating injuries, which can take weeks, if not *months* to heal. If there is one thing you can be certain of, it's that you won't make any progress while you are suffering from an injury.

For guys over 40 most CrossFit programs are also far too high volume for you to recovery from effectively, lead to too many injuries, and may not include all the optimal exercises that you should be doing in your workout program.

In fact, according to last year's *National Injury Surveillance Database*, nearly 300,000 men in the U.S. were rushed to an emergency room from a weight-lifting related incident. <sup>47</sup>

## Crunches

Of all the things that you should stop doing, crunches may very well top the list.

Crunches, while they will work the core, do very little for fat burning, so are not going to help you get 'six pack abs' like you may think they will.

Did you know that according to Men's Health Magazine you would have to perform 22,000 crunches just to burn 1 pound of fat?

The traditional crunch, a partial curl-up with unanchored feet, was found to be ineffective, while putting stresses on the spine and neck, based on a 2001 study by researchers from San Diego State University's Biomechanics Lab that used electromyography. <sup>48</sup>

And on top of that, they're not even *that* great for strengthening the core in the first place. You'll get far more core strengthening benefits doing a set of heavy squats than you ever would doing crunches on an exercise ball.

Crunches also produce very little post workout calorie burn, so here again, they are not optimal for improving total body fat loss.

So there you have the main things that you'll want to *avoid* if you are going to see a good rate of progress with your goals.

***So what should you do instead?***

## The Right Workout Approach To Reaching Your Fitness Goals

If you really want to see optimal results, you need a totally different approach. First, you *must* make sure that your



nutrition is in proper alignment.

Note that there is simply no way around this one. If you aren't eating right, you aren't going to lose fat and boosting testosterone is not going to be happening.

You also need to start prioritizing rest.

Overtraining becomes far easier as you get older because you just don't recover as you used to. It's easy to get caught up in the thinking pattern that the more you do, the faster your results will be, and keep on progressing like this.

Each week you hit the gym, you do more. Then more. Then more. Soon, you're doing such a high-volume program, you're completely over-trained.

There are other ways to keep challenging your body than continually adding more and more volume, and that is part of what this is all about.

Remember that if you aren't resting, you aren't making progress.

When you exercise, you actually break your body down, growing weaker and weaker over time. When you rest, that's when you build your body back up so that it's stronger than it was before. Therefore, to see optimal progress, rest is absolutely key.

Whenever you approach your program, you also need to ensure that you are doing a proper warm-up and cool-down.

For men over 40, this is mandatory. Do not leave this out, thinking you'll save time, especially the warm-up.

A 2016 study in *Biology of Sport* found that a warm-up enhances anaerobic performance through increasing muscle temperature and concomitantly enhancing muscular power. <sup>49</sup> A 5-minute aerobic warm-up is a sufficient duration for the improvement of muscular power, essentially when the anaerobic exercise performance is applied immediately after the warm-up.

Those who skip their warm-up are essentially inviting injuries to take place. When you start loading the body with

weight and the tendons, ligaments, and joints are cold, it increases your risk of a stress fracture or tear.

All you really need for an effective warm-up is a simple five-minute jump rope session or using a piece of cardio equipment to get your heart rate up and blood flowing.

After that, you'll want to do one or two light sets on the first few exercises you perform and then you're done. It can be that easy.

You'll be surprised at what a proper warm-up can do.

You'll be able to lift heavier and with greater drive than when you didn't warm-up and you'll have better mind-muscle connection, which then leads to superior results. It's definitely not time wasted.

Likewise, a good cool-down is also imperative to success. With a good cool-down, you can remove built-up lactic acid from the body and help to down-regulate your heart rate.

This will help ensure that you feel well after your workout session, rather than like you may just pass out.

This doesn't have to be a long process either. Just 5-10 minutes of light stretching, holding each stretch for 20-30 seconds will be sufficient. Or, if you prefer, a yoga flow is also a great way to cool-down.

**So now that you know the right way to approach your workouts, let's talk a little bit about why you should be doing the workouts that we've designed in this book – metabolic workouts as they're called.**

Let me go over the benefits that metabolic workouts have to offer so you can see why they will help you take your progress to the next level. This is the first type of workout that you'll use in this program.

## 5 Reasons to Use Metabolic Workouts

What makes metabolic workouts so amazingly awesome?

Research shows that metabolic workouts can help your body build and preserve muscle mass as you age. [50](#)

Research shows that metabolic training can burn up to 190 calories over 14 hours after exercise. [51](#)

Let me share with you five very good reasons why I personally believe *everyone* who is serious about their health and fitness must give these a try.

