



AGING STRONG
— FITNESS —

AGING STRONG SUCCESS ROADMAP

A step by step guide to help members build consistency, strength, mobility, confidence, and long term independence.

The Goal

This roadmap shows you exactly how to use the Aging Strong LIVE training system, Member Hub resources, walking, nutrition, and simple recovery habits so you know what to focus on first and how to keep progressing.

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How to Use This Roadmap

The Aging Strong Success Roadmap is not meant to overwhelm you. It is designed to give you direction. Each phase gives you a clear focus, a simple weekly structure, and checkpoints so you know whether you are moving in the right direction.

Do not try to master every resource in the Member Hub on day one. Start with the phase that matches your current level and build from there. Your goal is not perfection. Your goal is repeatable action.

What Members Should Focus On	What Members Should Avoid
• Attend LIVE Zoom classes consistently • Use the on demand library when you miss class • Walk regularly to support conditioning • Follow the Nutrition Program at your own pace • Use the Exercise Library for form reminders • Track progress without obsessing over perfection	• Trying to change everything at once • Training through sharp pain • Skipping recovery because motivation is high • Comparing your pace to another member • Quitting after one imperfect week • Thinking the program only works if life is perfect

Coach Jesse Says

The members who do best are not always the ones who start the strongest. They are the ones who learn how to keep showing up, adjust when life gets busy, and come back quickly when they fall off schedule.

The Aging Strong 5 Phase Path

This path gives members a realistic way to progress from starting the habit to living the Aging Strong lifestyle long term. You can move through it at your own pace. Some members may stay in one phase longer, and that is perfectly fine.

Phase	Focus	Timeframe	Primary Outcome
1	Start Strong	Week 1	Know where to begin and remove confusion
2	Build the Habit	Weeks 2 to 4	Create a repeatable weekly routine
3	Build Strength	Weeks 5 to 8	Improve form, confidence, and basic strength
4	Improve Conditioning	Weeks 9 to 12	Increase stamina, walking, and body composition habits
5	Live Aging Strong	Months 4 and beyond	Maintain strength, mobility, independence, and consistency

Important Reminder

Progress is not always linear. A successful member may repeat a phase, step back during illness or travel, or modify workouts during stressful seasons. That is not failure. That is smart long term training.

Phase 1: Start Strong

Timeframe: Week 1

Primary goal: Learn the system, set realistic expectations, and complete your first successful week without overthinking it.

Member Actions	Success Checkpoints
• Complete your new member forms. • Review the Member Hub layout. • Watch or attend at least one LIVE class. • Pick two class days you can realistically attend. • Read the How to Use This Roadmap page. • Choose one simple nutrition habit to start.	• You know where the on demand workouts are located. • You understand the difference between LIVE classes and Member Hub resources. • You have selected your first weekly class goal. • You completed at least one workout or movement session.

Phase 2: Build the Habit

Timeframe: Weeks 2 to 4

Primary goal: Create a routine that feels repeatable enough to maintain even when life gets busy.

Member Actions	Success Checkpoints
• Attend 2 to 3 LIVE Zoom classes per week when possible. • Use one on demand workout if you miss a class. • Walk 15 to 30 minutes on 2 to 4 non class days. • Review the Exercise Library for movements that feel unfamiliar. • Follow a simple protein focused breakfast, lunch, or dinner habit. • Keep workouts at a manageable intensity.	• You are no longer guessing what to do each week. • You complete most planned workouts. • You understand your common modifications. • You feel more comfortable with TRX and dumbbell movements. • You are building confidence, not just chasing soreness.

Weekly Target
A great early target is 2 LIVE classes plus 2 walks per week. That is enough to start building momentum without overwhelming your schedule.

Phase 3: Build Strength

Timeframe: Weeks 5 to 8

Primary goal: Improve technique, increase confidence with resistance, and begin progressing safely.

Member Actions	Success Checkpoints
• Attend 3 LIVE classes per week if recovery allows. • Focus on clean reps and controlled tempo. • Increase dumbbell weight only when form stays strong. • Use TRX position changes to adjust difficulty. • Track 3 to 5 key exercises such as TRX Row, Goblet Squat, DB Chest Press, Stiff Leg Deadlift, and Plank. • Continue walking 2 to 4 days per week.	• You can name the exercises that feel stronger. • You have improved control on squats, rows, presses, and core work. • You know how to make TRX exercises easier or harder. • You are more aware of posture, breathing, and range of motion. • You are building strength without beating up your joints.

Strength Rule
Progress should be earned. Add resistance, range of motion, or difficulty only when your form stays controlled and pain free.

Phase 4: Improve Conditioning and Body Composition

Timeframe: Weeks 9 to 12

Primary goal: Use consistency, walking, strength training, and nutrition structure to improve stamina and support body composition goals.

Member Actions	Success Checkpoints
• Attend 3 to 4 classes per week if appropriate. • Walk after meals when possible. • Use the Nutrition Program to structure meals around protein, vegetables, and controlled portions. • Use the Grocery Guide to simplify shopping. • Choose 2 to 3 recipes from the Recipe Library each week. • Track energy, sleep, strength, waist, or body weight depending on your goal.	• You recover better between workouts. • Your stamina during class is improving. • You have a few repeatable meals that support your goals. • You understand that body composition improves through repeated habits. • You are no longer relying on motivation alone.

