

THE
BUSY DAD
BOOTCAMP

**THE
WORKOUT
PROGRAMME**

THE GYM.
**(HOME WORKOUT IS AT THE
BACK OF THIS BOOK).**

Please use the QR codes provided for a full tutorial video of each exercise, this way you can perform it safely and effectively.

Welcome to your workout programme.

Welcome to your training programme for you to complete over the next 5 days. The programme has been designed to introduce you to weight training to help you become fitter, leaner and stronger. Before each workout please make sure that you complete the full warm up which includes 5 minutes on the X Trainer and a full Rotator Cuff warm up. Then when you have finished please complete a full body stretch. Tutorials for all of these can be found below.

WARM UP

Here is the X Trainer tutorial.



Here is your Rotator Cuff warm up tutorial.



COOL DOWN

Here is your full body stretch tutorial.



Session 1

INTRODUCTION

It is important that you work out the correct weight for each exercise, to do this start light and progress accordingly to find the correct weight for you. Ensure that all lifted weights are recorded in the white boxes, this ensures you are lifting the correct weight the following week, also allows you to monitor your progress each week.

Warm Up

Always ensure you complete a FULL warm up before you begin training.

Time	Intensity	Speed
5 minutes	Low	5-8 kph

Complete a FULL 90® Rotator Cuff warm twice on each shoulder as part of your warm up.

Main Session

Leg Press Machine

Sets	Reps	Weight Lifted	Rest
1	10-12		1 min
2	10-12		1 min
3	10-12		1 min
4	10-12		1 min

Please use this QR code for Leg Press Machine exercise tutorial.



Squats

(can use weight of your choice i.e. kettlebell/barbell/powerbag etc)

Sets	Reps	Weight Lifted	Rest
1	10-12		1 min
2	10-12		1 min
3	10-12		1 min
4	10-12		1 min

Please use this QR code for Squats exercise tutorial.



Stationary Lungee

(Hold a kettlebell/dumbbell in each hand and complete rep range for each side before changing)

Sets	Reps	Weight Lifted	Rest
1	10-12		1 min
2	10-12		1 min
3	10-12		1 min
4	10-12		1 min

Please use this QR code for Stationary Lungee exercise tutorial.



Hip Thrust

(If adding weight to the movement use either a dumbbell or barbell whichever is more comfortable)

Sets	Reps	Weight Lifted	Rest
1	10-12		1 min
2	10-12		1 min
3	10-12		1 min
4	10-12		1 min

Please use this QR code for Hip Thrust exercise tutorial.



Leg Curl Machine

Sets	Reps	Weight Lifted	Rest
1	10-12		1 min
2	10-12		1 min
3	10-12		1 min
4	10-12		1 min

Please use this QR code for Leg Curl Machine exercise tutorial.



**10 minute cardio.
Treadmill Incline walk.**

Time	Intensity	Speed
5 minutes	Low	5-8 kph

FULL BODY STRETCH



Session 2

INTRODUCTION

It is important that you work out the correct weight for each exercise, to do this start light and progress accordingly to find the correct weight for you. Ensure that all lifted weights are recorded in the white boxes, this ensures you are lifting the correct weight the following week, also allows you to monitor your progress each week.

You can find all exercise tutorials at:
JRChallenge10.co.uk/tutorials

Warm Up

Always ensure you complete a FULL warm up before you begin training.

Time	Intensity	Speed
5 minutes	Low	5-8 kph

Complete a FULL 90° Rotator Cuff warm twice on each shoulder as part of your warm up.

Main Session

Chest Press Machine

Sets	Reps	Weight Lifted	Rest
1	10-12		1 min
2	10-12		1 min
3	10-12		1 min
4	10-12		1 min

Please use this QR code for Chest Press Machine exercise tutorial.



Shoulder Press Machine

Sets	Reps	Weight Lifted	Rest
1	10-12		1 min
2	10-12		1 min
3	10-12		1 min
4	10-12		1 min

Please use this QR code for Shoulder Press Machine exercise tutorial.



Seated Row

Sets	Reps	Weight Lifted	Rest
1	10-12		1 min
2	10-12		1 min
3	10-12		1 min
4	10-12		1 min

Please use this QR code for Seated Row exercise tutorial.



Tricep Extension

Sets	Reps	Weight Lifted	Rest
1	10-12		1 min
2	10-12		1 min
3	10-12		1 min
4	10-12		1 min

Please use this QR code for Tricep Extension exercise tutorial.



Bicep Curl

Sets	Reps	Weight Lifted	Rest
1	10		1 min
2	10		1 min
3	10		1 min
4	10		1 min

Please use this QR code for Bicep Curl exercise tutorial.



