



The Peak Male 40+ Reset

A 30-Day Blueprint for Men Who Want More Out of Life

Subtitle:

The exact framework I used to regain purpose, improve my health, increase my energy, and create a life I was excited to wake up to every day.

Welcome

If you're reading this, there's a good chance you're where I was.

You may be successful on paper.

You may have built a business, raised a family, paid your bills, and done everything society told you to do.

Yet something feels off.

Your energy isn't what it used to be.

You find yourself wondering where the years went.

You know you're capable of more, but you're not sure where to begin.

I understand because I've been there.

There was a point in my life when I realized I was helping everyone else while neglecting myself. I was busy building businesses, caring for patients, supporting family, and solving problems. Yet I wasn't investing enough into becoming the man I wanted to be.

What changed everything wasn't a magic supplement.

It wasn't some expensive program.

It wasn't a motivational speech.

It was creating a simple system.

A system that brought purpose back into my life.

A system that gave me momentum.

A system that reminded me that growth isn't something we stop doing at 40, 50, or 60.

Growth is what keeps us alive.

This guide is the exact framework I wish someone had given me years ago.

I hope it helps you as much as it helped me.

— Dr. James Padilla

Founder, Peak Male

The Peak Male Philosophy

Most men focus on symptoms.

Low energy.

Poor sleep.

Weight gain.

Stress.

Lack of motivation.

The real issue is usually much deeper.

The problem is often a loss of direction.

A man without purpose eventually loses energy.

A man without goals eventually loses confidence.

A man without confidence eventually loses momentum.

The Peak Male system focuses on four pillars:

Purpose

Why you wake up every day.

Performance

Your mental and physical capacity.

Recovery

Your ability to restore yourself.

Vitality

The energy that makes life enjoyable.

Step 1: Create Your North Star

Before changing your body, change your direction.

Answer these questions:

1. What do I want my life to look like in 5 years?
2. What would make me proud of myself?
3. Who depends on me becoming better?
4. What have I been avoiding?
5. What kind of man do I want to become?

Write your answers down.

Do not skip this.

Most men know what they should do.

Few know why they should do it.

The "why" creates consistency.

Step 2: The 90-Day Mission

Forget yearly goals.

Focus on the next 90 days.

Choose:

One Health Goal

One Financial Goal

One Relationship Goal

One Personal Goal

Example:

Health:

Lose 15 pounds

Financial:

Increase income by \$2,000 monthly

Relationship:

Weekly date night

Personal:

Read four books

Keep it simple.

Step 3: Understand Your Behavior

Most people fail because they rely on motivation.

Motivation is unreliable.

Systems are reliable.

Replace:

"I'll work out when I feel like it"

With:

"I work out every Monday, Wednesday, and Friday at 7 AM."

Behavior change occurs when actions become automatic.

Step 4: The Peak Male Morning Routine

Do this before checking your phone.

Hydrate

20 ounces of water.

Move

5 minutes.

Walk.

Stretch.

Push-ups.

Anything.

Reflect

Write:

Three things you're grateful for.

One goal for the day.

Learn

Read 10 pages.

Listen to a podcast.

Improve your mind before social media improves it for you.

Step 5: Exercise Plan

Beginner Home Program

Three Days Weekly

Day 1

Squats 3x10

Pushups 3x10

Plank 3x30 seconds

Walk 20 minutes

Day 2

Rest

Day 3

Lunges 3x10

Chair Dips 3x10

Bird Dogs 3x10

Walk 20 minutes

Day 4

Rest

Day 5

Repeat Day 1

Gym Program

Three Days Weekly

Day 1

Chest

Back

Core

Day 2

Legs

Core

Day 3

Shoulders

Arms

Core

Finish with 20 minutes of cardio.

Remember:

Consistency beats intensity.

Step 6: Nutrition Simplified

Forget complicated diets.

Follow these rules:

Protein at every meal.

Vegetables twice daily.

Water before every meal.

Avoid liquid calories.

Eat slowly.

80% of your success comes from following these five rules.

Step 7: Sleep Like It Matters

Because it does.

Most men need 7-8 hours.

One week of poor sleep can:

Reduce testosterone.

Increase cravings.

Decrease motivation.

Increase stress.

Create a sleep ritual:

No screens 60 minutes before bed.

Cool room.

Dark room.

Consistent bedtime.

Step 8: Build Your Brotherhood

Men are not designed to fight life's battles alone.

Find:

A mentor.

A coach.

A men's group.

A workout partner.

Someone who expects greatness from you.

Step 9: The Weekly Review

Every Sunday ask:

What went well?

What didn't?

What will I improve next week?

Small course corrections create massive long-term changes.

Step 10: The Peak Male Commitment

Read this out loud:

"I refuse to accept average.

I will take ownership of my health.

I will take ownership of my mindset.

I will take ownership of my future.

I will become stronger physically, mentally, emotionally, and spiritually.

I will become the man I was created to be."

Your Next Step

The truth is that most men don't need a complete life overhaul.

They need momentum.

They need a win.

They need a plan.

That's why I created Peak Male.

The supplements are not designed to replace healthy habits.

They're designed to support them.

As you begin your Peak Male journey, focus on becoming 1% better every day.

One year from now you'll be amazed at how far you've come.

Because the strongest men aren't the ones who never struggle.

They're the ones who keep moving forward.

Welcome to Peak Male.

Your next chapter starts today.

To Your Success!

James Padilla, D.C.