## #1: Accelerated Fat Burning During and After the Session

Everyone wants fat loss in today's world, or so it may seem. There's really no better way to burn fat than to turn to metabolic workouts.

When you use these short circuits, you will burn MORE belly fat than an entire HOUR of traditional exercise. [52](#)

The really nice thing about these sessions is that they not only burn fat while you are doing them, since the intensity is so high (so you're burning more minute by minute!), but they continue to burn fat faster for hours after the session is over thanks to the EPOC effect.

This stands for excess post exercise oxygen consumption and refers to the increased energy utilization your body has after you perform intense training sessions. It's basically giving you a means to burn fat faster *all day long*.

Who isn't up for that?

In one study, researchers noted that those who do metabolic style workouts burn 25%-30% more total calories than other forms of exercise. [53](#) If you've ever wanted to burn fat while you sleep, this is how you do it.

## #2: Boost Testosterone and Build Muscle by 97%

The second reason you must do metabolic training is to help elevate natural testosterone release.

A 2012 study showed that when a group of men performed metabolic workouts they increased their testosterone levels much higher than the group that performed a 45-minute cardio run at a moderate intensity. [54](#)

Another study showed that the higher intensity group increased T-levels by 97% as opposed to steady cardio group. [55](#)

A slight increase in their testosterone levels over what's normal is a great way to not only see accelerated rates of lean muscle mass development, but also increased rates of fat loss as well.

Not to mention, your performance might just improve. Those who have more testosterone tend to be stronger and more powerful as well.

Along with boosting testosterone, those who do metabolic style training also generally see a rise in growth hormone as well, which is another important hormone that is involved in burning fat and looking as young and healthy as possible.

These are two hormones that typically decrease with age, so doing everything you can do to optimize them is important.

### #3: Builds Muscle Faster

In addition to boosting your testosterone levels to help assist with building lean muscle mass tissue, these workouts also build muscle faster thanks to the type of exercises they utilize.

Because of the work-rest ratios of metabolic workouts this allows for you to gradually increase volume. The key to building muscle is more volume, not more weight. [56](#)

When doing metabolic training, you'll primarily be relying on intense, compound exercises.

Squats, deadlifts, push-ups, clean and press – these are all movements that may be called for during this style of training.

These are the exercises that utilize many muscle fibers at once, which then means more force development and a greater overall level of strength progression.

As you get stronger, you'll also notice that you are getting larger muscles as well. It really is a win-win scenario for boosting your performance.

## #4: Increased Cardio Fitness

Ever been plodding along on the treadmill only to find yourself counting down the minutes? If it feels like that workout is never going to end, you have yourself a case of the cardio boredom.

The great news is that metabolic training is just as effective, if not more effective, than any type of treadmill or elliptical workout you could ever do. <sup>57</sup> And , it's a lot more interesting as well.

Metabolic training works on all levels of fitness, boosting your strength development and your power, as well as your cardiovascular endurance and peak output, according to research published in the International Journal of Sports Nutrition and Exercise Metabolism. <sup>58</sup>

Basically, it makes you an all-around better athlete. These sessions are constantly changing so they'll be over before you know it – no boredom included.

## #5: Shorter Workout Sessions

Finally, the last big benefit to metabolic style training is that the workouts are very short and sweet. You're looking at sessions that don't last much longer than 20 minutes at a time, so these are very easy to fit into just about any daily schedule.

Short metabolic workouts under 20 minutes burn more fat than an entire hour of traditional exercise and your metabolic rate will increase for over 39 hours straight.

In a world where we just don't get enough hours in the day, most of us are fast to find excuses for skipping the gym. With metabolic training, you can do away with the excuses.

Not only are these workouts a lot shorter, but they are a lot more effective as well.

So you can accomplish far more in less time. That makes these perfect for anyone with a busy schedule or who is also devoting time to other athletic pursuits as well.

So as you can see, metabolic training is not a form of training to miss out on. It's definitely not a low-effort workout. These are going to be very demanding. But with that demanding nature comes results that you won't be able to turn away from. Try it once and I promise that you'll be hooked for good.

## Over 40 Shred Total Body Density Workouts

The second type of workout used during this program focuses on building muscle while burning calories using density-training protocol.

Density Training or high volume training is essentially, as the name suggests, doing a high amount of work per session.

Density workouts are super effective for helping to increase the amount of muscle building hormones as a result of the workout.

