



STARTER GUIDE

Fitness That Fits Fatherhood

- No two-hour gym sessions
- No separate plan from your life
- No fluff — just what actually works
- 45 minutes. Garage. Done.

BEFORE WE START

This Isn't A Shred Program.

Let's get something straight before we dive in.

We're not chasing the physique of a 22-year-old with no responsibilities, a personal chef, and a two-hour training window every morning. That guy doesn't exist in your life. And honestly? You've got something he doesn't — purpose, perspective, and a reason to show up every day that's bigger than himself.

Stop trying to get back to who you were at 22. That guy didn't have what you have now. You're not declining — you're operating in a different environment with higher stakes.

The sleep is shorter. The schedule is tighter. Some days the only quiet you get is the drive to work. That's not a setback — that's the operating condition. This program is built specifically for that condition.

THE STANDARD

Fatherhood Is A Leadership Role.

Here's the truth nobody in the fitness industry says out loud: being a dad is a leadership role. And leaders don't get to run on empty.

Strong isn't measured in weight lifted or miles run. It's measured in capacity — your ability to show up when it matters most. Physically reliable. Energy left at the end of a 10-hour day. Walking back into your home as the version of yourself your family deserves.

Your kids aren't listening to your advice about discipline. They're watching your actions. Every time you show up for a session instead of the couch, you're teaching them something no conversation ever could.

This program is not a gift to yourself. It is the infrastructure your family relies on. Physical training and mental recovery are not two separate things here. They are the same thing.

Why 45 Minutes In A Garage Beats 2 Hours At A Gym.

Here's something nobody in fitness will tell you — because it disrupts the whole "more is more" culture they've built their brand on.

Your muscles don't have a GPS. They don't know you're in your garage with a pair of dumbbells. They only know one thing: how hard they're working and for how long. That's the whole game.

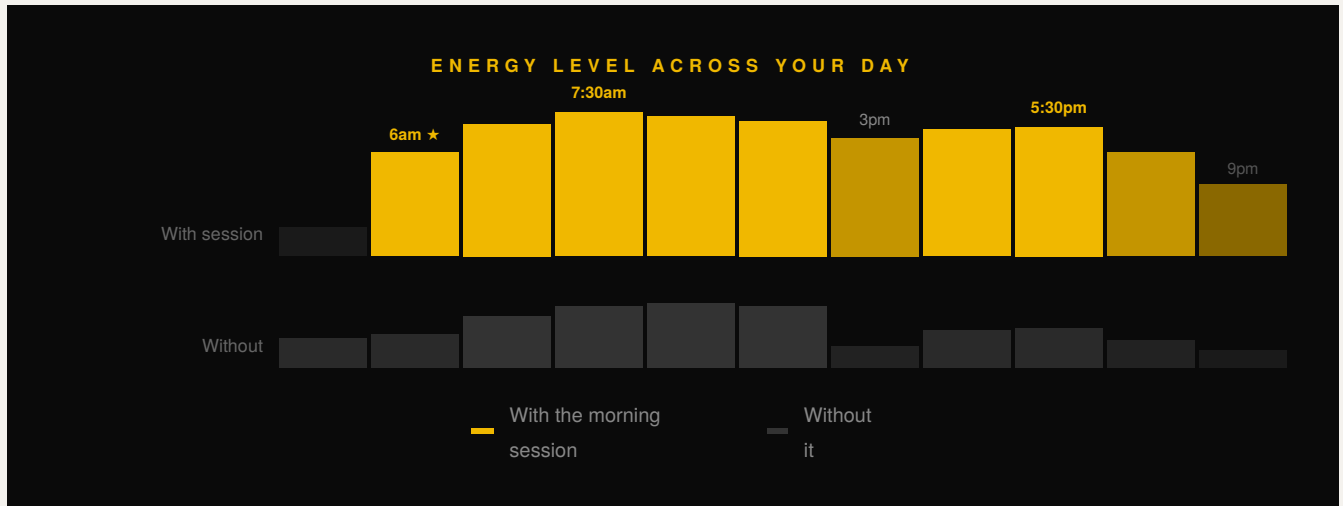
The concept is called **Time Under Tension**. Muscle growth, strength, and fat burn are triggered by how long a muscle stays under mechanical challenge. Research puts the sweet spot at 40–70 seconds of tension per set. Most guys at commercial gyms blast through reps in 15–20 seconds. They think they're training hard. They're training fast — which is not the same thing.

