



B³ Busy-Men Starter Plan

Daily Non-Negotiables

- **Protein:** 120–150g/day
- **Steps:** 6,000–8,000/day
- **Water:** 80–100 oz/day
- **Sleep:** 7+ hours/night

Training Split (3–4 Days/Week)

Day A – Push

- Bench Press — 3x6–8 (RPE 7–8)
- Incline DB Press — 3x8–10
- Shoulder Press — 3x8–10
- Cable Fly — 2x12–15
- Triceps Pushdown — 3x10–12

Day B – Pull

- Lat Pulldown — 3x8–10
- Seated Row — 3x8–10
- DB Row — 3x10 each side
- Face Pull — 2x15
- Biceps Curl — 3x10–12

Day C – Legs

- Squats or Leg Press — 3x6–8
- RDL — 3x8–10
- Lunges — 2x10 each leg
- Leg Curl — 3x10–12
- Calf Raise — 2x12–15

Optional Day D – Full Body

- DB Bench — 3×8
- Lat Pulldown — 3×10
- Goblet Squat — 3×10
- Incline walk — 10 minutes

Nutrition Targets

Calories: Bodyweight × 12

Protein: 120–150g

Carbs: 200–250g

Fats: 50–70g

Simple Meal Template:

- Breakfast: High protein
- Lunch: Protein + veggies + carbs
- Snack: Greek yogurt or shake
- Dinner: Meat + veggies + carbs
- Evening hunger: Protein-focused

Weekly Check-In Checklist

- Weekly scale weight (same day each week)
- Waist measurement
- 2–3 progress photos
- Rate: energy, sleep, consistency