**10 minute cardio.
Rower**

Time	Distance rowed	Intensity
10 minutes	Low	Moderate

FULL BODY STRETCH



Session 3

INTRODUCTION

It is important that you work out the correct weight for each exercise, to do this start light and progress accordingly to find the correct weight for you. Ensure that all lifted weights are recorded in the white boxes, this ensures you are lifting the correct weight the following week, also allows you to monitor your progress each week.

Warm Up

Always ensure you complete a FULL warm up before you begin training.

Time	Intensity	Speed
5 minutes	Low	5-8 kph

Complete a FULL 90® Rotator Cuff warm twice on each shoulder as part of your warm up.

Main Session

Superset

(A Superset is one exercise followed straight away by another before you rest)

Bench Press to Seated Row Bench Press Bench Press

Sets	Reps	Weight Lifted
1	12	
2	8-10	
3	8-10	
4	8-10	

Please use this QR code for Bench Press exercise tutorial.



Seated Row

Sets	Reps	Weight Lifted	Rest
1	12		1 min
2	8-10		1 min
3	8-10		1 min
4	8-10		1 min

Please use this QR code for Seated Row exercise tutorial.



45° Incline Dumbbell Chest Press to Lat Pulldown

45 ° Incline Dumbbell Chest Press

Sets	Reps	Weight Lifted
1	12	
2	8-10	
3	8-10	
4	8-10	

Please use this QR code for 45 ° Incline Dumbbell Chest Press exercise tutorial.



Lat Pull down

Sets	Reps	Weight Lifted	Rest
1	12		1 min
2	8-10		1 min
3	8-10		1 min
4	8-10		1 min

Please use this QR code for Lat Pull down exercise tutorial.



Shoulder Press Machine to Dumbbell Lateral Raise

Shoulder Press Machine

Sets	Reps	Weight Lifted
1	12	
2	8-10	
3	8-10	
4	8-10	

Please use this QR code for Shoulder Press Machine exercise tutorial.



Dumbbell Lateral Raise

Sets	Reps	Weight Lifted	Rest
1	12		1 min
2	8-10		1 min
3	8-10		1 min
4	8-10		1 min

Please use this QR code for Dumbbell Lateral Raise exercise tutorial.



10 MINUTE CARDIO.

**TODAY YOU CAN CHOOSE YOUR CARDIO FROM THE 2
OPTIONS BELOW BATTLE ROPE OR PLYOMETRIC CIRCUIT.**

Battlerope

QUICK HANDS	30 SECONDS
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30 SECONDS REST

QUICK HANDS	30 SECONDS
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30 SECONDS REST

SLAMS	30 SECONDS
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30 SECONDS REST

SLAMS	30 SECONDS
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30 SECONDS REST

CIRCLES	30 SECONDS
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30 SECONDS REST

CIRCLES	30 SECONDS
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BATTLEROPE TUTORIALS.

PLEASE WATCH THE FOLLOWING TUTORIALS TO ENSURE YOU PERFORM EACH BATTLEROPE EXERCISE CORRECTLY..

Battlerope quick hands.



Battlerope quick slams.



Battlerope quick circles



OR

Plyometric Circuit

(Complete the exercises using the preferred height for your plyometric box)

Exercise	Time
Step Ups	30 seconds
Mountain Climbers (hands on the box for support)	30 seconds
Press Ups (hands on the box for support)	30 seconds
Tricep Dips of the box	30 seconds
Step and Squat	30 seconds

Plyometric exercises



FULL BODY STRETCH





The 10 day

BURN FAT

BUILD MUSCLE Challenge

**THE
WORKOUT
PROGRAMME**

THE HOME

Please use the QR codes provided for a full tutorial video of each exercise, this way you can perform it safely and effectively.

Welcome to the 'Busy Dad Bootcamp' Home Workout Programme.

The below programme has been designed to reintroduce exercise back into your busy week. Now you have chosen a home-based approach to training, this means you are exceptionally busy and struggle to get to the gym or are not yet confident with that environment, so home based exercise is ideal. I'll be perfectly honest in that the results you gain from home-based training will be slower than training in the gym and training retention will also be lower simply because your home is your place of peace and not the place for pushing PB's. If you are able to build the confidence or find the time to move your training into a gym I would encourage this simply because you are far more likely to develop, progress and allow exercise to become a part of your life within this environment.

Altering the Program Intensity

Below are a couple of ways you can either increase the intensity of the workout, or decrease the intensity depending on your current fitness level. Please also check the 'Exercise tutorials' for all exercise demonstrations.

Increase the intensity:

TUT (Time under tension): To increase the amount of tension placed upon the muscle if the weight is too light, slow down each repetition. Count the following for each rep you complete; 2 seconds up and 3 seconds down.

Decrease the intensity:

Firstly, remove all plyometric movements (where you jump and leave the floor) replace with a static version of the same exercise for example go from Plyometric Squats to normal Squats.

Also remove either the body weight circuit or the core circuit from the end of each workout. You can build up to completing both, this is a form of progressive overload to ensure you keep challenging your body.

