



AGELESS STRENGTH

A 12 week at home exercise guide
for all ages



39 Video Tutorials



PDF Download



Lifetime Access



Beginner Friendly

DISCLAIMER

All rights reserved. No part of this manual may be reproduced by any means without expressed written permission by North Star Fitness Inc.

The information contained in “Ageless Strength” is not intended to replace any specific advice you may have received from a doctor, athletic trainer, therapist, or medical professional. This information is not meant as a substitute for professional medical input or action. This program and the information related to it are not intended to diagnose, treat, cure, or prevent any disease or injury.

I (the user of this document) understand that there are inherent risks associated with exercise. I participate in any exercise during “Ageless Strength” with full knowledge of these inherent risks, including the potential for serious bodily injury. If I am unfamiliar with any exercise and unsure of the proper technique, I will seek supervised guidance from a qualified coach. Ben de Zwart and North Star Fitness disclaim any liability or loss in connection with the use of this program or any advice contained herein.



YouTube



Instagram



Website

AGELESS STRENGTH

**A 12 week at home exercise guide for
all ages**

 [Welcome Video](#)

Click the hyperlink above to watch the welcome video



YouTube




Instagram



Website

WHAT EQUIPMENT YOU WILL NEED:

- [Dumbbells](#) (2.5 - 20lbs for most people)
- [Resistance Bands](#) (I would recommend yellow, red, black and purple)
- [Small Foam Roller](#) 

OPTIONAL EQUIPMENT:

- [Mini-Bands](#)
- [Large Foam Roller](#)
- [Kettlebells](#) 

**Click the hyperlinks to
see suggested equipment**
(These are suggestions, any will do.)

****I am not affiliated with any
of the products****

HOW TO USE PROGRAM:

Step 1: Watch intro video (above)

Step 2: Read How to Guide (below)

Step 3: Complete all 4 phases as directed

Step 4: Get stronger and confident

Step 5: Contact Ben for additional help

Email: pt@northstar.fit Phone: 204-218-8612

Click the hyperlink below to be taken directly to my Youtube, Instagram and Website



YouTube



Instagram



Website

HOW TO GUIDE (FAQ)

LEGEND - (FITNESS LANGUAGE)

Reps - How many repetitions you need to complete per exercise

Sets - How many rounds of a single exercise you need to complete

Iso (Isometric) - Holding an exercise without moving

Staggered Stance - One foot in front of the other

Half Kneeling - A lunge position with your knee on the ground

Short Seated - Sit on a small stool, ball, or surface that is lower than your knees

Long Seated - Sit on the ground with legs out in front

Retro - Moving backwards

HOW MANY SETS?

Please complete 2 sets of all warm-up exercises each week (see below *)

For the workout section I recommend you gradually increase the sets each week.

Please complete the following:

Week 1 - 1 set of each exercise in the workout section

Week 2 - 2 sets of each exercise in the workout section

Week 3 - 3 sets of each exercise in the workout section

Week 4 - Move onto the next phase of training

**if you are not new to working out, you can do 3 sets immediately*

Click the hyperlink below to be taken directly to my Youtube, Instagram and Website



YouTube



Instagram



Website

HOW TO GUIDE (FAQ)

HOW MANY DAYS PER WEEK?

