

Minimalist Track

Travel and time-poor weeks - 2 sessions per week

Training sessions

Option A · 20-Minute Hotel Room Circuit · 20 min

No equipment. 4 rounds, 40 s work / 20 s rest, minimal noise for a hotel floor.

EXERCISE	SETS	REPS / TIME	REST	COACHING CUE
Bodyweight squat	4	40 s	20 s	Slow down to 3 seconds per rep once it gets easy.
Push-up (hands elevated if needed)	4	40 s	20 s	Body in one line from ear to ankle.
Reverse lunge	4	40 s	20 s	Step back softly, alternate legs.
Towel row on door frame	4	40 s	20 s	Lean back further to make it harder.
Plank with shoulder tap	4	40 s	20 s	Hips still - widen the feet if they rock.

Option B · 30-Minute Dumbbell Express · 30 min

One pair of adjustable dumbbells. Three supersets, 3 rounds each.

EXERCISE	SETS	REPS / TIME	REST	COACHING CUE
Goblet squat + DB floor press	3	10 + 10	60 s	Elbows inside the knees at the bottom of the squat.
Romanian deadlift + bent-over row	3	10 + 10	60 s	Same hinge position for both movements.
Reverse lunge + overhead press	3	8/leg + 10	60 s	Brace before pressing, no rib flare.
Farmer carry finisher	2	45 s	45 s	Heaviest weight you can hold with a tall posture.

Weekly schedule

Mon	Dumbbell Express
Tue	20-min circuit
Wed	Walk 8-10k steps
Thu	Dumbbell Express
Fri	20-min circuit
Sat	Walk + mobility
Sun	Rest

12-week progression phases

01 Weeks 1-4 — Rebuild	Technique, tendon tolerance and habit. Loads stay light (RPE 6). Add one set per exercise in week 3. Target 7,000-9,000 steps daily.
02 Weeks 5-8 — Load	Add 2.5-5 kg to the main lifts whenever you hit the top of the rep range with clean form. Introduce one interval session weekly.
03 Weeks 9-11 — Push	Take main lifts to RPE 8 (2 reps in reserve). Protein and sleep become the limiting factors, not effort in the gym.
04 Week 12 — Deload & retest	Halve the volume, keep the load. Retest waist, resting heart rate, push-ups and a 5-rep max. Then restart at phase 01 with new numbers.

Nutrition targets

Nutrition goals: maintenance calories, protein at 2 g per kg to protect muscle, 8-10k steps daily while travelling.

Protein	1.6-2.2 g per kg of body weight, split across 3-4 meals of 35-45 g. Protein synthesis is blunter after 40 - dose matters more than total.
Calories	Aim for a 300-500 kcal daily deficit for fat loss. Faster than that and you lose the muscle you are training to keep.
Carbs	Place the bulk around training. 2-4 g per kg on lifting days, lower on rest days if fat loss stalls.
Fats	0.8-1 g per kg minimum - testosterone production suffers below this.
Alcohol	The single biggest hidden brake: it suppresses recovery and sleep quality. Keep it under 3-4 units per week during a training block.
Hydration	35 ml per kg of body weight, plus 500 ml per hour of training.

Recovery rules

Sleep 7-9 hours	Under 6 hours cuts strength gains and raises cortisol. Fixed wake time beats a fixed bedtime.
10 minutes of daily mobility	Hips, thoracic spine, ankles. These three dictate squat and press quality after 40.
Track the warning signs	Resting heart rate up 7+ bpm, mood down, grip weak - take a rest day instead of pushing.
Get bloodwork once a year	Lipids, HbA1c, vitamin D, testosterone, thyroid. Train with data, not guesses.
Warm up for 8 minutes	5 minutes of cardio plus 2 ramp-up sets on the first lift. Non-negotiable for 40-plus joints.
Deload every 6-8 weeks	Cut volume in half for one week. Recovery capacity, not effort, is the ceiling at this age.