

THE BUSY DAD'S TRAINING **PROTOCOL**



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INTRODUCTION

WHY THIS GUIDE?

Your life never stops.

The ticking clock is a relentless reminder of a growing to do list.

Work. Household chores. Dad taxi duties. Bedtime.

You're lucky if you and your wife get a couple of hours to crash in front of the TV in the evening.

How the hell are you supposed to find time train to gain muscle, improve your health, bulletproof your body and set a great example for your kids?

This is precisely why I've created this training protocol..

The Fit Legacy Training Protocol is all about minimal time investment and maximum returns. It's about using time as efficiently as a Fortune 500 CEO uses resources.

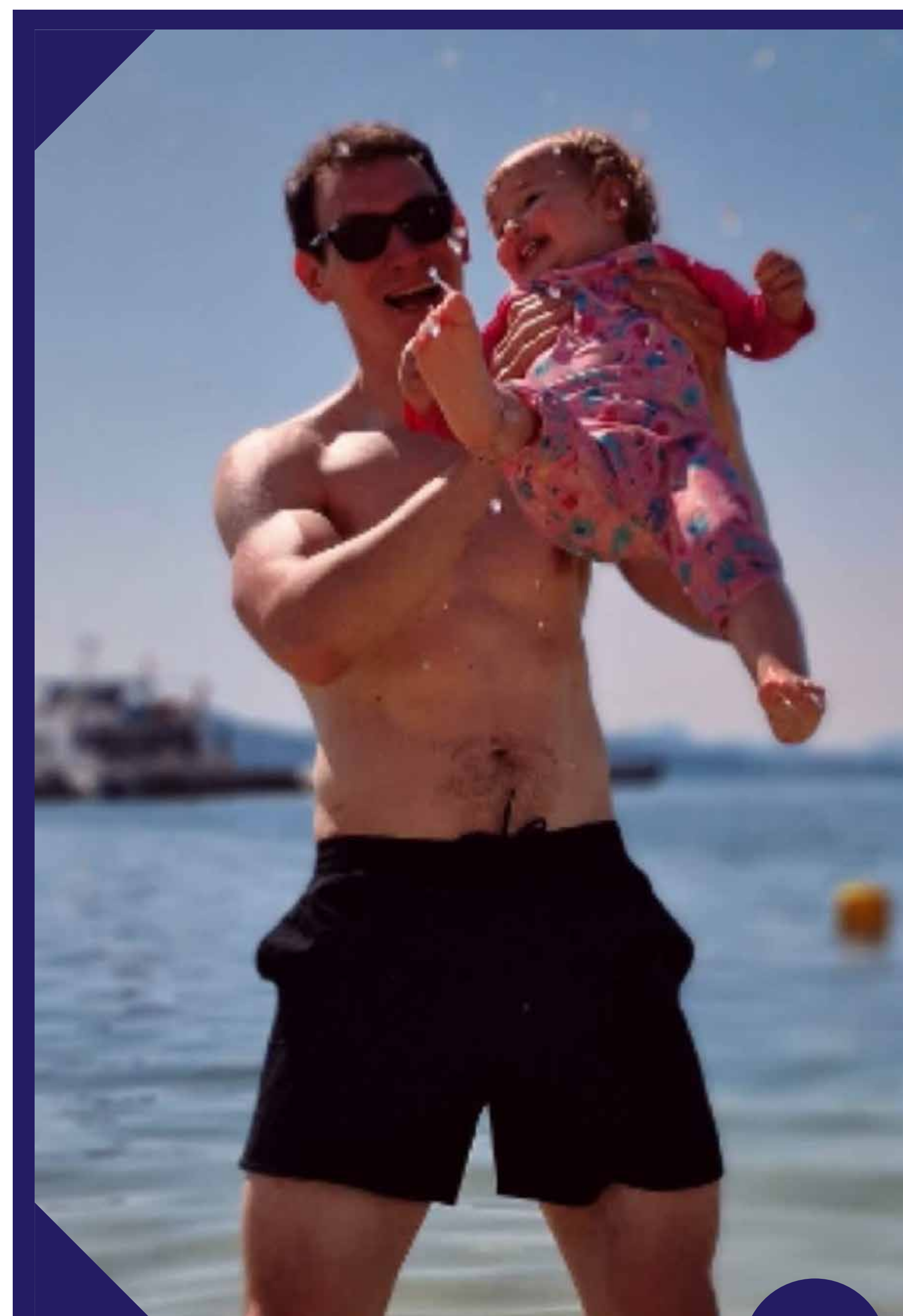
My approach is anchored in practicality, with methods that are doable, sustainable, and remarkably effective.