STANDARD REP — 1-2 SEC TOTAL	FATHER FIGURE REP — 3-1-2 · 6 SEC TOTAL
~1s LOWER Fast drop, momentum takes over — PAUSE None ~1s LIFT Explosive, momentum-driven LOW TENSION. LOW RESULTS.	3s LOWER SLOW Muscle under load the whole way down 1s HOLD Peak contraction. Max fiber recruitment 2s LIFT CONTROLLED No momentum. Muscle earns every inch MORE ACTIVATION. LESS TIME WASTED.

That 3-1-2 tempo is the foundation of every workout in this guide. It's why 45 minutes in your garage produces real results — and why most guys spending twice the time at a commercial gym are leaving their potential on the floor.

You're Training For The Other 23 Hours.

The workout isn't the sacrifice. It's the advantage. By the time the house wakes up, you've already done something for yourself. That changes the entire psychology of the day.



6:00 AM — The Early Win

Garage. 30–45 minutes. No commute, no waiting. A session built to energize you — not destroy you.

9AM–5PM — The Mission

Stable energy. No 3pm wall, no fourth coffee. The training you did this morning is working for you in every meeting.

7:30 AM — The Lead-Off

Breakfast, school bags, morning chaos. You're sharp while everyone else is dragging to their first coffee.

5:30 PM — The Hand-Off

The workday ends. The dad day begins. You've got energy for it. Showing up to that dinner table — not dragging to it.

The Setup. Simpler Than You Think.

I strongly recommend building a home gym. Not because it's the only way — but because it removes friction. Friction is what kills consistency. If it's in your house, the barrier to getting it done drops to almost zero.

Two pieces of equipment are enough to run every workout in this guide.

Adjustable Dumbbells

I use an adjustable set in my own garage — found mine on Facebook Marketplace. Works great at half the price of buying new. Because we use the 3-1-2 protocol, you don't need to go as heavy as you think.

These replace an entire wall of fixed weights and take up the space of a shoebox. For a garage or basement, that matters.

Dad Advantage: One set. Every muscle. No wasted space.

Resistance Bands

Any bands work. I use Perform Better for durability — they won't snap mid-set — but solid options are on Amazon without overthinking it.

These are your anywhere gym. They travel in a suitcase for work trips or family vacations. Your training adapts to your life, not the other way around.

Dad Advantage: Fits in a bag. Works everywhere.

Already have gear? Send me a photo of your space at fatherfigfit@gmail.com and I'll tell you exactly how to optimize it for the 3-1-2 protocol.

The system has to be flexible — you're a dad and life doesn't care about your training schedule. Miss the morning? Slide your 30 minutes into the first window that opens. Miss a full day? Pick it back up tomorrow without the guilt trip. Consistency over months is what builds a father figure — not perfection over a single Tuesday.

Your Starter Split. Two Days. Built For Dads.

Two sessions, two completely different stimulus types, zero wasted time. Every rep in Day 1 uses the 3-1-2 tempo — 3 seconds down, 1 second hold, 2 seconds up. Day 2 flips the script: continuous movement, elevated heart rate, bodyweight only.

Skip the tempo on Day 1 and you're leaving most of the work on the table. Respect the protocol and a 45-minute session will leave you more worked than anything you've done in a commercial gym.

One rule before you start: if a workout leaves you too exhausted to play with your kids, you did it wrong. We are not training for a bodybuilding stage or a CrossFit leaderboard. We are training to have more energy for the people who matter — not less. Every session is calibrated for a dad who needs to function at a high level for the other 23 hours of his day.