While you may have normally gone into the gym and performed 3 sets of 10 reps for bench press for example, when shifting over to a high volume program, that may now become 5 sets of 10 reps for that same exercise.

You've just increased the amount of work you've done and as such, should see superior results because of it (provided it doesn't push you to overtrain, that is).

Now with density training, it's not just about doing that higher volume of work, but doing that higher volume of work *in a specific time frame*.

Basically, you are making your training session denser. Rather than spreading out that extra volume, literally taking almost twice as long to complete the session overall, you are now packing the volume in, so to speak, doing more work in

the same amount of time, or depending on your preference, the same amount of work in less time.

Now that you know more about what this training is, let's talk benefits.

## 8 Benefits Of Density Training

### #1: Strong Hormonal Response (increase testosterone and growth hormone)

These types of workouts are going to be great for improving your overall hormonal profile, increasing both hormones that are key for building lean muscle mass as a man.

Testosterone and growth hormone naturally decrease with age, so doing everything you can to elevate them is a game-changer.

### #2: Improved Muscular Strength

Don't let yourself think these workouts will be easy! Just because they are easier on your joints than, say, that Crossfit workout you did previously, this does not mean that they are going to be easy on the body. You can still see excellent strength progress doing these sessions.

### #3: Improved Cardiovascular Conditioning

Because these sessions have you moving from one workout to the next quickly with little to no rest, this means you get a cardio *and* strength workout in one. No more do you have to jump onto that treadmill, bike, or elliptical.

Instead, you can power through these sessions and know that you are doing something good for your heart as well as boosting your calorie burn for the day.

### #4: Accelerated Fat Burning

Which brings us to our next point, accelerated rates of fat burning. These sessions will not only get you burning calories

quickly *while* you are doing them, but you'll also burn calories faster for hours after the session is over as well.

This serves as a double whammy for fat loss. It is the most effective way to train if you want to lose body fat.

## #5: Improved Strength Endurance

Again, because of the reduced rest periods associated with these sessions, you'll also notice that your strength endurance is increasing. This means that you'll be able to keep exercising using a heavier weight for a longer period of time.

That not only means superior rates of muscle building, but it also means that you will perform better in all the other activities you do in life. It is a very functional way to train.

## #6: Improved Bone Strength

Any type of weight bearing exercise is going to be great for boosting bone strength. These workouts not only increase bone strength but are also safer for the joints.

This way, you get stronger without the risk.

## #7: Reduced Stress / Enhanced Mood

If you are ever feeling stressed out, just do one of these workouts and I can nearly guarantee you'll be feeling better in minutes. Because of the intensity of these sessions, you'll release feel-good endorphins in the body, which will combat stress, relax your mind and boost your mood.

This is in part why these sessions become so addicting.

## #8: Short Time Commitment

Finally, as we are all short on time, these workouts accommodate. No longer will you be spending hours in the gym. Now you can be in and out in minutes, which is great for any man with a busy life to lead.

This also makes sticking with the workout that much easier, which in turn will lead to better results.



So as you can see, there are a great many reasons to get these workouts in. It's a style of training you don't want to miss out on.

## Over 40 Shred 1-Week Program Workouts

Welcome to the Over 40 Shred Kickstart workouts!

This 1-week program comes with 3 main workouts and 1 supplementary abs and core circuit. Each workout comes with a short demo video and follow-along workout video so that you can train with the Funkster.

The workouts are broken down into a bodyweight-only cardio shred, total body density workout (using dumbbells), and a metabolic HIIT shred.

The workouts combine bodyweight and dumbbells so you will need to have access to dumbbells.

Make sure that you warm up and stretch after each workout.

## Schedule

This is a sample 1-week workout schedule. The goal is to train one day and rest the day after throughout the week, with the option to work your abs on the weekend.

This is an ideal schedule below:

Monday – Bodyweight Cardio Shred Workout

Tuesday – REST

Wednesday – Total Body Density Shred

Thursday – REST

Friday – Metabolic HIIT Shred

Saturday – 4 Minute Abs Shredder

Sunday - REST

## Monday – Workout #1

### **Bodyweight Cardio Shred Workout**

The first workout is a bodyweight cardio circuit that also focuses on bodyweight strength endurance.

We are using bodyweight-only exercises and metabolic training protocol to ensure that we burn calories during and after the workout while we build some baseline strength and muscle.

