

@THEFITBUSYEXEC

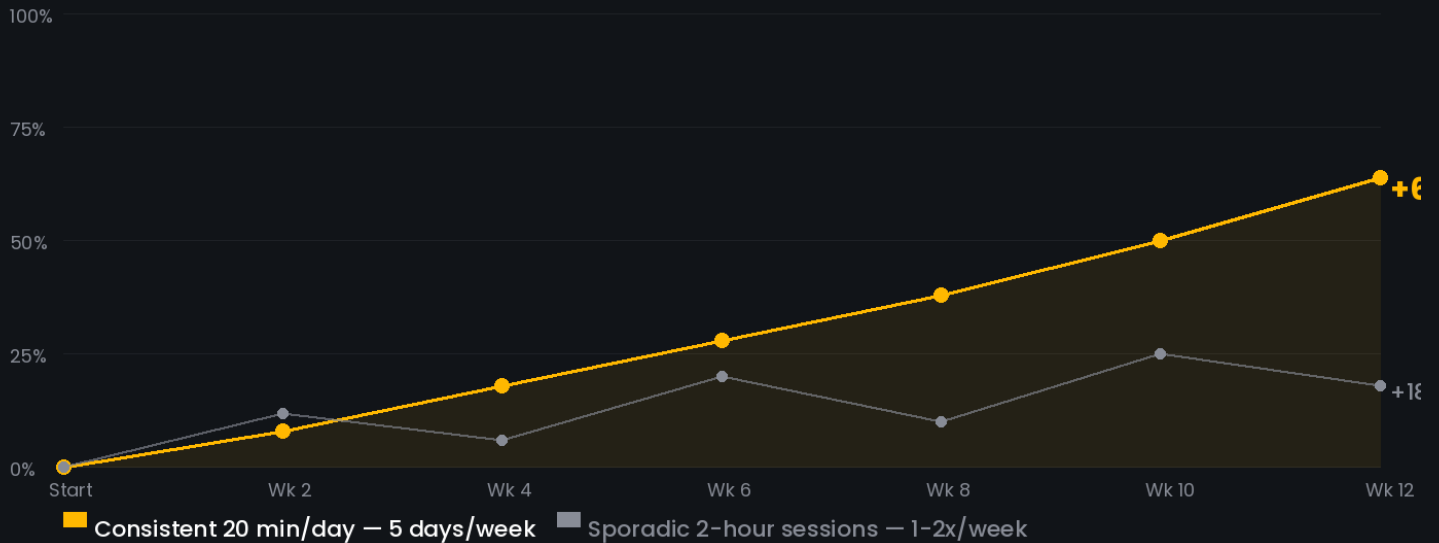
5-DAY FIT-BUSY EXEC WORKOUT PLAN

No gym. No hour-long sessions.
Real results for real schedules.

// A FREE GUIDE FROM @TheFitBusyExec

Welcome, Exec.

CONSISTENT 20 MIN/DAY vs SPORADIC 2 HR SESSIONS — Results Over 12 Weeks



// WHAT THIS PLAN COVERS

- 5 days. 5 different focuses. Each under 20 minutes.
- Zero gym equipment needed — hotel room, living room, anywhere.
- Each day builds on the last. Follow the order.
- Modifications given for every exercise — imperfect counts.
- Day 4 is recovery. It is not optional. Skip it and regret it.
- Day 5 has a benchmark — note your numbers and beat them next time.

// THE ONLY RULE

Something is infinitely better than nothing. A 10-minute version of this plan done consistently will beat a perfect 2-hour program done sporadically every time. Show up. Do what you can. That's the standard.

UPPER BODY STRENGTH

Focus: Push muscles — chest, shoulders, triceps

// WHAT YOU'RE TRAINING

- Chest & shoulders: push-ups and pike push-ups
- Triceps: dips and diamond push-ups
- Core stability: plank holds and shoulder taps
- Rest 45-60 seconds between sets
- Total time: ~18-22 minutes

// THE EXERCISES

PUSH-UPS

3 sets x 12 reps

Full or knee variation — keep body straight



PIKE PUSH-UPS

3 sets x 10 reps

Hips high, targets shoulders directly

TRICEP DIPS

3 sets x 12 reps

Use a sturdy chair — keep elbows close to body

DIAMOND PUSH-UPS

2 sets x 8 reps

Hands form a diamond shape below chest

PLANK HOLD

3 sets x 30 seconds

Hips level, core tight, breathe steadily



SHOULDER TAPS

2 sets x 10 each side

From plank position — controls rotation

// WHY THIS DAY MATTERS

Upper body training builds the posture and strength that makes you look and feel like the executive you are.