But who am I?

My name is Rob, and I'm a husband, father to three kids and an online fitness coach who has helped hundreds of people transform their bodies and their lives.

I've juggled my own fitness routine alongside a busy 9-5 job, growing an online coaching business and remaining an involved and committed dad.

I'm now a full time online fitness coach specialising in working with busy dads. You can find me on [Twitter](#) , [Instagram](#) and [LinkedIn](#).



But there's something you have to understand here.

This won't be an overnight transformation.

This has to become a new way of life and a new way to look at health and fitness that fits into your schedule like the missing piece of a puzzle. It's about incorporating fitness into your life seamlessly, without it feeling like a chore or an additional task on your checklist.



The result? A stronger, leaner, healthier you, standing tall as the superhero in your children's eyes, becoming the living, breathing example of health and fitness that will inspire them. And achieving all this without missing a single football game, school play, or bedtime story.

This is your chance to redefine what it means to be a busy dad. This is your chance to take control, to choose health, strength, and vitality. This approach to fitness will help you to become the best version of yourself.

So, are you ready to turn the pages and change your life? Let's begin.



IMPORTANT NOTE ABOUT TRAINING

If you're the typical type of guy I work with, then your goals aren't to look like a professional bodybuilder or Hollywood superstar.

You want to be able to fit regular, effective training sessions into your hectic schedule without it feeling like a burden.

You want to be an emblem of health, strength, and balance and you want to get there with an approach that serves your lifestyle and personal goals.

You want to feel strong, energetic, and capable in your daily life. You want to improve your life expectancy and quality. You want to be able to enjoy an active afternoon with your kids without feeling winded, effortlessly climb a flight of stairs, or look in the mirror with a sense of satisfaction and pride.

Training is about being a role model for your children, showing them the value of good health, discipline, and perseverance.

This training protocol is designed with all of this in mind.



Yes, you could certainly do more workouts, more exercises and more sets than what I'll show you in this guide.

But the returns you get from doing all of that extra stuff are nowhere near proportional with the extra time and effort you'd be putting in.

In fact, returns from training are vastly diminishing. You get about 70% of the stimulus for a muscle from the first set alone.

Why try to find more time than necessary when you could be spending your precious spare time with your family?

YOUR BARRIERS TO TRAINING

Most guys I help are facing several barriers between them and training.

Let's look at them quickly so we can understand them and begin to break them down.

1. Lack of Time: This is the most common challenge. With work, family responsibilities, and rare moments of leisure, where does fitness fit in? It feels like there's never enough time, but this guide will show you how to make fitness a seamless part of your routine.

2. Inconsistent Motivation: Some days, you're fired up, ready to hit the ground running. Other days, the couch seems like the most inviting place. Motivation waxes and wanes, but this guide will equip you with strategies to keep the fire burning, even on days when you'd rather not.



3. Limited Energy: After a long day of work and family duties, you might feel too drained for a workout. But what if your fitness routine could actually boost your energy levels? This guide will demonstrate how the right kind of exercise can fuel your day instead of depleting you.

4. Confusion and Information Overload: The internet is teeming with fitness advice, and it's easy to feel lost or overwhelmed. Which advice do you follow? What workout is best? What should you eat? This guide will serve as your trusted, clear, and practical source of information.

