

Busy Parent Strong

Free 7-Day Starter

Your first week of Busy Parent Strong: 3 short workouts, a 10-minute fallback, and one family activity

busyparentstrong.com · Version 1.0 · October 2026 · For personal/household use only.

The week at a glance

Day	Do this	Done
1	Workout A (20 min)	☐
2	Protein at every meal + 15-min walk	☐
3	Workout B (20 min)	☐
4	Family activity: animal walk races or after-dinner walk	☐
5	Workout A again, add 1 rep per set	☐
6	Rest, or 10-minute fallback if you missed one	☐
7	Sunday plan: pick next week's 3 slots and 5 dinners	☐

Workout A (bodyweight or one kettlebell)

Exercise	Sets × reps
Squat (goblet if you have a bell)	3 × 8-10
Row (bell, or backpack)	3 × 8/side
Push-up (counter/bench/floor)	3 × 5-10
Plank	3 × 20 s

Workout B

Exercise	Sets × reps
Hip hinge / deadlift	3 × 10
Reverse lunge	2 × 6/side
Glute bridge	3 × 12
Dead bug	2 × 8/side

Format: 3-min warm-up (squats, hinges, arm circles), then alternate exercises in pairs, resting 30-45 s. Stop each set with 2 good reps left.

10-minute fallback: 1 min warm-up, alternate squats and push-ups for 8 min, 1 min breathing. Counts as a win.

Simple protein checklist

- Breakfast: eggs, Greek yogurt, or cottage cheese
- Lunch: leftover dinner protein, tuna, chicken
- Dinner: a palm-and-a-half of protein + vegetables everyone tolerates
- Snack: string cheese, jerky, edamame, milk

Exercise cues

- **Goblet squat:** Hold bell by the horns at chest. Sit between heels, chest up, knees track over toes. Stand up through whole foot.
- **Deadlift:** Feet hip-width, bell between feet. Push hips back, flat back, grip, stand tall by driving through the floor. Hips back, not down.
- **One-arm row:** Hand on bench/couch, flat back. Pull bell to back pocket, elbow close. Lower slowly.
- **Push-up:** Hands under shoulders, body in one line. Use a counter or bench to make it easier. Lower chest, push away.
- **Reverse lunge:** Step back, lower back knee toward floor, front shin roughly vertical. Push through front foot to return. Hold a chair for balance if needed.
- **Glute bridge:** On back, knees bent. Drive hips up, squeeze glutes, pause, lower.
- **Dead bug:** On back, arms up, knees over hips. Slowly extend opposite arm and leg while keeping low back gently pressed down.
- **Plank:** Forearms down, body in a line, squeeze glutes and brace. Knees down is fine.

Medical disclaimer. This guide is general education, not medical advice. Consult your doctor before starting any new exercise or nutrition program, especially if you have a medical condition, an injury, high blood pressure, heart or kidney issues, or are pregnant or postpartum. Stop immediately and seek help if you feel chest pain, dizziness, sharp pain, or unusual shortness of breath. Results vary; no specific outcome is promised. You participate at your own risk.

Liked this week? The 20-Minute Kettlebell Starter takes you through 6 full weeks.
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