

7-Day JumpStart Program

THE 3-2-1 HYBRID
METHOD FOR
BUSY DADS



Welcome to Your JumpStart

Most men don't fail because they're lazy.
They fail because their plan is too complicated.
You don't need two-hour workouts.
You don't need to train every day.
You just need a simple, proven method that fits your life.

That's the 3-2-1 Hybrid Method:

- 3 Strength Days → Build muscle and power.
- 2 Conditioning Days → Burn fat and build stamina.
- 1 Mobility Day → Move better, recover faster.
- 1 Rest Day → Recharge and be present with family.

This isn't bodybuilding. It isn't marathon training.
It's real-world fitness — designed to make you strong, capable, and confident.

You're not just training for aesthetics. You're training for life.

This 7-Day JumpStart is your first step. Let's build momentum together.

Day 1 – Push Strength

WORKOUT:

- Push-Ups (or DB Bench Press) – 3 x max effort or 3 x 10–12
- Overhead Dumbbell Press – 3 x 12
- Incline Push-Ups (or Incline DB Press) – 3 x 12
- Dumbbell Lateral Raises – 3 x 15
- Plank – 3 x 45 sec hold

NUTRITION ANCHOR:

Start your day with 25–30g protein at breakfast.

MINDSET TIP:

Start the week strong.
The energy you bring on Monday sets the tone.



Day 2 – Conditioning

WORKOUT (CHOOSE ONE):

- 5 Rounds: 200m run + 12 burpees
- AMRAP (15 min): 12 squats, 10 push-ups, 10 sit-ups
- Bike/Row: 30 sec hard + 90 sec easy (x10)
- 30 min jog
- 45 min walk

NUTRITION ANCHOR:

Drink at least 3 liters of water today.

MINDSET TIP:

Conditioning isn't punishment — it's building resilience.



Day 3 – Pull Strength

WORKOUT:

- Pull-Ups (or Band Rows) – 3 x max effort
- Dumbbell Rows – 3 x 12 each side
- Face Pulls (band or cable) – 3 x 15
- Bicep Curls – 3 x 12
- Side Plank – 3 x 30 sec per side

NUTRITION ANCHOR:

Swap one processed snack for fruit + protein.

MINDSET TIP:

Every pull makes you stronger — in the gym and in life.



Day 4 – Conditioning

WORKOUT (CHOOSE ONE):

- 5 Rounds: 200m run + 12 burpees
- AMRAP (15 min): 12 squats, 10 push-ups, 10 sit-ups
- Bike/Row: 30 sec hard + 90 sec easy (x10)
- 30 min jog
- 45 min walk

NUTRITION ANCHOR:

Eat slowly — aim for 20 minutes per meal.

MINDSET TIP:

The discipline to finish what you start carries into every area of life.



Day 5 – Lower Body Strength

WORKOUT:

- Squats (bodyweight or DB) – 3 x 12
- Reverse Lunges – 3 x 12 each leg
- Glute Bridges (or Hip Thrusts) – 3 x 15
- Calf Raises – 3 x 20
- Romanian Deadlifts – 3 x 12

NUTRITION ANCHOR:

Build your plate: protein + veggies first, then add carbs.

MINDSET TIP:

Strong legs build a strong foundation — never skip them.



Day 6 – Mobility & Recovery

ROUTINE:

- Yoga Flow – 10 min (hips, shoulders, spine)
- Foam Roll – 5–10 min
- Walk, Hike, or Easy Bike – 20–30 min

NUTRITION ANCHOR:

Prioritize whole foods — avoid packaged and processed.

MINDSET TIP:

Recovery isn't a break from training. Recovery is training.



Day 7 – Rest & Reflection

ACTIONS:

- Family Walk – 20 min
- Journal – 1 win, 1 challenge, 1 focus
- Meal Prep – Cook 2 proteins + 1 carb for the week ahead

NUTRITION ANCHOR:

Plan Monday's breakfast and lunch today.

MINDSET TIP:

Rest with intention — recharge to come back stronger.



Your Next Step

You've proven you can show up for 7 straight days.
Now imagine stacking 4 weeks... 8 weeks... 12 weeks.
That's where real transformation happens — not just in your body,
but in your mindset, energy, and confidence.

This JumpStart was just the beginning.

If you're ready for a plan built around your goals, your lifestyle,
and your body, let's build your custom hybrid training plan.

**Your tomorrow starts today.
Stop waiting and start now.**

