The 40+ Rebuild Blueprint

How I went from "this is as good as 40 gets" to the best shape of my life at 44.

MY STORY | 5 PILLARS | 30 DAY TRACKER



Jorge Abreu

My personal experience, not medical advice. Your results depend on your own training, food, sleep and consistency.

I thought this was as good as it gets



In my 40s, running businesses, I told myself the left picture was just what 40 looks like. Then I decided there had to be more. No reason I could not be in the best shape of my life at any age.

So I went all in on learning how to optimize my body. Training, food, sleep, labs, and eventually peps. Today I am 44 with more energy, better sleep, and I am lifting more than ever.

NO NEED TO SETTLE. NO MATTER WHAT AGE, YOU CAN TURN IT AROUND.

The 5 pillars I rebuilt

None of this is a secret. The difference was doing all five at the same time, for months.

01 · Train with a plan

Lift heavy, 4 to 5 days a week, and track every session so the weights keep going up.

02 · Eat clean, every day

Protein at every meal, whole foods, very little that comes in a wrapper.

03 · Protect sleep

Same bedtime, dark cool room, screens down before bed. Recovery is where you grow.

04 · Know your numbers

Baseline labs, then retest. You cannot optimize what you do not measure.

05 · Stay consistent

Not perfect, consistent. Show up on the days you do not feel like it.

+ Peps, on top of the basics

Peps did not replace the work. They came after the foundation was solid. Page 6.

How I train

Mon	Push: chest, shoulders, triceps
Tue	Pull: back, biceps
Wed	Legs + core
Thu	Upper body + conditioning
Fri	Lower body + core
Sat	Walk, cardio, mobility
Sun	Rest and recover

MY RULES IN THE GYM

☐ Compound lifts first, while I am fresh.
☐ Log weights and reps. Beat last week by one rep or a little weight.
☐ 45 to 60 minutes, no wandering around.
☐ Daily steps on top of lifting.

How I eat and sleep

Breakfast	Eggs and egg whites, oats or fruit, black coffee
Lunch	Chicken or lean beef, rice, vegetables
Snack	Protein shake, Greek yogurt or a handful of nuts
Dinner	Salmon or steak, potatoes or rice, big salad
All day	Lots of water, minimal alcohol, minimal sugar

Same bedtime

Consistent sleep and wake times, weekends included.

Cool and dark

Blackout room, cool temperature.

Wind down

Screens down and lights low before bed.

Caffeine cutoff

No caffeine late in the day.

Labs, consistency and my pep journey

Get a baseline

I got full labs before changing anything, then retested to see what was actually moving.

Track it

Weight, photos, lifts and sleep. Pictures tell the truth when the scale does not.

THE PEPS I HAVE PERSONALLY RUN

Once the foundation was locked in, I started researching peps. In my own journey I have run NAD+, BPC 157, Tesamorelin with Ipamorelin, MOTS c, GHK Cu, Semax and Retatrutide.

I share exactly how I run my stack in my free My Stack breakdown and the Cheat Sheet on jorgetalkspeps.com. Start with the basics first. Peps work best on top of the work, not instead of it.

My personal experience, not medical advice. Jorge Abreu is involved in Reign Peptide. Research use only products are not for human consumption.

30 Day Rebuild Tracker

Check a box every day you hit it. Days 1 to 15 on top, 16 to 30 below.

HABIT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Trained															
Steps															
Protein															
Clean meals															
Water															
7+ hrs sleep															

HABIT	16	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Trained															
Steps															
Protein															
Clean meals															
Water															
7+ hrs sleep															

Day 1 and Day 30

Take a photo in the same spot, same light. Write your weight and your best lift. Compare on day 30.

KEEP LEARNING WITH JORGE

Your next step starts here.

Everything I use, teach and share, in one place. Tap any link.

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skool.com/peptide-talk →

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"I share everything I do, the wins and the misses, so you do not have to guess."

JORGE ABREU



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