5. Family Obligations: Kids' homework, spouse's needs, parents' health - your family depends on you. You may feel guilty about taking time away from them to exercise. But imagine becoming a healthier, more energetic version of yourself for them. This guide will show you how fitness benefits not just you, but your entire family.

6. Lack of Quick Results: Fitness is a journey, not a destination. You might not see results overnight, and that's okay. In this guide, you will learn to appreciate every small victory, every tiny step forward, because they add up to significant, sustainable progress

Facing these challenges is part and parcel of the busy dad's life. But remember, they're not insurmountable. Your journey to becoming a Superhero Dad will teach you to convert these challenges into opportunities for growth and transformation. You're stronger than you think, and you're about to prove it to yourself.

FITNESS FUNDAMENTALS FOR THE BUSY DAD

Incorporating fitness into your schedule as a busy dad may seem like a herculean task, but it's more achievable than you might think (especially as most people are confused as to how much training is actually needed or even optimal).

Understanding the basics of effective exercise and some strategic planning can set you on the path to success.

Here, we'll discuss the essential components of a well-rounded fitness program and provide practical tips for integrating these into your busy lifestyle

1. Resistance Training

Strength or resistance training is crucial for building muscle, improving body composition, and boosting metabolism. It also plays a vital role in preventing age-related muscle loss and maintaining bone health. If you want to maintain your quality of life into your later years and still keep up with your kids when they're adults, then resistance training is a must.



2. Cardiovascular Exercise

Cardio, or aerobic exercise, is key to improving cardiovascular health and endurance. It's also effective in burning calories and can be a valuable tool in fat loss.

3. Flexibility and Mobility

Often overlooked, flexibility and mobility work is essential for maintaining a good range of motion, improving performance in other workouts, and reducing the risk of injury.

INCORPORATING FITNESS INTO YOUR BUSY DAD SCHEDULE

1. Efficiency is Key:

Opt for workouts that give you the most bang for your buck. Compound exercises like squats, deadlifts, push-ups, and pull-ups work multiple muscle groups at once, saving you time.

You can actually work almost your entire body with just 6 exercises and this is totally sufficient for sculpting a Superhero Dad physique (more on this later).



2. Work Out at Home:

You don't need a gym to get fit. Bodyweight exercises, resistance bands, and basic equipment like dumbbells can enable effective workouts right at home.



3. Make the Most of Your Time:

Use time effectively. If you're watching your kid's football practice, you can take a walk around the field. If you have a lunch break, consider a quick HIIT (High-Intensity Interval Training) session.

4. Involve the Family:

Make fitness a family affair. Go on family hikes, play a game of football, or do a fun workout together. This way, you get to spend quality time with your family and also inspire your children to value fitness.

5. Stay Consistent:

Consistency trumps perfection. Don't worry if you can't manage a full workout on some days. Do what you can, when you can. Even a quick 10-minute workout is better than nothing. Like I said before, the first set is responsible for about 70% of the stimulus that a muscle receives in a workout!

In the upcoming sections, you'll find efficient and effective workouts designed specifically for busy dads. You'll learn how to execute these exercises safely and how to adjust them to match your fitness level. Remember, fitness is not a destination but a journey. Celebrate every step you take on this path to becoming a Superhero Dad.

Minimalist Resistance Training for Ultimate Efficiency

All of your major muscle groups can be worked with just 6 movements.

The great news is, there are loads of different exercise variations for each of the 6 movements! There are multiple options for each movement that can easily be done at home.

The six movements are (some examples of each in brackets):

- **Horizontal Push** - works your chest, triceps and front delts (bench press, pushups)
- **Horizontal Pull** - works your back and biceps with more emphasis on trapezius and rhomboids (dumbbell rows, bodyweight rows)
- **Vertical Push** - works your shoulders and triceps (machine shoulder press, standing dumbbell press)
- **Vertical Pull** - works your back and biceps with more emphasis on lats (chinups, lat pulldowns)
- **Squat** - works all muscles in your lower body with more focus on quads (dumbbell goblet squat, leg press)



- **Hip hinge** - works primarily hamstrings and glutes (dumbbell romanian deadlift, glute ham raise)

As long as you're not exclusively using machines, all of these exercises have plenty of core involvement. Forearms are involved in everything where grip is a factor (particularly the pulling exercises).