*Perform each exercise for 30 seconds of work followed by 30 seconds rest.*

*Complete 2 total rounds, rest for one minute in between.*

1. Jumping Jacks
2. Wide Grip Push Ups
3. Forward Lunges
4. Abs Bicycles
5. Burpees
6. Plank
7. Squats
8. Mountain Climbers

## Wednesday – Workout #2

### **Total Body Density Shred Workout**

This is a total body workout using dumbbells to help you build muscle and burn calories at the same time.

*Perform 8 reps of each exercise one after the other with no rest.*

*After you complete all 5 exercises, rest for 1 minute and repeat for 3 rounds.*

1. DB Chest Floor Press
2. DB Goblet Squats

3. DB Shoulder Press
4. DB Reverse Lunge
5. DB Biceps Curls
6. DB Bent Over Row

## Friday – Workout #3

### **Metabolic HIIT Shred Workout**

This is a high intensity interval training circuit that combines weight training (dumbbells) and bodyweight exercises.

*Perform each exercise for 45 seconds of work followed by 15 seconds rest.*

*Rest for 2 minutes and repeat for 2 total rounds.*

1. DB Swings
2. Sprints
3. DB Row Push Ups
4. Skater hops
5. Clean and Press
6. Burpees
7. DB Squats
8. Side Plank Rotations

## Saturday – Workout #4

### **4-Minute Abs and Core Shredder Workout**

Perform each exercise for 20 seconds of work followed by 10 seconds rest, one after the other, for 2 rounds in a row. Total workout = 4 minutes.

1. Lying Hip Raises
2. Flutter Kicks

3. Russian Twists

4. Abs In and Outs

# Conclusion

So there you have the facts on how to exercise if you want to see optimal results from your training regime.

It's far too easy to let yourself just follow some muscle magazine workout program, or one you found online, but doing so is not going to deliver the benefits that you are looking for.

These will, and they are proven to be much safer for your body at this point in your life.

## Funk's Get It Done Tips:

**I ask you to do just three things:**

1. **Plan to do one of the main workouts tomorrow and Get it Done!**
2. **Join the Over 40 Alpha Program at [www.over40alpha.com](http://www.over40alpha.com).** If you haven't already, please access your 30-day TRIAL in my workout, nutrition, recovery and fitness program specifically designed for men over the age of 40, 50 and 60 to lose weight, burn belly fat, improve energy, boost testosterone and get into the best shape of your life at [www.over40alpha.com](http://www.over40alpha.com).
3. **Share this book with a friend.** Here's the link for your friend to get their copy of my book for free at [www.over40alpha.com/free-book](http://www.over40alpha.com/free-book)

## TAKE THE NEXT STEP!

Claim your 30-day trial in the Over 40 Alpha workout and nutrition program for

men over 40, 50 and 60 at  
[www.over40alpha.com](http://www.over40alpha.com)

I want to help and coach you along your journey to a complete body and health transformation over the age of 40 with a program specifically designed for your age.

Led by Funk Roberts, the Alpha Fitness Program and Brotherhood is a health program for men over 40, 50 and 60 to get into the best shape through workouts, nutrition, recovery, mindset, weekly coaching and community support.

The program is designed to help you lose 7-20 pounds in the first 30 days, while burning belly fat, boosting your energy, building lean muscle and naturally increasing your testosterone levels. Join thousands and thousands of men like you and get into the best shape of your life in the fastest, safest and easiest way possible.

Be sure to claim your 30-day trial inside the Over 40 Alpha Fitness Program and Brotherhood.

**JOIN US AND BECOME AN OVER 40  
ALPHA TODAY!**

**[WWW.OVER40ALPHA.COM](http://www.over40alpha.com)**

# REAL MEN getting REAL RESULTS

*“I’ve been in the program over a year, I lost 35lbs in 5 months and have also been able to add lean muscle. I am physically and mentally as fit as I have ever been.”*

~ Jonathan Tarry, 44, lifetime member

*“Great supportive group for men. I’ve lost 18 lbs and my body fat has gone from 27% down to 19%, gained some muscle. All you need is 30 minutes and you can do this at home.”*

~ Chris Vieke, 54

*“I had worked out for years but could never get my weight down and diet right. I did the Funk Roberts program and I lost 11 pounds within 30 days. He trained me on how to eat and my body has toned up like never before.”*

~ Michael King, 61

*“I started the nutrition program and lost 37 lbs before using the workouts, then lost a total of 59 lbs in 4½ months. Love this saying “You can’t out train a bad diet.” It’s so true and this program works.”*

