

20-Minute Workouts for Busy Dads
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WARNING

THIS PROGRAM IS **NOT** FOR THE BEGINNER EXERCISER. THIS IS AN ADVANCED PROGRAM AIMED TOWARDS THE TURBULENCE TRAINING EXERCISER WITH A TRAINING AGE OF AT LEAST 2 YEARS. **DO NOT** ATTEMPT ANY OF THESE PROGRAMS IF YOU HAVE NOT BEEN CONSISTENTLY TRAINING FOR AT LEAST 2 YEARS.

Disclaimer:

YOU MUST GET YOUR PHYSICIAN'S APPROVAL BEFORE BEGINNING THIS EXERCISE PROGRAM. These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

The information in this report is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure that your equipment is well maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don't perform any exercise unless you have been shown the proper techniques by a certified personal trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. Always perform a proper warm-up before strength training and energy system training.

See your physician before starting any exercise or nutrition program. If you are taking any medication, you must talk to your physician before starting any exercise program, including the program(s) provided in this report. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use the program(s) provided in this report, please follow your doctor's orders.

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The information in this report is for educational purposes only. It is not medical advice and is not intended to replace the advice or attention of health-care professionals. Consult your physician before beginning or making changes in your diet or exercise program, for diagnosis and treatment of illness and injuries, and for advice regarding medications.

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INTRODUCTION

"I just don't have the time". How many times in my personal training career of 10 years have I heard this excuse? That's really all it is – an excuse. How long do you spend in front of the TV at night? How much time do you spend on the treadmill or elliptical trainer or stationary bicycle, with the latest issue of Men's Health magazine in front of you wishing that you had those abs? How much time do you spend running down to the cafeteria or food court at lunch grabbing the usual burger and fries with a DIET soda?

It's an out. It's a way for your mind to justify your current lifestyle sans exercise and adequate nutrition. A shift in priorities will allow you to find this apparent rare commodity – TIME. If I were to ask you what you value most, the overwhelming majority would say your family and being able to provide for your family. You wouldn't hesitate investing money in an education for your child. Think of this as a long-term investment not only in YOURSELF, but, in the improvement of the quality of life you have with your family. From introducing an active lifestyle to your kids through example to maintaining a healthy body that will live long enough to play with your grandkids, this is the beginning of your commitment to change the way you live your life.

And I'm not asking for the world here. TWENTY MINUTES a day is all it takes. Really, that's it! No surprises, no gimmicks, no tricks, no gadgets. Just dedicate 20 minutes of hard work to yourself every day to reap the benefits of having an elevated metabolism, energy levels reminiscent of those you had in high school and a beach body that you can flaunt during your yearly Caribbean vacation. So get on board and do it for YOU. Besides, who says life has to end after you buy a minivan anyway?

Chris Lopez, CSCS
Personal Trainer
Husband & Father of 4

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WORKOUT GUIDELINES – Phase 1

- There are 2 strength workouts and 2 energy system/metabolic workouts in Phase 1
- Train on a 2 days on, 1 day off, 2 days on, 2 days off schedule
- DO NOT perform 2 strength workouts on consecutive days
- Perform each circuit as a superset. That is, perform one set of exercise 1a, rest for the suggested period of time and then perform 1b, etc. If there is no rest time indicated, do not rest
- Perform each exercise in accordance with the suggested TEMPO. For example, a “301” tempo means you LOWER THE WEIGHT for 3 seconds, PAUSE for 0 seconds at the bottom of the movement and RAISE THE WEIGHT for 1 second. An “X” indicates an explosive movement.
- Perform the following bodyweight circuit (at a 101 tempo, except for the planks) 2 times prior to starting each workout
 - o Plank x 30s
 - o Prisoner Squat x 15
 - o Push-ups x 10
 - o Prisoner Split Squat x 10/side
 - o Stick-ups x 10
 - o Side Plank x 30s/side

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PHASE 1 – WEEKS 1-4

DAY 1 Strength 1	Sets x Reps	Rest	Tempo									
Bodyweight Warm-up												
1a) Squat	4 x 5	30s	301									
1b) DB Bench Press	4 x 5	30s	301									
1c) Chin-ups	4 x 5	60s	301									
TOTAL TRAINING TIME = approx. 19 Minutes												

DAY 2 TABATA & Abs	Sets x Reps	Rest	Tempo									
Bodyweight Warm-up												
1a) 2-arm Kettlebell or Dumbbell Swings	4 x 20s	10s	10X									
1b) Push-ups	4 x 20s	10s	10X									
2a) Opposite Elbow Touch	2 x 20	0	101									
2b) Reverse Ab Curl	2 x 10	0	502									
2c) Bicycle Crunch	2 x 20	45s	101									
TOTAL TRAINING TIME = approx. 18 minutes												

