PUT IN WORK FITNESS

THE BUSY ADULT RESET PLAN

3 workouts. 3 late-night dinners. One rule that stops a bad day from becoming a lost week.

LOSE FAT. GET STRONGER. STOP STARTING OVER.

Start With a Week You Can Repeat

You do not need a perfect Monday, a meal-prep Sunday, or six days in the gym to make progress. You need a few training sessions you can repeat, meals that still make sense when you get home late, and a simple response for the days that do not go as planned.

This is a starting framework for busy adults who want to know what to train, what to make when dinner is late, and how to move on without waiting for another Monday. It is not individualized medical advice or personal training clearance. If you need a plan built around your body, schedule, training history, and feedback, that is what coaching is for.

YOUR ONLY JOB THIS WEEK: COMPLETE THE NEXT USEFUL THING. NOT THE PERFECT THING.

What You Will Get

TRAIN	EAT	RESET
3 simple gym sessions that fit a busy week.	**3 late-night dinners** you can build without a complicated recipe.	**One response rule** for a missed workout, restaurant meal, or rough day.

Your 3-Workout Week

Choose three non-consecutive days when possible. Each session is built to fit in about 35 to 45 minutes. Start each movement with two working sets of 8 to 12 controlled reps. Use a weight you can control with solid form. When you can complete 12 strong reps on both sets, add the smallest available amount of weight next time.

If a listed movement does not fit your equipment, experience, or clearance, choose a similar supported version. The plan is a starting framework, not a substitute for individualized coaching or medical guidance.

WORKOUT A	SETS AND REPS	FOCUS
Leg press	2 × 8–12	Controlled lower-body strength
Machine chest press	2 × 8–12	Push strength
Seated cable or machine row	2 × 8–12	Pull strength
Seated leg curl	2 × 8–12	Hamstrings
Easy walk	10 minutes	Finish the session without overthinking it

WORKOUT B	SETS AND REPS	FOCUS
Seated leg extension	2 × 8–12	Quads
Lat pulldown	2 × 8–12	Back
Machine shoulder press	2 × 8–12	Shoulders
Cable or machine curl	2 × 8–12	Arms
Easy walk	10 minutes	Build the habit of leaving better than you arrived

WORKOUT C	SETS AND REPS	FOCUS
Supported split squat or leg press	2 × 8–12	Lower body
Incline machine chest press	2 × 8–12	Chest and shoulders
Chest-supported or seated row	2 × 8–12	Back
Cable triceps pressdown	2 × 8–12	Arms
Easy walk	10 minutes	Keep the week moving

MISSED A DAY? DO THE NEXT WORKOUT WHEN YOU REALISTICALLY CAN. DO NOT RESTART THE PLAN.

Three Late-Night Dinners

You got home at 8. Make one of these. They are meal builds, not rigid recipes. Pick a protein, add a practical carb, include produce, and keep the next decision easy. Use the portions that fit your current nutrition plan or appetite.

CHICKEN RICE BOWL	USE THIS	SWAP IF NEEDED
Protein	Cooked chicken breast or rotisserie chicken	Lean turkey, shrimp, tofu, or tuna
Carb	Microwave jasmine rice	Red potatoes, tortilla, or pasta
Produce	Broccoli or green beans	Any frozen vegetable you will actually make
Flavor	Salsa, hot sauce, or seasoning	Keep it simple enough to repeat

EGG AND POTATO PLATE	USE THIS	SWAP IF NEEDED
Protein	Eggs, egg whites, or both	Greek yogurt on the side if easier
Carb	Air-fried or microwaved red potatoes	Toast, oats, or rice
Produce	Fruit or a vegetable you already have	Berries, banana, spinach, or peppers
Flavor	Salt, pepper, salsa, or hot sauce	No complicated recipe required

TURKEY TACO BOWL	USE THIS	SWAP IF NEEDED
Protein	93% lean ground turkey	Lean beef, chicken, beans, or tofu
Carb	Jasmine rice	Potatoes, tortilla chips, or a wrap
Produce	Lettuce, tomato, peppers, or salsa	Any produce that makes the bowl easier to finish
Flavor	Taco seasoning, salsa, or lime	Use what is already in the kitchen

LATE-NIGHT DINNER DOES NOT NEED TO BE PERFECT. IT NEEDS TO BE BETTER THAN LETTING HUNGER CHOOSE FOR YOU.

The Reset Rule

Next meal. Next session. No Monday required.

A hard day, restaurant meal, missed workout, or bad sleep does not ruin your plan. What turns one rough decision into a lost week is the story you tell yourself afterward.

Do not say, "I already messed up, so I will restart Monday." That sentence is where most people lose the week.

WHEN THIS HAPPENS	YOUR NEXT USEFUL MOVE
You ate more than planned at dinner	Eat your next normal meal. Do not skip food to punish yourself.
You missed a workout	Complete the next scheduled workout when you realistically can.
You had a stressful workday	Make one of the simple dinner builds and go to bed.
The weekend went sideways	Take a walk, drink water normally, and return to your next meal or next session.

THE RESET IS ONE ORDINARY DECISION MADE BEFORE A BAD DAY BECOMES A BAD WEEK.

When a Generic Plan Is Not Enough

This framework gives you a useful place to start. But a generic plan cannot see your schedule change, your food preferences, your actual training level, or the problem that keeps knocking you off track.

That is where coaching changes the equation. Put In Work Fitness builds training and nutrition around your real week, then adjusts it with honest feedback. You are not handed a random template and left alone when work, travel, family, or a missed session changes the plan.

If You Want a Plan Built Around Your Actual Life

Apply for coaching at:

putinworkfitness.com/contact

Online coaching anywhere in the U.S., or 1-on-1 training at Strength Culture in Las Vegas. After you apply, you'll book a free 20-minute call to see whether coaching fits your goals, schedule, and next steps.

Your goal is not to be perfect for seven days. It is to build a week you can repeat, make the next useful decision, and stop starting over.

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