~ Brent Ducommun, 45

*“Had been an avid gym rat / weightlifter forever but could not drop weight anymore. Found Funk on Facebook and made a commitment to change things up for a month and try the 30-day challenge. I had terrific results and then jumped right into the Over 40 Shred Brotherhood. It’s the best thing I have ever done for my health and well-being. I am now in Phase 5 of the Over 40 Shred Brotherhood, down 40 pounds and feeling like a rockstar. Thank you, Coach, from the bottom of my heart!”*

~ Larry Martin, age 48

*“This program has helped me tremendously. I have been dealing with being overweight for about 8 years, and now I’m starting to see results. It’s hard work but you have to Get It Done and you will see the results !!! I’ve learned about nutrition and I’ve lost over 18lbs and transformed the fat into muscle. I was very close to giving up but Funk Roberts and the brotherhood helped me to stay motivated. Funk please continue to reach out to all the men/women that need and want to have a healthier life. Thanks for everything!”*

~ Keith J., 48

*“The Over 40 Shred Program changed my life. I lost 35 lbs in 4 months and now have a new body! Best program ever!!”*

~ Vinnie Rappa, 50

*“I’ve been with Over 40 Shred for close to 2 years. I’ve lost close to 60 pounds and never been fitter.”*

~ Eric Salomon

*“I have been in this program since June 11, 2019 and in just one year I lost 35lbs. From 255lbs to 220lbs and counting and am still amazed with this program. Not only am I losing weight but am also getting stronger physically as well as mentally.”*

~ Rondon Adams, 40

*“From 186lbs to 169lbs in 3 months, not through fad diets but a change in lifestyle, through encouragement, motivation, bound together by Funk, Mindset, Recovery, Nutrition & Exercise. 1% better every day, 365% in a year.”*

~ Dave Lang, 55

*“After leaving the military with old injuries and needing major neck surgery, Funk has helped me lose 30lb already and I’m only Phase 2! This once tired old soldier is well on his way back to his prime and beyond!”*

~ Jamie Rowland 47, Manchester UK.

*“The program asks to believe, I did and it worked. Two months which included the 30 Day Challenge, took 10lbs off, tightened*



*the belly, improved mental clarity and set the foundation for a healthy manageable lifestyle that focuses on optimum health. If you are not in, you are in the way. Get it done!”*

~ Ed Poletto, 60

*“I was in the original over 40 Shred Beta, lost 10 lbs initially and now I look strong and lean. The program is fun and easy to follow. Just need to put in the work.”*

~ Allen Morganti 48

*“I started the carb cycling program along with a few of the workout programs that I saw from Funk and I went from 197lbs to 180lbs looking and feeling fit and ripped. Staying fine at 50!”*

~ Steven Hysaw, 50

*“I lost 20 lbs and dropped body fat by 10%. As a bonus, I also sleep better since starting the program.”*

~ Frank Mosblech, 65

*“I’ve been with this program for six months. I am in phase 4, I’ve lost 15 pounds and my body percent has gone down from 18% to 15%. Best program out there if you want results get into the program.”*

~ Chris McGill, 48

*“The Over 40 Shred program changed my life. I’ve lost over 25 pounds in 45 days and canceled my gym membership.”*

~ Claiborne Jackson, 47

*“Everything that Funk said would happen if I followed the program happened. I went from an unfit divorcee with little direction to somebody with reasons to improve and a real purpose. I am definitely in a much better place in all areas of my life now.”*

~ Lee Humphreys, 51

*“I have lost 7lbs and now weigh 147lbs, the lightest in my adult life. I have learned to eat properly, to stretch properly*

*including doing yoga, to meditate and work out using exercises I never knew existed. Above all, I am part of a group, The Brotherhood, who help and support each other.”*

~ Paul Ebrey, 47

*“I’ve been in the program since sept 2019. I have gone from a couch potato to a spring chicken. Whoever thought eating healthy would be so delicious and the workouts so addictive? It’s just awesome!”*

~ Robbie Hetherington, 56

*“I am a level 2 fitness instructor with certs in Kettlebell training and TRX Suspension training. I also have a diploma in sports nutrition but Funks training, nutrition, recovery, mindset has taken things for me to a different level. This program works in all aspects.”*

~ Robert Mathieson, 54

*“In a month I’ve lost 8lbs and feel great. Funk really feels like my personal trainer, plus he’s funny and makes me laugh and motivates me when I work out.”*

~ Brian Curl, 51

*“Coming up on a year in the program and I’ve lost weight, body fat, gained muscle and strength. Everything you need is right here, and my fellow brothers keep me going each, and every, day!”*