Please complete each phase 2 - 3 times per week

Please complete the **same workout** for the entire 3 week phase

Trainer recommendation: If possible, add in a 30-60 mins walk 2-3 times per week

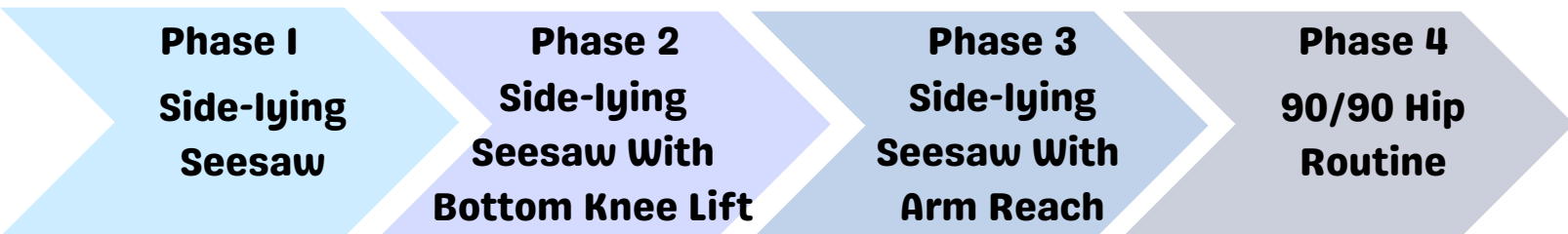
WHAT IF I CANT DO AN EXERCISE?

Please regress the movement to the previous phase exercise of the same type

HOW THE PROGRAM IS BUILT

Each phase consists of 4 warm-up exercises that progress in difficulty each phase

Example:



Each workout is split into 5 exercises that follow this format:

The first exercise is always a **SQUAT**

The second exercise is always a **HINGE**

The third exercise is always a **LUNGE**

The forth exercise is always a **PUSH** or **PULL**

The fifth exercise is always a **CARRY** or **TWIST**

These movements are referred as the **PRIMARY MOVEMENTS**

Click to learn how to:

[SQUAT](#) [HINGE](#) [LUNGE](#)



YouTube



Instagram



Website

Phase 1 - Weeks 1 - 3

Warm-Up	Sets	Reps
Side-Lying Seesaw 	2	60 Seconds/Side
Lateral Lunge Iso	2	30 Seconds/Side
Wall Sit With Foam Roller	2	30 - 60 Second Iso Hold
Box Breathing	2	8 - 10 Breaths
Workout	Sets	Reps
2 Leg Squat to Box	1 - 3	12 - 15 Reps/Side
Wall Supported Single Leg Foam Roller RDL	1 - 3	12 - 15 Reps/Side
Elevated Lunge	1 - 3	2 - 4 Reps/Side
Short Seated Arnold Shoulder Press	1 - 3	12 - 15 Reps/Side
Retro Toe Touch	1 - 3	8 - 10 Reps/Side

Click the blue hyperlinks above to watch the video tutorials



YouTube



Instagram



Website

Phase 2 - Weeks 4 - 6

Warm-Up	Sets	Reps
Side-Lying Seesaw With Bottom Knee Lift 	2	10 - 12 Reps/Side
Lateral Lunge Iso With Pinky Toe Lift	2	30 Seconds Iso Hold/Side
Wall Sit With Foam Roller And Band	2	30 - 60 Second Iso Hold
Short Seated Breathing With Band	2	8 - 10 Breaths
Workout	Sets	Reps
1 Leg Squat to Box	1 - 3	12 - 15 Reps/Side
Single Leg Foam Roller RDL	1 - 3	10 - 12 Reps/Side
Front Foot Elevated Split Squat	1 - 3	10 - 12 Reps/Side
Long Seated Alternating Row	1 - 3	12 - 15 Reps/Side
Single Arm Carry	1 - 3	60 Seconds/Side

Click the blue hyperlinks above to watch the video tutorials



YouTube



Instagram



Website

Phase 3 - Weeks 7 - 9

Warm-Up	Sets	Reps
Side-Lying With Arm Reach 	2	6 - 8 Breaths/Side
Lateral Lunge With Hip Rotation	2	8 - 10 Reps/Side
Foot On Wall Staggered Stance Iso	2	30 - 60 Second Iso Hold/Side
Heel Elevated Toe Touch	2	6 - 8 Breaths
Workout	Sets	Reps
Loaded Box Squat	1 - 3	12 - 15 Reps
Single Leg Airplane	1 - 3	8 - 10 Reps/Side
Forward Lunge With Cross Connect	1 - 3	10 - 12 Reps/Side
Staggered Stance Lateral Raise	1 - 3	12 - 15 Reps/Side
Half Kneeling Rib Rotations	1 - 3	6 - 8 Breaths/Side