The only thing that gets missed is calves - but it's easy to add a seventh movement targeting these. My pick would be a calf raise machine, or a calf raise at home with dumbbells.



MUSCLE MINDSET SHIFT

You don't need a ton of exercises and sets for each of these movement types.

Just hitting ONE of these a day, for 5-10 minutes will provide benefits.

More is better, but there is a limit (and it's not that high).

The maximum number of sets that is worthwhile, according to James Krieger (a scientist who has devoted his career to studying muscle hypertrophy), is to work a muscle group with 6 sets per workout, 2-3 times per week.

If you were to train 6 times per week with ONE of the different movements per session (one rest day) with 6 work sets it would still be very doable.

If each set takes 1 minute, and resting takes 3 minutes per set (excepting the last set) then a workout should take 21 minutes.



Bear in mind though, that returns from additional sets are diminishing. The first set provides the greatest returns, and each additional set provides less of a stimulus than the ones before it. If you can't get in 6 sets per workout there is still a huge benefit to doing something instead of nothing.

Your routine could look like this:

- **Monday:** Horizontal push
- **Tuesday:** Horizontal pull
- **Wednesday:** Squat
- **Thursday:** Rest (or calves)
- **Friday:** Vertical push
- **Saturday:** Vertical pull
- **Sunday:** Hip hinge

You can split this up however you like. Combine the lower body days, the push days and the pull days. Or combine all of it into one workout you do once or twice per week.

However you split it up, make sure each muscle group gets at least 48 hours between workouts that target it. Don't work the same muscles on consecutive days. It's probably better to allow for 72 or 96 hours between workouts targeting the same muscles (3 or 4 days). This will ensure they're fully recovered before being worked again. As a dad with limited sleep and in your 30s, 40s, or 50s - your recovery needs are probably higher.

The routine above would take about 2 hours per week if we assume 1 minute per set, and 2 minutes rest between sets.

But slash it in half to 3 sets per workout and you're only looking at 1 hour per week for what will still be effective for building muscle (just not quite as effective as twice the amount would be).

Obviously workouts involve more than just lifting weights and resting. You've got changing, showering, waiting for equipment, filling up your water bottle, changing weights, faffing around in the gym wasting time, parking, driving etc.

If you want to see 10 examples of different workout routines you could follow (5 for home and 5 for the gym) [click this link](#).



What you DON'T need is warming up... (hear me out).

As long as you're not planning on winning any strength competitions, warmups are a waste of time.

If you work close to failure, light weights provide **exactly the same** stimulus for gaining muscle as heavy weights. Just make sure you're truly close to failure. Your muscle doesn't know how much weight you're using. It just knows tension.

If you use light weights (10+ reps) then the first few easy reps will provide the benefits that a warmup provides (Enhanced circulation to the muscles, optimized metabolic activity reduced muscle viscosity, increased extensibility of connective tissue etc.).

If you DO want to lift heavy weights, then you'll probably need some lighter sets to "work up" to the weight you want to use and practice technique first with lighter weights.

If you can work out at home, you can save a lot of time.

Given that you can achieve exactly the same stimulus to your pulling muscles with dumbbell rows for a set of 12 to failure as you can in the gym with barbell rows for a set of 6 to failure, it makes sense to do as much as home as possible to save time.

I recommend all dads have the following equipment at home (as a minimum):

- Adjustable dumbbells ([I have these ones](#) - use code ROB10 for 10% off)
- [Jayflex crossgrips](#) or a Pullup Bar (Crossgrips have some advantages - use code ROB15 for 15% off)
- A bench (adjustable, ideally).

