

THE GYM RESET

This program is for men over 40 who are back in the gym - or just stepping into one for the first time in years.

It's simple, powerful, and made to rebuild strength without wrecking your joints or ego.

3 days per week. 45 minutes per session. Focused. Intentional. No fluff.

DAY 1: PUSH DAY

- Incline Dumbbell Press - 4x8-10
- Seated Shoulder Press (Machine or Dumbbells) - 3x10
- Cable Chest Flys - 3x12
- Tricep Pushdowns - 3x15
- Core: Weighted Sit-Ups - 3x12

DAY 2: PULL DAY

- Lat Pulldowns - 4x10
- Seated Row Machine - 3x10
- Dumbbell Bicep Curls - 3x12
- Face Pulls - 3x15

- Core: Deadbugs - 3x10

DAY 3: LEGS & ENGINE

- Leg Press - 4x12
- Walking Lunges - 3x10 each leg
- Calf Raises - 3x20
- Sled Push or Bike Sprints - 4 rounds (30s work, 60s rest)
- Core: Plank - 3 x 30 sec

THE RESET RULES

- Lift with control, not ego
- Focus on range and recovery
- Fuel with protein, water, and real food
- Respect the process - this is long game work
- Show up like your life depends on it. Because it does.

LET'S GO

This is your Gym Reset.

You've got the plan. You've got the fire.

Brick Dust & Barbells is behind you every rep.