Click the blue hyperlinks above to watch the video tutorials



YouTube



Instagram



Website

Phase 4 - Weeks 10 - 12

Warm-Up	Sets	Reps
90/90 Hip Routine 	2	6 Breaths/Each
Lateral Lunge With Cross Connect	2	8 - 10 Reps/Side
Foot On Wall Staggered Stance With Arm Reach	2	12 - 15 Reps/Side
Alternating Downward Dog Toe Touch	2	10 Reps/Side
Workout	Sets	Reps
Staggered Stance Squat	1 - 3	12 - 15 Reps/Side
RDL With Block In Knees	1 - 3	12- 15 Reps
Rear Foot Elevated Split Squats	1 - 3	10 - 12 Reps/Side
V-Sit Single Arm Banded Pulldowns	1 - 3	12 - 15 Reps/Side
Offset Waiters Walk	1 - 3	60 Seconds/Side

Click the blue hyperlinks above to watch the video tutorials 



YouTube



Instagram



Website



ABOUT BEN

Since 2009, Ben has assisted clients in achieving diverse goals, including weight loss, injury prevention, rehabilitation, bodybuilding, and athletic performance. His current focus centers on reducing pain and discomfort in the back, shoulders, knees, and hips. Ben employs a methodical approach, emphasizing fundamental strength and teaching the underlying principles of each movement. This practical training enhances daily movement patterns, enabling clients to attain success faster and with less chance of relapse. Additionally, Ben emphasizes the importance of proper breathing techniques to enhance exercise performance and reduce stress. He firmly believes that physical activity significantly contributes to improved mental health, alleviating anxiety and depression symptoms, uplifting mood, and promoting overall well-being. Ben is eager to meet with you and discuss how he can help alleviate your pain and prioritize your mental health. His approach revolves around practical training methods, empowering you to enhance daily movement patterns. By moving purposefully and understanding the principles and techniques, you can achieve success expediently while minimizing the risk of relapse.

QUALIFICATIONS

- 15+ Years of 1-on-1 Personal Training Experience
- Alex Effers Evolve Mentorship
- Alex Effers Foundations of Biomechanics
- Sleep Coach Certificate
- Brett Bartholomew's Art of Coaching Apprenticeship
- Precision Nutrition Level 1 Certificate
- Applied Women's Physiology & Training Certification
- Ian Markow's Spectrum Certification
- Mike Reinhold's IASTM Certificate
- Fitness Manager of Excellence Award 2016
- 6x Winner of Goodlife Top 500 Award
- CrossFit Level 1 Certificate
- Functional Movement Assessment & Gradual Exercise
- Methods Level 1 & 2
- Can-Fit-Pro Nutrition and Weight Loss Certificate
- TRX R4 Trainer Certificate
- TRX RIP Trainer Certificate
- DTS Level 1
- DTS Intro to Olympic Weightlifting
- YMCA Personal Trainer
- Trigger Point Level 1 & 2 Certificate
- Pat Rigsby's Online Coaching Specialist Certificate
- DTS Striking Fundamentals Part A Certificate
- Can-Fit-Pro Personal Training Specialist
- DTS Kettle-Bell Fundamentals Certificate
- Advanced Power Training Certificate
- My Boot Camp Certification
- Body-Fit Certification



YouTube



Instagram



Website

TESTIMONIALS

MARIANNE

"I first started coming to North Star in 2022 after receiving a devastating diagnosis regarding my spine. According to the neurologist, my MRI revealed some serious and troubling maladies that put me on a fast track to see a spinal surgeon. While waiting for the appointment, I started physiotherapy with Quentin Raval at North Star.

Not only is Quentin a learned top-notch professional, he did so much more than help relieve my symptoms of pain and limited mobility. Quentin's incredibly positive attitude inspired me with hope and helped me break through the fear that if I did anything physically, I would injure myself.