With this, you can cover all 6 of the fundamental movements without squeezing in longer trips to the gym.

If you're looking to build out your own home gym in a garage or similar, I would recommend starting with the following equipment:

- Squat rack with pullup bar on top
- Barbell
- Weight plates
- Bench



With that, you can work everything.

- Squat movement = Barbell back squat
- Hip hinge = Romanian deadlift
- Vertical push = Military press
- Vertical pull = Pullups
- Horizontal push = Barbell bench press
- Horizontal pull = Barbell row
- Calves = Barbell calf raise



You can add more at a later stage if you like. Dumbbells will open you up to lots more exercise variations, especially for pressing and rowing. You may prefer dumbbell rows to barbell rows, for example (I do). I also find I can feel dumbbell bench press in the right areas better than I can with barbell bench press.

If you do look to add dumbbells, adjustable ones will cost less and take up less space than fixed weight dumbbells.

[Ironmaster](#) are an excellent brand. The dumbbells are basically indestructible. They'll last the longest of all the brands, but it will take a bit longer to change weights.

Alternatives like Powerblock, [Ativa](#) or Bowflex will be much faster to change weights, due to the quick-change systems they employ, but they won't be as durable. They also don't go as heavy as Ironmaster are able to (up to 165 lbs each).

I've got both Ironmaster and Ativa. Ironmaster is for heavy use in my garage. Ativa are for quick workouts I can grab in my study.

TRAINING FOR LONGEVITY

THE IMPORTANCE OF FORM

Remember, safety is key. Always ensure that you're using proper form during your workouts to avoid injury.

As well as avoiding injury, proper form actually ensures you get the best results.

You WILL NOT GET BETTER RESULTS from lifting more weight if you use worse form.





Textbook form with lighter weights, going through the full range of motion and keeping the weights completely under control (not swinging, kipping or using momentum) will get you the best results AND keep you injury free.

On all exercises, do this to get the best results:

- Work close to failure (within 1-2 reps). If you don't come close to failure you are completely wasting your time as you're not giving your muscles any reason to get stronger.
- Control weights, no swinging or cheating of any sort
- Lifting slowly - taking 3 seconds to complete BOTH the raising and lowering parts of the rep (6 seconds per full rep)
- Going through a full range of motion on MOST exercises, but...
- Avoiding lockout on pressing exercises. When your joints are locked out on a bench press, shoulder press, squat, etc. All of the tension comes off of the working muscles. You can hold the dumbbells at the top of your bench press for ages. While you're doing this you're actually recovering. Stop resting between reps and keep moving. Avoid the last 5% of the range of motion on these exercises. This will get you better results with less time.



Don't get caught up in the mentality that you ALWAYS need to add an extra rep or more weight "otherwise you haven't progressed".

Gaining strength isn't always fast. You can't ALWAYS add one more rep. Going from 10 reps to 11 is a 10% improvement. You won't always have that in you - so don't stress if you're not always adding to your numbers.

It's much better to continue with great form than to compromise it in the name of "progress".

Give me 10 perfect, full range reps with modest weight, that take 6 seconds each until failure over 10 reps done in half the time with more weight but half the time with more weight but half the range of motion.

THE IMPORTANCE OF RECOVERY

Something that's important to stress is that recovery is incredibly important if you're resistance training.

Your muscles aren't built in the gym.

They're broken down in the gym.

They are rebuilt stronger and bigger when you're NOT in the gym.

Adding more and more sets may actually be counterproductive for gaining muscle. As previously mentioned - 6 sets per muscle group, 2x per week is the **maximum** effective dose for most people. You're likely not managing to do this much anyway, but if you really tried it would be easy to exceed this amount. Make sure you stay below this volume. This is even more applicable when you're a dad who doesn't sleep as much as he should, and when you're past the age of 30 and with each additional decade after that.