DAY 3 Strength 2	Sets x Reps	Rest	Tempo									
Bodyweight Warm-up												
1a) Dead Lift	3 x 8	45s	301									
1b) DB Push Press	3 x 8	45s	301									
1c) 1-Arm DB Row	3 x 8	45s	301									
TOTAL TRAINING TIME = approx. 19 minutes												

DAY 4 Bodyweight Circuit	Sets x Reps	Rest	Tempo									
Bodyweight Warm-up												
1a) Jumping Jacks	3 x 40	0s	10X									
1b) Prisoner Squat	3 x 20	0s	201									
1c) Push-ups	3 x 10	0s	201									
1d) Mountain Climbers	3 x 20	0s	201									
1e) Swimmers	3 x 10	0s	201									
1f) Reverse Lunges	3 x 10/side	0s	201									
1g) Vertical Jump	3 x 10	60s	10X									
TOTAL TRAINING TIME = approx. 18 Minutes												

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WORKOUT GUIDELINES – Phase 2

- There are 3 strength workouts and 3 energy system/metabolic workouts in Phase 2
- Train on a 6 days on, 1 day off schedule
- If desired, you can combine each strength workout with the metabolic workout that immediately follows it. If that is the case, take one full day of rest between workouts.
- DO NOT perform 3 strength workouts on consecutive days
- Perform each circuit as a superset. That is, perform one set of exercise 1a, rest for the suggested period of time and then perform 1b, etc. If there is no rest time indicated, do not rest
- Perform each exercise in accordance with the suggested TEMPO. For example, a “301” tempo means you LOWER THE WEIGHT for 3 seconds, PAUSE for 0 seconds at the bottom of the movement and RAISE THE WEIGHT for 1 second. An “X” indicates an explosive movement.
- Perform the following bodyweight circuit (at a 101 tempo, except for the planks) 2 times prior to starting each workout
 - o Plank x 30s
 - o Prisoner Squat x 15
 - o Push-ups x 10
 - o Prisoner Split Squat x 10/side
 - o Stick-ups x 10
 - o Side Plank x 30s/side

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PHASE 2 – Weeks 5-8

DAY 1 Strength 1	Sets x Reps	Rest	Tempo									
Bodyweight Warm-up												
1a) Snatch Grip Dead Lift	6 x 3	0s	301									
1b) Dips (weighted if necessary)	6 x 3	0s	301									
1c) Chin-Ups (weighted if necessary)	6 x 3	60s	301									
TOTAL TRAINING TIME = approx. 20 Minutes												

DAY 2 Hybrid Lift	Sets x Reps	Rest	Tempo									
Bodyweight Warm-up												
1) Hang Clean – Front Squat – OH Press – Good Morning – Back Squat – OH Press – RDL - Row	4 x 5	120s	301									
TOTAL TRAINING TIME = approx. 21 Minutes												

DAY 3 Strength 2	Sets x Reps	Rest	Tempo									
Bodyweight Warm-up												
1a) Incline DB Bench Press	3 x 8	30s	301									
1b) DB Split Squats	3 x 8	30s	301									
2) Neutral Grip Chin-Ups	3 x Max - 1	60s	301									
TOTAL TRAINING TIME = approx. 19 Minutes												

DAY 4 TABATAS	Sets x Reps	Rest	Tempo									
Bodyweight Warm-up												
1) DB or BB Thrusters (Squat Presses)	8 x 20s	10s	10X									
REST 4 MINUTES												
2a) 2-arm Kettlebell or Dumbbell Swings	4 x 20s	10s	10X									
2b) Burpees	4 x 20s	10s	10X									
TOTAL TRAINING TIME = approx. 19 minutes												

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PHASE 2 – Weeks 5-8 (continued)

DAY 5 Strength 3	Sets x Reps	Rest	Tempo									
Bodyweight Warm-up												
1) Front Squat	3 x 15	60s	301									
2a) Alternate DB Overhead Press	3 x 8 /side	0s	301									
2b) 1-Arm Elbow Out DB Row	3 x 10 /side	30s	301									
TOTAL TRAINING TIME = approx. 20 Minutes												