The spinal surgeon informed me that nothing could be done surgically to improve my condition.

Under the supervision of another medical specialist, I was ready to take the next step thanks to Quentin. Training for strength, along with conditioning to improve my mobility and stability.

This is when I connected with Ben de Zwart, a first class personal trainer at North Star Fitness. I shared my diagnosis with him and explained I had gotten the clearance to train with certain limitations. Ben was quick to come up with modifications that I would be able to handle in the context of the one hour work out.

I told Ben I was willing to do a 3 month trial period and then re-evaluate.

Ben has opened up a whole new world for me in terms of fitness, strength and confidence.

Prior to working out with him, the best I could manage was a walk to the end of our bay with walking sticks, only to return home with back pain.

Fast forward to this past long weekend in September. I hiked 3.5 kilometres at a brisk pace with energy to spare at the end with no back pain! As well, I have been able to swing a golf club without any pain and again enjoy a game I love.

I feel Ben's extensive experience and expertise, along with his strong interpersonal skills and positive attitude in encouraging others to challenge themselves is a winning combination in being one of the absolute best in fitness training.

What started out as a 3 month trial is now a life long commitment, thanks to Ben.

My only regret is that I didn't connect with Quentin and Ben a decade ago.

If I was to rate North Star with a number, I would give them a 10 star!

With gratitude,

- Marianne"



YouTube



Instagram



Website

TESTIMONIALS

MARGE

"If I could use only one word to describe what my personal training experience with Ben at North Star Fitness has given me, I would choose the word "confidence". I have been training with Ben 2 times a week for just over 4 years. I'm 66 years old and have never had any serious health issues, but had been noticing more general aches, pains and weaknesses which, I assumed, were age related and something I just had to accept. What Ben has taught me is that I can build strength and endurance at any age and that the aches and pains can often be minimized and sometimes eliminated altogether. This, in turn, gives me the confidence to do more and feel better. Each session is different and never feels mundane or boring. I am always being challenged and at the same time respected. My questions are always answered to my satisfaction and I can honestly say that I come away from each session feeling stronger and more capable."

HELENE V.

"Signing up for personal training with Ben De Zwart was one of my better decisions. 4 Years ago I signed up for personal training with Ben De Zwart to help rehabilitate an injured shoulder. Ben's program and coaching has helped me rebuild range of motion, while improving core strength and flexibility. Each session is challenging, fun and adapted to my needs. Ben shows me how to complete the exercise, coaches me through it, and gently challenges me to do more and try harder. He is knowledgeable about muscles and the body, and answers all my questions with patience and humour. With Ben's help I have learned to breathe properly and focus, and gained the confidence to work through the program. I feel better and stronger. My shoulder is almost fully functional. I love these sessions and look forward to meeting up with Ben for a new challenge. Signing up for personal training with Ben De Zwart was the best decision I could have made to meet my goals, and a good investment in myself."



YouTube



Instagram



Website

TESTIMONIALS

JOHN

"I started with Ben and North Star Fitness in 2021. At that time my goal was to lose weight and get into better shape, along with building muscle. As I was turning 50 soon, I wanted to shed some pounds I gained throughout my 40s. Over the past 2.5 years, I have lost significant weight (and kept it off) but more importantly I have gained muscle. My stamina in fitness, and life activities in general, has increased significantly. My biggest reservation about starting a fitness program was how I would look while I was training (not the most coordinated person). Ben was able to make me feel comfortable starting the program. He eased me into the program, helping me to increase my stamina and is willing to explain (and re-explain) different exercises. I am also the type of person who likes to know why I am doing things, and Ben is able to explain how certain exercises will change the way my body moves. Ben is also very proficient at explaining the role of food in my journey; starving does not work, rather eat more protein. My achievements with training over the past couple of years are: • Lose of weight and with that more self-esteem and confidence • Increased stamina during the workout and with other activities throughout the day • Increased patience by working slowly through the program • Thinking about what I am eating and how it works with my body."