Your muscles are mostly rebuilt at night when you're sleeping, but also in the day. This is why it's important to stay hydrated and eat nutritious food and plenty of protein that helps you recover. It's also why it's important to get as much quality sleep as you can (difficult if your kids are young).

If your kids disrupt your sleep every night, you have to take whatever steps you can to improve this situation - e.g. sleep training them, stopping letting them sleep in your bed, improving their own diets, having good bedtime routines etc.

It's best for them, and it's best for you.



THE POWER OF CONSISTENCY AND PATIENCE

As you embark on your fitness journey, you're bound to face challenges. But remember, transformations don't happen overnight.

It's a process that demands consistency, patience, and commitment.

Here are some strategies to help you stay consistent and patient:

1. Embrace the Process:

It's crucial to understand that every individual's body responds differently to exercise and diet. Comparing your progress with others can lead to unnecessary stress. Enjoy the journey, celebrate small victories, and keep the big picture in mind.



2. Set Realistic Goals:

You likely have many responsibilities demanding your attention. So, when it comes to fitness, set goals that are attainable. For example, instead of aiming for a 6-days-a-week workout routine, start with three days. Over time, as you gain momentum, you can adjust your goals.

Make your goal specific, achievable and measurable. Don't set a goal to "lose weight". Set a goal to lose 10 lbs. That's specific, you can achieve it, and you can always track where you are on the road to the goal.



3. Make it a Habit:

Incorporate fitness into your daily routine. This is why I like the 10 minutes per day, 6 days per week routine so much. The key to building a habit is consistency. Choose a specific time for your workouts and stick to it. Over time, working out will become a natural part of your routine, just like brushing your teeth.

4. Balance is Key:

Fitness is a lifestyle, not a destination. Incorporate balance in your approach. It's okay to miss a workout once in a while or indulge in your favorite foods. The key is not to let these instances derail your overall fitness journey. Zoom out and look at your progress and success over several months, rather than worrying about each day or week.

5. Find Support:

Having a strong support network can significantly improve your consistency. Share your fitness goals with your family or friends. Join online fitness communities. Having like-minded individuals to share your victories and challenges with can be incredibly motivating.