// WHAT YOU'RE TRAINING

- Quads & hamstrings: squats and lunges
- Glutes: bridges and wall sits
- Core anti-rotation: dead bugs
- Rest 45 seconds between sets
- Total time: ~18-20 minutes

// THE EXERCISES

BODYWEIGHT SQUATS

3 sets x 15 reps

Sit back and down — chest stays up



REVERSE LUNGES

3 sets x 10 each leg

Step back, lower rear knee toward floor



GLUTE BRIDGES

3 sets x 15 reps

Drive hips up, squeeze at top for 2 seconds

WALL SIT

3 sets x 30 seconds

90° angle — back flat against wall

DEAD BUG

3 sets x 8 each side

Back flat, extend opposite arm and leg

CALF RAISES

2 sets x 20 reps

On a step edge for full range of motion

// WHY THIS DAY MATTERS

Desk workers develop chronically weak glutes and tight hip flexors. This day directly reverses that.

// WHAT YOU'RE TRAINING

- 3 complete rounds of the circuit above
- 45 seconds work / 15 seconds rest
- 90 second rest between rounds
- Total time: ~18-20 minutes
- Modify every exercise — consistency beats intensity

// THE EXERCISES

JUMPING JACKS

3 sets x 45 sec on/15 off

Low-impact: step side to side instead

HIGH KNEES

3 sets x 45 sec on/15 off

Low-impact: march in place

BURPEES

3 sets x 30 sec on/30 off

Modified: step out instead of jumping

MOUNTAIN CLIMBERS

3 sets x 45 sec on/15 off

Keep hips level — control the movement

JUMP SQUATS

3 sets x 45 sec on/15 off

Regular squats if knees are sensitive



REST

Full rest between complete rounds

// WHY THIS DAY MATTERS

Cardiovascular fitness is the first thing busy professionals lose and the first thing that affects energy and focus.

// WHAT YOU'RE TRAINING

- Hip flexors and glutes: the desk worker's enemy
- Chest and shoulders: undo the forward hunch
- Thoracic spine: the overlooked mobility zone
- No rush — hold every stretch fully
- Total time: 15-20 minutes

// THE EXERCISES

HIP FLEXOR STRETCH

3 sets x 60 sec each side

Lunge position — feel the front of hip

DOORFRAME CHEST OPENER

3 sets x 30 seconds

Arms at 90° — lean through doorway

CAT-COW

1 sets x 10 slow reps

Breathe in on cow, out on cat

PIGEON POSE

2 sets x 60 sec each side

Figure-4 variation if hips are tight

THORACIC ROTATION

2 sets x 10 each side

Seated or lying — open the mid-back

CHILD'S POSE

1 sets x 2 minutes

Arms extended — full spinal decompression

// WHY THIS DAY MATTERS

Recovery isn't weakness — it's when your body actually adapts and gets stronger.

Focus: Put everything together — test yourself

// WHAT YOU'RE TRAINING

- Circuits A, B, C with 60s rest between
- Rest 90 seconds between full rounds
- Record your benchmark push-up number
- Come back in 4 weeks and beat every number

// THE EXERCISES

CIRCUIT A

3 sets x rounds

10 push-ups → 15 squats → 20 high knees → 30s plank



CIRCUIT B

2 sets x rounds

10 pike push-ups → 10 lunges each → 20 mountain climbers

CIRCUIT C

2 sets x rounds

8 burpees → 15 glute bridges → 30s wall sit



BENCHMARK

1 sets x max reps

Max push-ups in 60 seconds — write this number down

COOL DOWN

1 sets x 5 minutes

Hip flexors, chest, hamstrings — full stretch

REFLECTION

Note: what was hardest? What improved from Day 1?

// WHY THIS DAY MATTERS

This day measures everything. Come back in 4 weeks and beat every number.

You Finished the Plan.

Now repeat it. Track your reps. Beat your Day 5 benchmark. Add one rep per set each week. That's progressive overload — the secret to building muscle nobody talks about.

// YOUR NEXT STEPS

- Follow @TheFitBusyExec on Instagram — 3 new posts every week
- Screenshot your Day 5 benchmark number
- Repeat this plan — aim to beat every number
- Share this with a colleague who needs it
- Tag your workouts #TheFitBusyExec