CINDY

"My time at North Star Fitness has been one of the best experiences I've had at a gym. The staff are friendly, helpful and knowledgeable about every aspect of the services provided.

My PT Ben was the best choice I could have made at this point in my life. I was needing someone who could listen, motivate and never make me feel like I didn't have support during every hurdle. Ben designed a program for me that spoke to where I was at my fitness level. I was always challenged and never bored. His enthusiasm, and positive attitude was contagious. I never once felt intimidated or embarrassed about where I was in my fitness journey during our sessions. Ben is extremely knowledgeable and professional with any questions or concerns that may have come up. Thank you for being a part of my journey."



YouTube



Instagram



Website

TESTIMONIALS

SCOTT

"What an awesome fitness facility! I've been going for 3 months now and feel right at home. Everyone is very friendly and informative. I am very much a beginner so I really appreciate the instructors taking the time to teach me technique. The people in the classes range from newbies to more experienced so there's lots to learn from everyone. Ben is the main instructor I've gotten to know and is very patient and informative. He also lets you pick the music sometimes, just make it good! Each session coordinates with each other so you feel the progress each week and carry what you learn into the next. Overall great atmosphere and nice employees."

SYLVIA

"It's been great being trained by Ben! I appreciate his ability to help me navigate through various injuries. Ben has depth of knowledge and experience in how to walk alongside my fitness journey. 2 years ago I couldn't manage an 8 k hike without some residual post hike pain. The past 2 years I've been pain free with increased endurance. Thank you Ben 🙌"

ALISON

"I have moved from personal training to group classes and I love the classes as much as I loved the personal training. With the smaller group classes, everyone still gets personal attention where trainer watches, advises, and caters exercises for you when needed. Also the other people in class are very encouraging and there is no ego/intimidation. So basically, you can't go wrong with either personal training or group classes!"

DAN

"Amazing gym and fantastic coaches. Only great things to say! If you're looking to get in shape, this is the place to be"



YouTube



Instagram



Website

TESTIMONIALS

JAYDEN

"I've been training with Ben at North Star for almost a year, and I can't express how grateful I am for his guidance. Initially, I was nervous because I had never seen real results before and didn't fully understand my body's aches and pains. My mobility was limited, and I feared it would never improve.

With Ben's expertise and support, I've made incredible progress! Every month, I've noticed significant improvements—my aches and pains have disappeared, and I feel more toned and stronger than ever. It's truly amazing to see how far I've come.

Ben has not only helped me regain my mobility but also instilled a newfound confidence in my fitness journey. I highly recommend him to anyone looking to get back on the right path. Thank you, Ben, for everything!"

MICHELLE

"Ben is my personal coach. What I love about this gym is the personal coaching. My workouts are tailored to my goals and fitness level. Ben is extremely knowledgeable and experienced. He knows exactly how much to push me and helps keep me focused. As a bonus he also works with my physiotherapist (located in the same building).

Additionally, I started doing the bootcamp classes on Tuesdays and Thursdays with coach Dom. She has amazing energy, experience and makes workouts fun! Overall, highly recommended this gym!"

ANGIE

"Great place! Even group sessions are very personalized. Staff is so knowledgeable and friendly. If you are recovering from an injury they know exactly how to help you come back without hurting yourself. I would give more stars if i could."



YouTube



Instagram



Website

TESTIMONIALS

HELENE T.

"Are you hesitant or intimidated to workout in a fitness centre?

Do you feel like maybe you will look ridiculous trying a new exercise and are not sure if you can do it successfully?

That's how I've felt in the past.

North Star Fitness has a welcoming, comfortable atmosphere that will put you at ease.

I've been working with Ben since January, and he has consistently encouraged me to keep trying, even when I feel ridiculous. 😂😂

I am often surprised that I am able.

Ben has adjusted my workouts around an ongoing shoulder injury and keeps them fresh and just challenging enough so I feel confident.