DAY 1

Chest & Back

- Flat / Neutral Bench Press
- Incline Bench Press
- Decline Press / Dips
- Band Pulldowns / Pull-Ups
- Neutral Grip Rows
- Single Arm Rows

DAY 2

HIIT Legs

- Bulgarian Split Squats
- Squat Jumps
- Reverse Lunges
- Side Lunges
- Wall Sit

DAY 1 — CHEST & BACK

4 rounds · 10–15 reps · 3-1-2 tempo on every set

CHEST

Flat / Neutral Bench Press

Your anchor movement. Lower the bar 3 full seconds, pause, then drive. If you're rushing this one, you're not building — you're just moving weight.

ROUNDS 4

REPS 10–15

TEMPO 3–1–2

Incline Bench Press

Hits upper chest — the part most dads completely skip. Feel the squeeze at the top; that's the 1-second hold doing its job.

ROUNDS 4

REPS 10–15

TEMPO 3–1–2

Decline Press / Dips

Deep stretch on the way down — that's where the work happens. The bottom position is where most guys cheat. Don't.

ROUNDS 4

REPS 10–15

TEMPO 3–1–2

BACK

Band Pulldowns / Pull-Ups

Full extension at the bottom, then pull and squeeze hard at the top. The squeeze is the 1-second hold. That's where the width comes from.

ROUNDS 4

REPS 10–15

TEMPO 3–1–2

Neutral Grip Rows

Pull toward your belly button, not your chest. Targets the mid-back — posture and injury prevention. Pull your elbows through the floor.

ROUNDS 4

REPS 10–15

TEMPO 3–1–2

Single Arm Rows

Pull toward your hip, not your shoulder. Full extension down, then drive the elbow back. Superset both arms to save time.

ROUNDS 4 each side

REPS 10–15

TEMPO 3–1–2

DAY 2 — HIIT LEG DAY

6 rounds · Continuous movement · 60 sec rest between rounds

6

ROUNDS

60s

REST BETWEEN

~35

MINUTES TOTAL

0

EQUIPMENT NEEDED

Day 2 is a different animal. No 3-1-2 tempo — this is continuous movement, elevated heart rate, legs burning. Keep moving through all five exercises each round, rest 60 seconds, then go again.

Bulgarian Split Squats

10 reps each leg

Rear foot elevated on a bench or couch. Hardest movement in the round — get through it first while you're fresh.

Squat Jumps

20 reps

Full squat depth, explode up. Land soft — your knees will thank you.

Reverse Lunges

10 reps each leg

Step back, not forward. Easier on the knees, harder on the glutes. Keep your torso upright.

Side Lunges

10 reps each side

Step wide, sit into the hip of the working leg. Hits the stabilizers dads always neglect until their knees start complaining.

Wall Sit

30 seconds

Back flat, thighs parallel to the floor. When your legs are already cooked, 30 seconds feels like 3 minutes. That's the point.

If a workout leaves you too exhausted to play with your kids, you did it wrong. We're not training for a bodybuilding stage. We're training to have more energy for the people who matter — not less.

This Is The Entry Point. Here's The Full Blueprint.

This guide gives you the foundation — the philosophy, the method, the first two sessions. But a starter guide is exactly what it says it is. It's the start.

The dads who get the most out of this take it further — with a program built around their specific setup, their schedule, and their goals. That's what 1:1 coaching is for.

Stop guessing. Start operating.

01 Custom Training Program

Built around your actual home gym setup. Every session designed for 45 minutes or less, built on the 3-1-2 protocol.

02 Nutrition That Fits Your Family

No separate meal plans. No diet food. A fuel system built around your family's table — same approach as the 7-Day Nutrition Reset, dialed in for your life specifically.

03 Direct Access To Me

Not an app. Not a portal. You and me — working through the real stuff that gets in the way. Accountability from someone living the same operating conditions you do.

GET STARTED

 fatherfigfit@gmail.com

 DM "START" on Instagram

No pitch. No pressure. Just a real conversation about where you're at and what actually makes sense for your life.