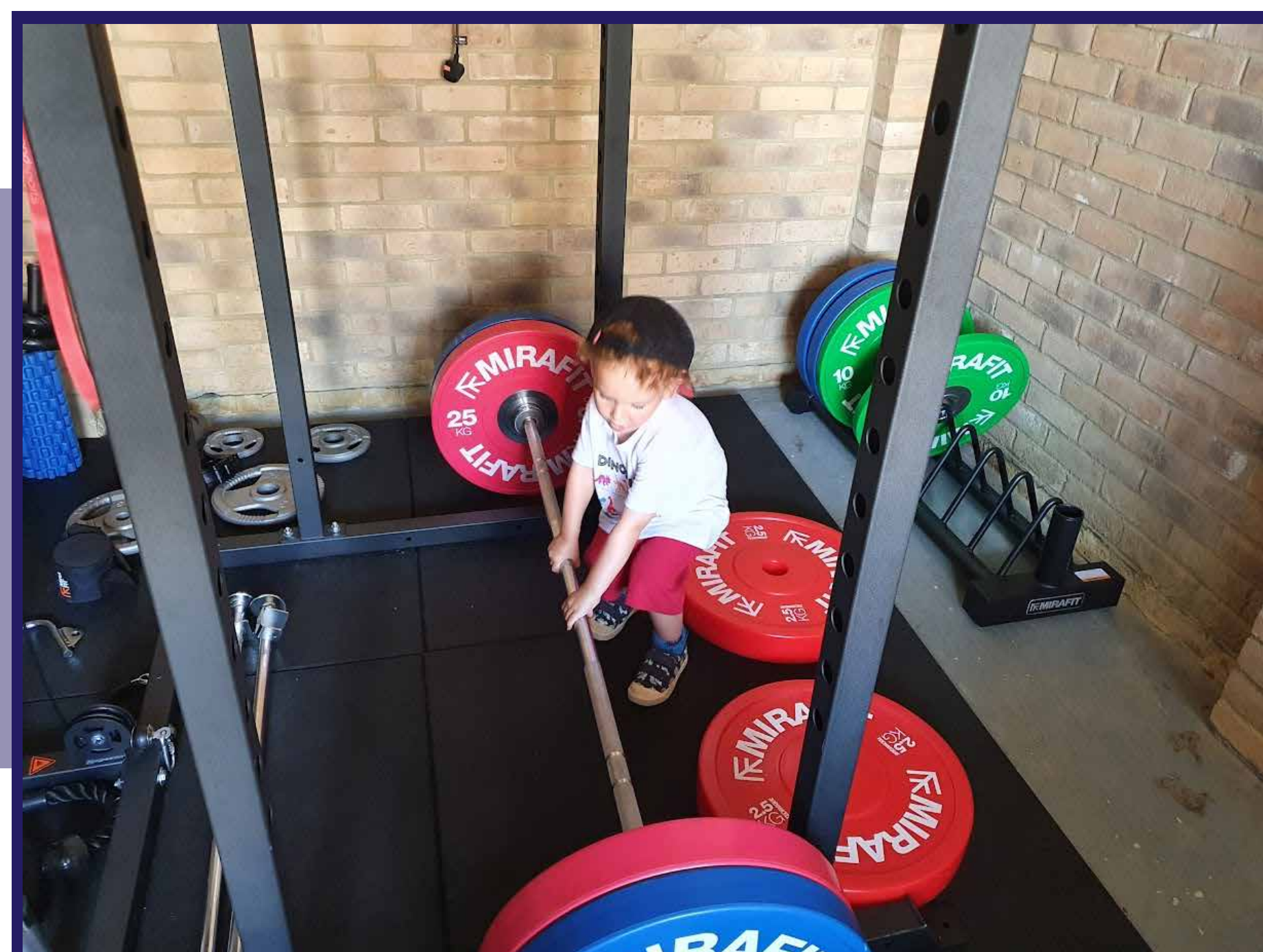
If people are negative or try to deliberately sabotage you, consider if you need that person in your life.

6. Keep the Fun Alive:

If you dread your workouts I guarantee you won't be consistent.

Choose workouts that you enjoy. If you hate HIIT, don't do HIIT. If you hate long runs for cardio, then do sprint intervals on a bike.

Don't mix up your routine from session to session (you need to improve at one thing for a while to see true results), but it's fine to change it after 6-12 weeks.



7. Listen to Your Body:

This is crucial for both injury prevention and progress. If you feel overly tired or if there's persistent discomfort somewhere, take it as a sign that you need to rest or adjust your workout. On the flip side, if workouts are becoming too comfortable, it might be time to increase the intensity or try something new.

If you're feeling beaten up and are struggling to recover, take a deload week.

Reduce ALL your weights, reps or sets by 50% OR take the week completely off.

Don't reduce weights by 50% and then still work to failure. Hit your usual reps. The whole point is that these workouts are easy.

Deload weeks will see you recover from weeks of accumulated fatigue that you don't manage to recover from normally.

If you're struggling to progress and you're a bit achier than normal, it is probably time for a deload.

8. Make It a Family Affair:

Involve your family in your fitness journey. Not only will this provide you with a built-in support system, but it's also a great way to spend quality time with your loved ones. Plus, you'll be setting a wonderful example for your children about the importance of maintaining a healthy lifestyle.

Remember, this is a lifelong commitment to your health and wellbeing.

It's about setting a great example for your kids and being there for them. It's about realizing that the greatest strength lies in your health and the love you have for your family.

As you continue on this journey, you'll not only become fitter and healthier, but you'll also gain a newfound sense of self-confidence, discipline, and strength - attributes that make you an incredible dad.

So, keep pushing, stay consistent, and most importantly, enjoy the journey!