~ Matt James, 55

*“This program is a Godsend. After losing 10 pounds, not only did I cancel my gym membership, but my wife was so impressed with my results that she joined the women of strength!”*

~ Geoff Darrett, 42

*“I found this program in the middle of the COVID-19 outbreak and literally change my life. In 3 months I lost 15 lbs, I’m filled with more energy, I’m more accountable with myself and I felt more healthy in these precise moments.”*

~ Gerardo E Alvarez M, 47

*“I had a car accident that left me injured and jobless. I was overweight, losing motivation, and eating terribly. Found Funk Roberts Over40Shred workouts, lost 20 pounds in 60 days, and changed my diet, energy, and outlook. Thank you brother!”*

~ Ron Jenkins, 43

*“Funk, your program has changed my life. I was spending hours in the gym with no results but with your program I have lost weight, gotten stronger and feel better. Thank you Funk. You are the man.”*

~ Mark Rondinelli

*“I started with the 30-day challenge in February 2019 and lost 18 pounds. On phase 16 now and still amazed at how my body has transformed over the last 16 months. From a beer belly to six-pack abs. Awesome program.”*

~ Ryan Carrington, 44

*“As a former professional athlete, accustomed to extreme training, Funk’s Over 40 program has helped me to learn a more effective way to train, which is far more efficient and beneficial as I get older! Thanks Funk...”*

~ Marvel Smith, 41

*“I was looking for a low impact way to train and prepare for the new US Army Combat Fitness Test and lose that stubborn fat sticking around. During COVID isolation I found the 30-day Challenge and loved it and continued with the program. In 60 days I went from 194 to 184 and feel stronger with more mobility now.”*

~ Chris Logsdon, 46

*“I have been on Funks journey now for 62 days, lost 5kg and improved my body composition. Funk has helped me to change my eating habits, change my sleeping pattern, and this has been immensely successful for me! What an absolute legend!”*

~ Mohamed Amir Ibrahim, 41

*“2 months in Over 40 Shred. Most important benefit I got it are love what we doing here with losing 2 kg. All exercises are compatible to our age.”*

~ Mohammed Bennis, 44

*“This program works. I have learned some much about the nutritional part, accountability mindset and recovery. Also the exercises are excellent, great for getting lean or building muscle. Facebook brotherhood coaching calls. An overall great program I will recommend to anyone serious about changing their lifestyle.”*

~ Xavier Jackson, 41

*“Started this program with 135 kg. In 3 months i have lost 19.5 kg. This program helped me a lot to improve my health and fitness. I feel a lot better than before, have more energy during the day, i eat better and sleep better. This is something that changes you completely!”*

~ Branko Ilic, 35

*“If you are serious about your health and fitness, then Coach Funk is the Man!*

*I can't list all of the MANY benefits of his program as there are SO many but I can just say one of his tips: “Trust the program 100%!”*

~ Freso Yole, 49

*“I started the program at 110kg. More than the weight loss (16kg), it is the setup of a healthy routine by Funk’s protocol, by food and workouts, that completely lead the changes I experience.”*

~ Philippe Schmitt, 34

*“Funk Roberts over 40 Alpha program, pound-for-pound is the best for men 40 and up. Everything you need under one roof.”*

~ Michael Ellington 46

*“I am a Newbie in the Brotherhood Program, 2 months in (Since April 2020), The biggest takeaway for me is Mental Strength to be able to get up every morning to workout, the cherry is NO GYM NEEDED!”*

~ Paradzai Makosa, 42

*“Belonged to standard gym going nowhere. This program has it all: Coaching, Nutrition, Mindset, Super effective Workouts. Started with the Challenge and seeing my belly fat melt away is AWESOME! I’m going to need new pants HA!*

*You’re never too old to get FIT!*

~ Brian Michaels 61

*“I’ve tried every fitness regime going in my lifetime but this is the real deal. I joined in May 2018. Listen to Funk, stick to the plans and the results are truly amazing. There has never been anything this comprehensive-ever !!”*

~ Alan Little, 64

*“I have struggled the past 7+ years trying to recover and build my strength back from a life changing motorcycle accident that almost left me dead. This program has been a huge miracle for me in getting me back to where I was prior to the accident. I’ve experienced great results and feel amazing! I can’t wait to see myself a year from now. Thanks Funk Roberts!”*

~ Albert Belo, 47

*“I am in phase 4, have lost 10 lbs, and have tremendously leaned out and am packing on muscle. I can visually see my abs now never dreamed that day would come. This program has taught me importance of nutrition and recovery along with amazing workouts. Highly recommended.”*