I feel noticeably stronger and healthier in my everyday life. My balance and stamina have improved, and I look forward to building on the foundation he has set for me.

67 years young"

TRACEY

"Really enjoy North Star Fitness – I attend low impact classes x twice a week instructor is Ben. Love attending this gym, everyone feels welcome and the training is excellent! Ben loves teaching and pays attention ensuring form is correct. I am happy with the progress I am making ! Highly recommend."

CAN I ASK A FAVOUR?

IF YOU FOUND THIS EBOOK VALUABLE,
PLEASE TAKE A MOMENT AND LEAVE US A REVIEW!



[Google review](#)



Or [Email: pt@northstar.fit](mailto:pt@northstar.fit)



YouTube



Instagram



Website

ABOUT NORTH STAR FITNESS

Our mission at North Star Fitness is clear:

Since 2009 we have firmly believed that coaching takes precedence, and we view health as a comprehensive structure consisting of four essential pillars: Exercise, Nutrition, Sleep, and Mental Health.

Our primary objective is to impart a deep understanding of the "why" underlying our methods to our clients, guiding them on a transformative journey. We're dedicated to enabling you to grasp how to move and live better for life, extending beyond the confines of the gym.

At our private Fitness/Health facility, our sole focus is coaching. We do not offer generic memberships to the public. Our exclusive approach ensures that every member has access to a dedicated coach, whether it be a Personal Trainer, Nutrition Coach, or Sleep Coach, to steer you towards a holistic version of a healthier you with increased accountability. This arrangement fosters intimate and highly personalized relationships with each client, allowing us to provide the utmost care and attention to all their needs.

Our 1-on-1 Personal Training sessions are conducted in a private, dedicated space within the facility, accessible only to clients and trainers. This setting ensures utmost privacy and individualized attention.

For our Semi-private Personal Training, we've allocated a distinct space designated for groups, accommodating up to six members. The same trainer works with the same group throughout the program, facilitating highly customized programming to expedite progress towards your goals.

We recognize that we may not always have all the answers to every problem. Therefore, we diligently collaborate with other qualified healthcare professionals to ensure that you, our valued member, receive the finest care available. Our in-house Physiotherapy and Massage Therapy services have their own dedicated sections and work seamlessly with our trainers to provide the highest level of service and care to our members.

At North Star Fitness, we are committed to restoring the "personal" in personal training.



Address: 55 Speers Rd Winnipeg, Manitoba



YouTube



Instagram



Website

NEED MORE HELP?

STEP: 1



Take the next 3 minutes to book a 60-90-minute complimentary consultation and movement screen with me at North Star Fitness, and start your wellness journey.

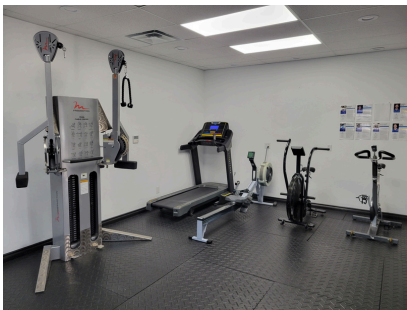
[Click to book a free consult](#)



or contact me directly at:

Email: pt@northstar.fit **Phone:** 204-218-8612

STEP: 2



When you arrive at North Star Fitness, I will give you a tour of our private facility. Then we will sit down and discuss in depth your current lifestyle and habits, including nutrition, sleep and stress, and your fitness history. We will explore your fitness and overall wellness goals, and examine possible obstacles to your goals. I will then conduct a movement screen to better understand what challenges you may be facing and why.

STEP: 3



Finally, with all this information, I will outline a roadmap designed to help you achieve your goals over the next year. In addition to exercise, the plan includes addressing nutrition, sleep and stress management. This holistic approach focuses on the key components essential to achieving overall wellness, with each building on the other. Let's get started on your transformational journey to wellbeing.

[Take a virtual tour of North Star Fitness!](#)



YouTube



Instagram



Website