FITNESS THAT FITS YOUR LIFE

Busy week? *Let's make it work.*

A simple way to plan your training around the week you actually have.

Two full-body sessions. A shorter backup. Your own weekly plan.



DEBARRY CLUB

01 / START WITH YOUR REAL WEEK

Your calendar first.
Your workouts next.

Some weeks are packed. I get it. You do not need a perfect routine. You need a couple of training slots you can actually keep.

01

Put life in first.

Work, travel, family, appointments. Start with what is already happening.

02

Book two realistic sessions.

Choose two non-consecutive days. Include travel and changing time, not just the workout.

03

Give yourself a backup.

Pick one spare slot before the week starts. A cancelled meeting is not your training strategy.

ONE POSSIBLE WEEK

MON	WED	FRI	SUN
Session A	Short walk	Session B	Backup slot

Want a third session? Add one only if it fits your recovery and schedule. Two is the starting point here.

02 / KEEP IT SIMPLE

Two sessions.
One repeatable routine.

An example for generally healthy adults who know these movements. Use equipment and variations you can perform comfortably.

SESSION A

Approx. 35-45 minutes

Leg press	2 x 8-12
Dumbbell Romanian deadlift	2 x 8-12
Dumbbell bench press	2 x 8-12
Seated cable row	2 x 8-12
Plank	2 x 20-30 sec

SESSION B

Approx. 35-45 minutes

Goblet squat	2 x 8-12
Seated leg curl	2 x 8-12
Machine chest press	2 x 8-12
Lat pulldown	2 x 8-12
Dumbbell shoulder press	2 x 8-12

Before you lift: warm up for around 5 minutes and do light practice sets. Rest about 90-120 seconds between working sets; take longer if needed.

Choose a load that leaves about 2 good reps in reserve. If you are new to an exercise, ask a qualified coach to show you the technique first.

03 / THE DAY GOT BUSY

Less time?
Keep the essentials.

Use this shorter option when the full session will not fit. It is a fallback for a busy day, not your whole training programme.

THE SHORT SESSION

Leg press / 2 x 8-12

Machine chest press / 2 x 8-12

Seated cable row / 2 x 8-12

Allow roughly 20-25 minutes including a warm-up. Do straight sets, rest 60-120 seconds and use a controlled load. If you need more rest, take it.

And if today really does not work?

Book your backup slot. A short walk can still fit into the day, but it does not replace your strength session. No need to punish yourself with a double workout tomorrow.

Train comfortably and stop if an exercise causes pain. If you have an injury or a health condition, get individual advice before using these examples.

Training background: ACSM, Resistance Training for Health.

04 / A FEW THINGS THAT HELP

Fewer decisions. *More showing up.*

Pack it before you need it.

Gym kit ready. One less excuse when the day gets busy.

Keep the plan familiar.

Repeat your sessions. Write down your weights and reps.

Progress without rushing.

When every set feels controlled at the top of the rep range, try the next small weight increase.



“Make it easier for yourself. You have enough decisions to make already.”

LUCA DEBARRY

A few steps while you take a call. Your water bottle on the desk. Small habits that fit the day, instead of another huge to-do list.

05 / MAKE IT YOURS

Your week. *Sorted.*

Fill this in digitally or print it. Start with two sessions. Add movement, a realistic backup and one small habit.

WEEK OF

DAY	TRAINING / MOVEMENT	TIME
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

MY BACKUP SLOT

ONE SMALL HABIT

How did it go? Send me your plan or tell me which part was hardest to fit in. We can start the conversation there.