~ Kurt Harjala, 43

*“I have started this program since April 2020. Lost 2 kilos, 7 cm of waist and moved from XL to L size. Best and very simple nutrition guide. Great bodyweight workouts and with the app you are able to train everywhere. Highly recommended.”*

~ Iván Pavlov, 40

*“When I do these routines I feel like the strongest man. I am so grateful to MR Funk!”*

~ Wilson Cubas, 43

*“Funk and the Brotherhood are what was missing in my fitness journey, they provide that motivation to keep me going.”*

~ Erik Hicks, 29

*“I’m very proud to be part of this brotherhood and call you my brothers. Funk and his wife Angela are doing an excellent job. You guys are amazing, this program helped me to be stronger physically and mentally thank you so much!”*

~ Jim Harley, 28

*“Let me tell you guys something. I have been working out with Funk for a month now and have not even fully committed because of my busy schedule. Still the results I’m getting are so impressive. My body has been going through positive changes that’s already noticed by my wife. Keep up the good work Funk. Love it.”*

~ Kevin Joseph, 51

*“When I’ve always worked out, but my joints would ache after I hit 40. I started using Funks program and the functional workouts along with intermittent fasting guide have me a new outlook on my health.”*

~ Jordan, 42

*“I lost 15kg in a month and a half, I finally learned what and how much to eat and I am never hungry, mooooooore energy, self-confidence up 100%, phenomenal group friendships. Don't miss OVER 40 BROTHERHOOD!!!”*

~ Goran Jovanovic, 39

*“I'd been into fitness most of my life, but over the past few years, life has gotten in the way and my weight and conditioning got out of control. I forgot how to get in shape or even know where to start. Funk's program put it all in place for me, from workouts I could manage, nutrition, even mental focus and mindset, it was a Godsend. I lost 20 pounds in 3 months and I haven't felt this good in years. It's a great program and I'm now a lifetime member.”*

~ Scott, 52

*“Over 40 Shred has significantly enhanced my physical and mental health as well as functional performance. Body fat went from 15 to 10%, greater energy, better sleep, increased strength, and positive outlook on life!”*

~ Joel Labuda, age 68

*“This program has given me clear information, do the follow along workouts and eat carbs, healthy fats and protein. 15lbs lost in 5 weeks, Love it.”*

~ Jon Ford, 38

*“In only 45 days into Funk's Roberts Over 40 Shred program. I lost 10lbs and over 2% body fat. I'm excited to see what the next 10 months will bring!”*

~ Anthony Young, 52

*“I have to admit made me reevaluate how I exercise to get results as a gym goer. Normally same old routine, my body is lovin' the change and the mixing it up!”*

~ Brian Richardson, 51

*“This program is very helpful and meaningful. Basically, it has provided the needed structure, and specific training I need to lose weight, and gain muscle. Funk, we really appreciate the sacrifice you demonstrate day and night.”*

~ Danny, 45

*“Funk’s programs have changed my life. I’ve lost weight and I’m loving life again...”*

~ Leon Stephens, 44

*“I’ve tons more energy and feel great. It’s given me the nutritional education and training know how to train smarter.”*

~ Si Bullock, 44

*“Funk Roberts has been always right here on my corner even though the distance is long. I have achieved high fitness level through nutrition, recovery and versatile workouts. Thanks, Funk!”*

~ Mikko Haarala, 35

*“Over 40 Shred isn’t a Magic Pill but it sure feels like it is. Within a week of starting the program I felt like I regained something I didn’t realize was missing and that was energy that I have felt in about 5 years. I feel that the program and the nutrition associated with it is something I can do from here on out and I am grateful for finding Funk and the Over 40 Shred.”*

~ Kenneth Lewis, 42

*“In 2 months I lost 14 pounds. Amazed how the program is so well-rounded from guidance on having balanced nutrition, to recovery strategies to amazing workouts. This is what makes it a one-of-a-kind program that truly produces the results while focusing on longevity. Thanks, Funk, for creating this life changing experience!*

~ Rajat Bhatia, 41



*“The workouts make me feel alive when my body wants to quit. The podcast offers deep knowledge and science especially for 40+ Men. Can’t get that anywhere. Nutrition plans, supplements and protein powder is the best I’ve used!! I’ve learned soo much!”*

~ Mike Grover, 44

*“The Over 40 Shred turned my life around. A complete game changer, Mindset-Nutrition-Workouts, not just a program but a Brotherhood.”*

~ Rick Hearne, 44

*“Avid crossfitter for over a decade. Paleo for 4 years, Keto for 3 years and Carnivore for over 1 year. Over 40 Shred/Alpha 40 is the best nutrition and workout protocol for men over 40 bar none! No more beating my body up and starving it! I have become a lean mean fighting machine! Thanks, Funk!”*

~ Brent Behringer from Hemet California, 53

*“I started the Program in May of 2020 with 245lbs. Today is Thursday 11 of June. I’m at 234lbs. Thanks Funk!”*

~ Luis Alberto, 43

# About the Author



At 51 years old, Funk Roberts is owner of Funk Roberts Fitness Inc., The Over 40 Alpha Brotherhood, and Funk Supplements Inc.