Nutrition Reminder

You do not need a perfect diet. You need repeatable structure. Protein focused meals, planned snacks, hydration, and simple grocery habits beat short term crash dieting.

Phase 5: Live Aging Strong

Timeframe: Months 4 and Beyond

Primary goal: Turn fitness into a long term lifestyle that supports independence, mobility, strength, and confidence.

Member Actions	Success Checkpoints
• Maintain 3 strength focused sessions most weeks. • Walk regularly to support heart health and conditioning. • Revisit the Exercise Library when movements need a refresher. • Use on demand workouts during travel or busy weeks. • Review progress monthly instead of reacting daily. • Adjust your plan during holidays, vacations, illness, or stressful seasons.	• You have a realistic weekly rhythm. • You know how to restart after missed time. • You feel more capable in daily life. • You understand that maintenance is a skill. • You see fitness as something you live, not something you temporarily do.

Long Term Mindset
The goal is not to finish the program. The goal is to become the type of person who keeps moving, keeps training, and keeps aging strong.

How to Use the Aging Strong Member Hub

The Member Hub is designed to support your training between LIVE classes. Think of it as your personal resource center. You do not need to use every tool every day. Use the right tool at the right time.

Member Hub Resource	Best Use	When to Use It
On Demand Workout Library	Stay consistent when you miss a LIVE class.	Travel, schedule conflicts, makeup workouts, extra practice
Nutrition Program	Build sustainable meal structure and support body composition.	When you need a clear food framework without extreme dieting
Grocery Guide	Know what to buy and keep meals simple.	Before shopping or when meals feel disorganized
Recipe Library	Make healthy eating less repetitive.	Weekly meal planning and simple high protein meals
Exercise Library	Review technique, muscles worked, mistakes, and modifications.	Before or after class when a movement feels unfamiliar
Member Handbook	Understand the full Aging Strong philosophy.	Whenever you want the why behind the program

Sample Weekly Success Plans

Use these templates as starting points. Your schedule can change based on your recovery, fitness level, and personal responsibilities. The best plan is the one you can repeat.

Beginner Member Week	Experienced Member Week
• Monday: LIVE class or on demand strength workout • Tuesday: 20 minute walk • Wednesday: Mobility or light on demand workout • Thursday: LIVE class • Friday: Rest or easy walk • Saturday: LIVE class or longer walk • Sunday: Recovery and meal planning	• Monday: LIVE class • Tuesday: Walk plus mobility • Wednesday: LIVE class • Thursday: Walk or on demand workout • Friday: Recovery walk and stretching • Saturday: LIVE class • Sunday: Rest, groceries, and weekly reset
Weight Loss Focus	Strength and Independence Focus
• 3 strength sessions per week • 3 to 5 walks per week • Protein at most meals • Use grocery and recipe guides weekly • Track waist, weight, energy, or clothing fit • Avoid extreme restriction	• 3 strength sessions per week • Practice clean form on major movements • Track 3 to 5 exercises monthly • Prioritize recovery and sleep • Use modifications before pain becomes a problem • Focus on daily life improvements

Progress Tracking Without Obsession

Tracking is useful when it helps you make better decisions. It becomes a problem when it creates stress or makes you ignore real progress. Aging Strong members should track simple markers that show improvement in strength, mobility, consistency, and daily life.

Track Monthly	Real Life Wins
• Workouts completed • Average weekly walks • Energy level from 1 to 10 • Balance confidence from 1 to 10 • Key exercise progress • Waist, weight, or clothing fit if relevant	• Stairs feel easier • Getting up from a chair feels smoother • You recover faster • You feel steadier on your feet • You carry groceries with more confidence • You feel more in control of your health habits

Monthly Check In	Your Notes
What improved this month?	
What felt harder than expected?	
How many workouts did I complete?	
What nutrition habit helped most?	
What is my focus for next month?	

When Life Gets in the Way

The roadmap only works if it can survive real life. Missed workouts, travel, holidays, low motivation, soreness, and stress are normal. The key is having a plan before those things happen.

If This Happens	Do This Instead
• You miss a full week • You feel sore after class • Your schedule gets busy • You feel discouraged • You have joint discomfort • You lose motivation	• Restart with one class and one walk • Use lighter resistance and prioritize recovery • Use a shorter on demand workout • Review progress from the last month, not just today • Modify range of motion and contact your provider if needed • Focus on the next small action, not the whole journey

Never Miss Twice

Missing one workout is normal. Missing many because you feel like you failed is the real problem. The Aging Strong mindset is simple: return to the next workout you can do.

Your Aging Strong Commitment

Use this page as a simple commitment to yourself. You do not need to be perfect to succeed. You need to be willing to keep moving forward, modify when needed, and return to the plan when life gets messy.

My Commitment	
I am choosing to build strength, improve mobility, support my health, and stay active for the life I want to live. I will focus on consistency, patience, and progress over perfection.	

Write your starting goal:

My main reason for starting Aging Strong is:	
The days I plan to train are:	
My first 30 day focus is:	
One habit I will improve is:	

Move consistently. Train smart. Eat with structure. Age Strong.

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