DAY 6 Metabolic “Ladder”	Sets x Reps	Rest	Tempo									
Bodyweight Warm-up												
1a) Burpee – Push-up – Vertical Jump – Pull- up COMBO	1 x 120s	0	X-301- X-301									
1b) Plank	1 x 60s	30s										
2a) Burpee – Push-up – Vertical Jump – Pull- up COMBO	1 x 90s	0	X-301- X-301									
2b) Plank	1 x 60s	30										
3a) Burpee – Push-up – Vertical Jump – Pull- up COMBO	1 x 60s	0	X-301- X-301									
3b) Plank	1 x 60s	30s										
4a) Burpee – Push-up – Vertical Jump – Pull- up COMBO	1 x 30s	0	X-301- X-301									
4b) Plank	1 x 60s	30s										
TOTAL TRAINING TIME = approx. 18 minutes												

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FREQUENTLY ASKED QUESTIONS

Q: Seriously, 20-minutes? What about all those fitness magazines that say I need an hour of weights and an hour of cardio?

A: Yeah seriously, 20 minutes. The days of long boring cardio and body-part split routines are over. No more “universal chest day on Monday”, got it? Here’s the reasoning behind the 20-minute theory. Your body sees stress exactly as that – STRESS. So whether you’re having problems with your wife and kids, you’re a little short in the bank, you’ve got deadlines that you need to meet or you kick your ass in the gym (yes, training is stress too), your body only sees those as one thing – stress. Think of several sinks that empty into one common basin. It doesn’t matter where (or which faucet) the water comes from, it’s all going to the same place. Chances are, if you’re a busy dad, with a job and other obligations, you’re pretty stressed out already. So, why spend an hour or 2 at the gym “stressing” your body out when you can jack your metabolism in 20 minutes and get home so you can play with your kids and start relieving that stress? Without going into the whole hormonal science of things, your body’s optimal workout time is about 35-minutes. After that, you start seeing some of the negative hormonal effects of training.

Q: You don’t use machines in any of your programs. Why not?

A: Machines weren’t used for simplicity purposes. The program, although being designed for the gym-goer, can just as easily be used at home and most people don’t have access to any fancy equipment. I also hate machines (except cable machines) because of their fixed angles and lack of individualization for the end user. But that’s another argument for another day.

Q: What time of the day should I train? When’s the best time?

A: The most obvious answer is “whenever you can”. If you’re as busy as most, then finding that 20 minutes could present a challenge. I think nothing beats a morning workout, so get up 20 minutes earlier, have a light snack and hit the weights. Just make sure you warm-up properly...DO NOT SKIMP ON THE WARM-UP! If your schedule just won’t allow you to train in the morning, then the “whenever you can” answer applies to you. Just remember that the benefits of having an elevated metabolism due to your workout will be more effective the earlier in the day you train.

Q: How soon will I start seeing results?

A: It’s not uncommon to start seeing physical results in as little as 3 weeks after starting the program. It all depends on the individual. You will usually start feeling like you’re stronger and have more energy after only a week on the program.

Q: Should I eat anything before or after I train?

A: A light protein/carbohydrate snack before, a more substantial protein/carbohydrate snack or meal after.

Q: What if I miss a day? Can I make it up?

A: The program was designed in such a way that you can do 2 workouts in the same day – either in 2 separate 20-minute sessions or in one 40-minute session.

Q: What if I only have 3 days to train?

A: The program consists of “strength” workouts and “metabolic” workouts. You can combine and “strength” workout with any “metabolic” workout to create your own 40-minute training session. By doing that, you can train 3 days per week for 40-minutes per day.

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EXERCISE INDEX

Lower Body

Snatch Grip Dead Lift



Upper Body

Stick-Ups



1-arm Dumbbell Row



1-arm Elbow Out Dumbbell Row



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Torso

Swimmers



Reverse Ab Curl



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Opposite Elbow Touch



Mountain Climber



Bicycle Crunch



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Full Body / Complexes / Hybrids

Dumbbell/Kettlebell Swings



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Burpee – Push-up – Vertical Jump – Pull-up Combo



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Hybrid Lift

Hang Clean – Front Squat – Push-Press – Good Morning – Back Squat – OH Press – RDL – Row



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ABOUT THE AUTHOR

Chris Lopez is one of Toronto's most sought after fitness authorities. Through 10 years of experience training clients and athletes, Chris has developed a style and business model like no other. His time efficient workouts have been featured in the national media in publications such as The Globe and Mail, The Toronto Star and Maximum Fitness Magazine as well as on CityTV's Breakfast Television, The Perfect Fit and CTV's Balance Television.

Chris is a dedicated husband and father to 4 beautiful girls with whom he tries to instill the value of living an active and balanced lifestyle.