Funk's dedicated mission is to help over 1 million men in their 40s, 50s, 60s and beyond to regain their manhood, boost testosterone, build their best body and live a healthy, happy, and productive life.

As Funk turned 40 years old, he struggled with having low testosterone, being overweight and having a puffy, pudgy muscle look. After a ton of research, trial and error and putting it into action, Funk has developed a training and lifestyle system for men over the age of 40 who want to get into the best shape of their life.

In 2010, Funk transformed his own body from a puffy 215lbs to 185lbs of lean, ripped muscle and over the past 10 years has been able to naturally maintain his body, health and youthfulness.

Funk is a former Professional Beach and Indoor Volleyball Player turned Certified Personal Trainer, Certified MMA Conditioning Coach (MMACA) NESTA, Certified Master Metabolic Trainer, Nutrition Specialist, Core Conditioning Specialist- NESTA, Kettlebell Training Specialist, TRX Approved, and Certified Fitness Nutrition Coach.

He is also the creator of Over 40 Alpha Membership for Men Over 40, which is a monthly membership website with over 5000 members, dedicated to helping men over 40, 50 and 60 years old excel in, health, fitness, weight loss, business and life through new monthly workouts, programs, nutrition info, exclusive products, motivation, master classes, community and more.

Funk is an Amazon #1 Best Selling Co-Author for “Rapid Body Makeover” and has appeared as a Fitness and Celebrity Expert on ABC, NBC, CBS and FOX TV affiliates. He has created over 100 fitness programs, eBooks, and workout videos and is currently about to release new Follow Along Workout DVD’s.

He has partnered with NESTA (National Exercise and Sports Trainers Association) to create and launch his Metabolic Conditioning Coach Certification Course, which will teach and certify Personal/Bootcamp Trainers and Coaches using HIIT and metabolic training. This course has become the most popular certification in the NESTA Library.

Funk also currently works with UFC Canada, Australia and New Zealand in Athletes and Fighter Relations and writes articles for MMA, BJJ and Muay Thai magazines, online fitness websites, and is part of the Onnit Academy.

With over 20 years’ experience he has helped over 1 million fitness enthusiasts, combat fighters, trainers and coaches reach their fitness goals and improve athletic performance through his over 100 online metabolic workout programs.

Through his experience training and fighting a Muay Thai fight in Thailand at the age of 40 years old (with a 2nd round knockout ring) he is able to transfer his training and success to other combat athletes around the world.

Each week Funk reaches over 1 million combat athletes, fitness junkies and trainers worldwide through his email subscriber list, social media, YouTube channel and online programs.

Funk has helped fighters prepare for battle in most of the major MMA and Combat promotions including UFC, OneFC, Bellator, WSOF, KSW, Glory Kickboxing, RFA, AFC, Lion Fight, K1, ADCC, Grapplers Quest and many other organizations making him one of the strength and conditioning leaders in the combat sport community.

Funk Roberts Fitness training systems maximizes your ability to improve the many physical attributes needed as a combat athlete including explosiveness, strength, power, cardio, anaerobic system, muscular endurance, core strength, balance, agility, speed, mobility and flexibility.

Funk has also created Metabolic Training systems that help people burn fat, while building muscle, getting fit and ripped. He reaches over 70,000 regular folks from all fitness levels looking to use his workouts to get into the best shape of their lives.

Funk runs yearly fitness seminars at world renowned Tiger Muay Thai and Fitness Academy in Thailand and trains UFC fighters through his conditioning sessions. Funk has just launched a NEW Over 40 Alpha Fitness Camp in Toronto June 2020 for men over 40.

At 51 years old, Funk lives in Toronto with his amazing and beautiful wife Angela and is the father of two adult boys Cassian and Stefan.

He runs a successful 7-figure online fitness business and supplement company, still trains in Muay Thai and continues to be a model and ambassador for men over 40 around the world.

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