



FREE 3-Day / 30-Minute Workout Program for Busy Dads

Built by a strength coach. Designed for dads with real lives.

Schedule: 3 non-consecutive days per week (Mon / Wed / Fri).

Equipment: Dumbbells or kettlebells (barbell optional).

Day 1 – Full Body Strength (Foundation)

Warm-Up (5 min)

- Jumping jacks or brisk walk – 1 min
- Bodyweight squats – 10
- Push-ups – 10
- Hip bridges – 10
- Arm circles – 20

Strength Circuit (20 min – 4 rounds)

1. Goblet Squat – 10
2. Push-Ups or DB Bench – 10
3. 1-Arm DB Row – 8 / side
4. Plank – 30 sec

Rest ~60 sec

Finisher (5 min)

Farmer Carry (3 sec walk) **or** Farmer Marches (30 marches)

Day 2 – Lower Body + Core (Dad-Strong Legs)

Warm-Up (5 min)

- Reverse lunges – 6 / side
- High knees – 30 sec
- Hip flexor stretch – 30 sec / side
- Air squats – 10

Strength Supersets (20 min)

Superset A – 4 rounds

1. Deadlift – 8 reps
2. Split Squat – 6 reps / side

Superset B – 3 rounds

1. Side Lunges – 6 reps / side
2. Beast Hold – 20 sec

Conditioning

Bike – 10 minutes **or**

High Knees / Squats – 15 sec each x 5 rounds

Day 3 – Upper Body + Conditioning (Functional Dad Strength)

Warm-Up (5 min)

- Band pull-aparts – 15
- Shoulder taps – 10 / side
- Arm swings – 30 sec

Strength Circuit (20 min – 4 rounds)

1. DB Overhead Press – 8
2. Pull-Ups / Rows – 6–8
3. DB Floor Press / Push-Ups – 10
4. Side Plank – 20 sec / side

Finisher (5 min)

AMRAP: 10 swings / 10 mountain climbers per side

What's Next?

You just proved you can make time for your health — even with a busy life.

- Follow **@busydad_strength** on Instagram & TikTok
- Subscribe to the BusyDad Weekly Newsletter
- Invest in the Iron Dad 12■Week Strength System

Strong dads raise strong families.