



**THE "STOP  
STARTING  
OVER"  
WORKOUT**

## Why most workout plans fail to last (and how to fix that)

Do you feel like fitness goes out the window the moment life gets busy?

We've been there. It's hard to juggle fitness, work, family, and everything else.

Here's the thing: **most plans set you up to fail.**

Why?

Because they assume you have the *ideal* amount of time and energy available each and every day.

Real life doesn't work like that.

Kids get sick. You work late. You travel for the holidays.

This leads to the a vicious cycle:

- You get motivated to get in better shape
- You go all-in and start a new workout/diet/etc.
- Life throws you a curveball, knocking you off track
- You put your fitness goals on pause until things "settle down" (they never do)

...only to start the whole thing over again weeks or even months later!

That's where we come in.

At Nerd Fitness, **our coaches** help busy nerds and professionals build a sustainable plan that fits their lives, and get the support they need to follow through, **so they never have to start over again.**

Let's get started. 🍌

# THE "STOP STARTING OVER" WORKOUT PLAN

Do this 2-4x per week with a rest day between each session:

**Warm up** with 2-3 minutes of easy, general movement. Arm circles, brisk walk, jump rope, arm circles, leg swings, etc.

Then perform the following circuit:

## Bodyweight Squats (video)

20 reps

Still getting comfortable with squats? Try holding on to a countertop or railing to assist!



## Push ups (video)

10 reps

Any variation counts. Hands elevated on a countertop, from your knees, etc.



## Walking Lunges (video)

10 reps each side

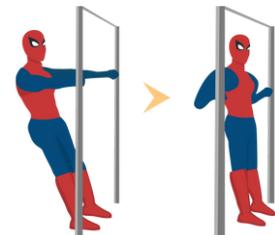
Lunges don't feel good on the knees? Try **Good Mornings** instead!



## Doorway Row (video)

10 reps

Want to make this more challenging? Try a 1-arm row using a dumbbell, backpack full of books, suitcase, etc. instead!



In a circuit routine, you'll do each exercise in succession without a break in between (if you're able.)

Once you've finished all exercises in the circuit, rest for 30-90 seconds and do it again. If you're still feeling good after a second round, go for a third.

**Cool down** with a few minutes of easy walking and some upper and lower body stretches.

Congratulations! You've just completed a full body workout you can utilize anytime, anywhere.

# Workout Tracker



**BEFORE:** Perform a 2-3 minutes of general warm-up exercises: arm circles, leg swings, marching in place, etc.

**AFTER:** Cool down with your favorite stretches.

**GUIDELINES:** Go through all the exercises once, then repeat again. (If you are feeling really good - go through a third time!)  
You can also choose to do two sets of a single exercise, then move onto the next exercise. Do on non-consecutive days.

## DO TWO CIRCUITS OF THE FOLLOWING:

1 Bodyweight Squat (20 reps)

2 Push-up (10 reps)

3 Walking Lunges (10 reps each)

4 Doorway Row (10 reps)

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	WORKOUT 1			WORKOUT 2			WORKOUT 3			WORKOUT 4			WORKOUT 5		
CIRCUIT	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
EXERCISE 1															
EXERCISE 2															
EXERCISE 3															
EXERCISE 4															
EXERCISE 5															
EXERCISE 6															
NOTES															

	WORKOUT 6			WORKOUT 7			WORKOUT 8			WORKOUT 9			WORKOUT 10		
CIRCUIT	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
EXERCISE 1															
EXERCISE 2															
EXERCISE 3															
EXERCISE 4															
EXERCISE 5															
EXERCISE 6															
NOTES															

	WORKOUT 11			WORKOUT 12			WORKOUT 13			WORKOUT 14			WORKOUT 15		
CIRCUIT	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
EXERCISE 1															
EXERCISE 2															
EXERCISE 3															
EXERCISE 4															
EXERCISE 5															
EXERCISE 6															
NOTES															

# FREQUENTLY ASKED QUESTIONS

**Q: What if I don't have enough time for the full workout? What should I do instead?**

**A: I'm so glad you asked! Here's exactly how we make this plan flexible so you can navigate the normal ups and downs in your schedule:**

<b>Green Days</b> (Lots of time/energy)	Go with your full workout. If you feel good, add a 3rd or even 4th round!
<b>Yellow Days</b> Some time/energy)	Cut out the lunges and do 2 rounds of the workout. In the first round, get as many reps as you can with good form. In the second round, aim for that same number of reps, even if you have to take a short break in the middle.
<b>Red Days</b> (Low time/energy)	Have even less time? Pick 1 upper body exercise (push-ups or rows) and 1 lower body exercise (lunges or squats). Do 1 round with as many good reps as you can, and call it good.

**Q: What if I can't do one of the exercises?**

**A: No worries, you can absolutely sub out any exercise for one that works better for you. In fact, here's a list of variations to choose from.**

- [Assisted Bodyweight Squat](#)
- [Bodyweight Squat](#)
- [Bodyweight Good Mornings](#)
- [Supported Lunges](#)
- [Reverse Lunges](#)
- [Walking Lunges](#)
- [Wall Push-up](#)
- [Elevated Push-up](#)
- [Knee Push-up](#)
- [Push-up](#)
- [Doorway Row](#)
- [Corner Tuck](#)
- [1-Arm Row](#)

### **Q: How do I know I'm doing *enough* to reach my goals?**

**A: Consistency adds up. And consistency plus progression? That's where the magic happens. Every 2-4 weeks, challenge your muscles by:**

- Increasing reps.
- Decreasing your rest periods.
- Performing more difficult variations of exercises.
- Increasing your time under tension (by going slower).
- Adding weights (dumbbells, kettlebells, resistance bands)

You'll continue to get stronger, build muscle, and move better!

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### **Q: What if I miss a week? Did I just ruin all my progress?**

**A: Nope!**

Even if you miss a week of workouts a few times each year, it has no discernible impact on your overall progress.

You may feel less "full" or "pumped" in the moment, but nothing structural is changing. And even if you're off for longer than a week, regaining any lost strength or muscle happens relatively quickly.

So if you miss a week for a vacation or because you're taking care of a sick kiddo, don't sweat it. And if you need help getting into a rhythm to start with, [we've got you](#).

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### **Q: Is this workout effective for fat loss?**

**A: Possibly! Resistance training can be great for fat loss, as long as you have your nutrition dialed in.**

If you don't...then no, it won't be your magic bullet. That's because a good workout and the wrong dietary strategy [won't help you lose weight](#). Don't worry, we've got [you covered with nutrition](#), too.

# FINAL THOUGHTS

You've got your first workout under your belt. You've started moving. And you have a plan for how to adjust on those crazy busy days.

That's a big win.

The hardest part after getting started?

It's sustaining that initial momentum - especially when you try to just "willpower" your way through it.

That's where **Nerd Fitness Coaching** comes in.

We've helped thousands of busy nerds and professionals get in great shape and make it last.

You'll get a personalized plan (including fitness & nutrition) that fits your busy life, and 1-on-1 support from a real human to stay on track so you **never have to start over again.**

If you're ready to get in shape for good, we'd love to talk to you.

**You don't have to do this alone.**

**Talk with our team**