Equipment Needed

Due to the requirement to achieve a resistance based progressive workout you are going to need to purchase some basic equipment, all of which is easily purchased through Amazon. The dumbbell weights are a rough guide however please amend the weights to meet your needs. You can get an idea of the exercises by watching my Youtube video before you purchase your dumbbells.

Equipment required:

- Set of dumbbells up to 8kg
- Set of resistance tubes

Good luck and remember you can always email me any questions you have or send me a message on any of my socials, I'll get back to you as soon as I can.

Email: info@JamesRobertson.team

Kind Regards

James

Session 1

Warm Up

Please complete 20 seconds of each of the exercises below in a circuit format.

Body Weight squats Star Jumps High Knees

30 seconds rest repeat x3.

Main Session

Dumbbell Shoulder Press to Lateral Raise

Dumbbell Shoulder Press

Sets	Reps	Week 1	Week 2	Week 3	Week 4
1	15				
2	15				
3	15				

Please use this QR code for Dumbbell Shoulder Press exercise tutorial.



Resistance Tube Lateral Raises

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Rest
1	12					1 min
2	12					1 min
3	12					1 min

Please use this QR code for Resistance Tube Lateral Raises exercise tutorial.



Dumbbell Squats to Stationary Dumbbell Lunges Dumbbell Squats

Sets	Reps	Week 1	Week 2	Week 3	Week 4
1	15				
2	15				
3	15				

Please use this QR code for Dumbbell Squats to Stationary Dumbbell Lunges exercise tutorial.



Stationary Dumbbell Lunges

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Rest
1	12					1 min
2	12					1 min
3	12					1 min

Please use this QR code for Stationary Dumbbell Lunges exercise tutorial.



20 seconds each exercise

Body Weight circuit

Plyometric Squats
Mountain climbers
Press Ups

1 minute rest repeat x3 sets



Core Circuit

20 seconds each exercise.

Crunch
Reverse Curl
Full body crunch

30 seconds rest repeat x3 sets



FULL BODY STRETCH

Session 2

Warm Up

Please complete 20 seconds of each of the exercises below in a circuit format.

Body Weight squats Star Jumps High Knees

30 seconds rest repeat x3.

Main Session

Super set

Press Ups to Resistance Tube Chest Press

Press Ups

Sets	Time	Week 1	Week 2	Week 3	Week 4
1	20 secs				
2	20 secs				
3	20 secs				

Please use this QR code for Press Ups exercise tutorial.



Resistance Tube Chest Press

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Rest
1	12					1 min
2	12					1 min
3	12					1 min

Please use this QR code for Resistance Tube Chest Press exercise tutorial.



Dumbbell Bent Over Row to Door Hinged Row

Dumbbell Bent Over Row

Sets	Reps	Week 1	Week 2	Week 3	Week 4
1	15				
2	15				
3	15				

Please use this QR code for Dumbbell Bent Over Row exercise tutorial.



Door hinged row

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Rest
1	12					1 min
2	12					1 min
3	12					1 min

Please use this QR code for Door hinged row exercise tutorial.



Body weight circuit

20 seconds per exercise

Press Ups

High Plank hold

High knee plank

Body weight squats

Rest 1 minute repeat x3 sets.



Core circuit

20 seconds per exercise

V sit hold

V sit Reps

V sit twist

2 minutes rest repeat x 2 sets.



FULL BODY STRETCH

(This can be found within the exercise tutorial section)

Session 3

Warm Up

Please complete 20 seconds of each of the exercises below in a circuit format.

Body Weight squats

Star Jumps

High Knees

30 seconds rest repeat x3.

Main Session

Super set

Dumbbell Clean and Press to Resistance Tube Single Arm Shoulder Press

Dumbbell Clean and Press

Sets	Time	Week 1	Week 2	Week 3	Week 4
1	20 secs				
2	20 secs				
3	20 secs				

Please use this QR code for Dumbbell Clean and Press exercise tutorial.



Resistance Tube Single Arm Shoulder Press

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Rest
1	12					1 min
2	12					1 min
3	12					1 min

Please use this QR code for Resistance Tube Single Arm Shoulder Press exercise tutorial.



RDL's to Squats

RDL's

Sets	Reps	Week 1	Week 2	Week 3	Week 4
1	15				
2	15				
3	15				

Please use this QR code for RDL's to Squats RDL's exercise tutorial.



Squats

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Rest
1	20					1 min
2	20					1 min
3	20					1 min

Please use this QR code for Squats exercise tutorial.



Body weight circuit

20 seconds per exercise

Body weight squats

Jump squats

High knees

Squat hold

1 minute rest x 3 sets



Core Circuit

20 seconds per exercise

Full body crunch

Heal touches

Side plank left

Side plank right

1 minute rest x 3 sets



FULL BODY STRETCH