OVERCOMING COMMON ROADBLOCKS

Everyone encounters roadblocks along the way.

Whether it's a lack of time, struggling to maintain motivation, or dealing with unexpected life events, it's normal to face challenges.

Let's look at how to overcome these common roadblocks:

1. Time Management:

Balancing a busy career, family time, and fitness goals can seem daunting. Try to schedule your workouts as you would any other important meeting. You can't just do this for two weeks and then take 4 weeks off.

After you've trained a muscle, there is a limited window where it's built back slightly stronger. This is when you need to train it again to become stronger again! If you wait too long, it will just regress back to the previous state. Making sure each muscle group is hit at least once per week will avoid this.

This is why you shouldn't change your workout routines up all the time too. You need to keep providing the same stimulus, but slightly more each time so you continue adapting to it.

Remember that shorter, intense workouts are also effective. As mentioned earlier in this book, you can get great results with just one hour spread across the week.

2. Maintaining Motivation:

Motivation wanes over time. When it does, lean on your 'why'. Remember why you started this journey – to lead a healthier life, to be an active part of your kids' lives, to set a great example. Keeping your purpose at the forefront can keep you going when the going gets tough.

3. Plateaus:

Progress isn't always linear. There will be times when, despite your best efforts, you don't see improvement. This is typically a signal from your body that it's time for a deload. You don't necessarily need to change things up, but you might need more recovery. See the previous section on deloads.

You may also notice that it's hard to continue gaining strength while you're losing weight on lower calories. If this is the case and you're sure you're not under-recovered, just embrace it. It's part of the journey. When you have reached your goal weight and start eating more again, you will see more strength gains.



You can also try eating at maintenance calories for a week before returning to a calorie deficit. This can make a huge difference to your workouts.

4. Dealing with Injuries:

Injuries can throw a wrench in your workout routine. If you get injured, the first step is to seek appropriate medical care. **STOP DOING THE THINGS THAT CAUSE PAIN.** Once you've recovered, ease back into your routine slowly and focus on exercises that strengthen your body to prevent future injuries.

Don't try to fix things yourself. See a sports injury specialist and get on a proper rehab plan.



5. Unexpected Life Events:

Sometimes life throws curveballs—unexpected work, family obligations, or even a global pandemic. During such times, do what you can. Maybe you can't do a full workout, but you can do a 15-minute HIIT session or go for a walk.

Remember, becoming a Superhero Dad is a marathon, not a sprint. It's okay to have setbacks. What's important is that you keep moving forward, however small the steps may be. You have the strength and perseverance to overcome these roadblocks and continue your journey towards becoming a Superhero Dad.



WRAPPING UP AND SUCCESS STORIES

What I've laid out here is the basics you need to understand to get results, and some of my best tips and strategies to help you get the best results possible when your time is severely limited.

The key things to take away are this:

- **Transformation isn't about excessive hours spent toiling away in the gym.** It's about smart, efficient, and targeted physical activity that understands your body and its needs. You may be surprised at just how little time you need to invest in exercise to see substantial results - AND it can all be done at home. It's not about how much weight you lift or the quantity of your workouts, but the quality
- **This is a lifestyle transformation not a fleeting phase.** It's about embedding these principles into your daily routine, making them a part of your life. Transformations are a marathon, not a sprint. Changes happen over time, not overnight, and maintaining the results you've worked so hard for requires ongoing effort.

Here are some success stories of busy dads I've worked with:

**Stefan did this in 3 months whilst only working out with ONE set per exercise
(worked out for about 45 minutes per week)**



Ian did this whilst working out for about 45 minutes per week:



Tony did this whilst working out from home with short workouts:



John did this whilst working out in his apartment with dumbbells for about an hour per week:



Tim did this with no workouts at all! (just diet)



Lorenzo did this in 60 days with a minimalist approach to training:



Dave did this over a year with a home workout program and guidance on diet.



Interested to hear how I could help you?

[Go here and fill out the form to enquire about online coaching.](#)

