MKFIT FIELD GUIDE

THE BUSY PROFESSIONAL'S STRENGTH PLAN

A realistic three-day programme, clear exercise cues and a way to keep progressing when work gets busy.

By Mike Kelly, MKFIT Personal Training. Coaching South Croydon since 2013.

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General information, not medical advice or a personalised programme. Use the safety notes inside and seek appropriate advice when needed.

BUILD A WEEK YOU CAN REPEAT

START WITH THE DIARY, NOT THE IDEAL WEEK

You do not need to live in the gym. Pick three non-consecutive days you can usually protect, such as Monday, Wednesday and Friday. Allow about 45 to 55 minutes each. If you are new to lifting, begin with two sessions and fewer sets, then build up when recovery feels manageable. A repeatable week beats a perfect week you cannot sustain.

BEFORE YOUR FIRST SESSION

This is a general gym-based starting point, not a personalised programme. Ask a qualified coach to check unfamiliar lifts. If you have an injury, a health condition, recent surgery or symptoms with exercise, get appropriate clinical advice first. Stop for pain, dizziness or unusual breathlessness. Chest pain or severe symptoms need urgent medical help.

WARM UP FOR 5 TO 8 MINUTES

Walk or cycle gently, then rehearse the movements you will train. Before a squat, try controlled sit-to-stands. Before a hinge, practise pushing your hips back with no weight. Do one or two lighter practice sets before your first loaded exercise. A warm-up should prepare you, not tire you out.

CHOOSE A SENSIBLE STARTING WEIGHT

Begin lighter than you think you need. Finish a working set feeling you could do about two more controlled repetitions. If your technique changes, you hold your breath for too long or the last repetition becomes a struggle, reduce the load. Your first week is about learning the movements, not testing your limits.

YOUR WEEK AT A GLANCE

Day A: squat and push. Day B: hinge and pull. Day C: full body. Leave a rest day between sessions where possible. Walking or gentle movement on other days is useful, but hard extra sessions are not required.

DAY A: SQUAT AND PUSH

GOBLET SQUAT | 3 SETS OF 6 TO 8

Hold a dumbbell close to your chest, feet in a comfortable stance. Sit down between your hips, keeping your whole foot grounded, then stand tall. Use only a depth you can control comfortably. Start with a bodyweight sit-to-stand from a stable bench if needed; do not chase depth by rounding your back.

DUMBBELL BENCH PRESS | 3 SETS OF 8 TO 10

Set your feet firmly and keep your shoulders supported on the bench. Lower the dumbbells with control, elbows slightly away from your body, then press up without crashing the weights together. Ask for help getting into position. A wall or elevated press-up is an alternative if a bench is not suitable.

SUPPORTED SPLIT SQUAT | 2 SETS OF 8 EACH SIDE

Hold a stable support, take a split stance and lower straight down with both knees bending. Keep the front foot planted and push through it to rise. Use a small range first. A sit-to-stand is a simpler alternative if balancing or knee comfort is an issue.

PLANK | 3 HOLDS OF 15 TO 30 SECONDS

Start with hands or forearms on an elevated stable surface if necessary. Keep your ribs and pelvis comfortably aligned and breathe throughout. Finish the hold before your back sags. Short good-quality holds are more useful than one long uncomfortable effort.

REST AND PACING

Rest about 90 to 120 seconds after squats and presses, and 60 to 90 seconds after the other movements. Take longer if breathing has not settled. Complete one exercise before moving to the next. In week one, two working sets per exercise may be enough.

DAY B: HINGE AND PULL

DUMBBELL ROMANIAN DEADLIFT | 3 SETS OF 6 TO 8

Stand tall with soft knees and dumbbells close to your legs. Push your hips back, lowering only as far as you can keep control of your trunk, then stand by driving your feet into the floor. You do not have to touch the floor. Learn the hinge without weights before adding load.

LAT PULLDOWN | 3 SETS OF 8 TO 10

Set the thigh pad securely and choose a comfortable grip. Pull towards your upper chest without swinging or leaning far back. Let your arms straighten slowly on the return. Do not pull behind your neck. A supported machine row can be a simpler alternative.

SUPPORTED DUMBBELL ROW | 2 SETS OF 8 TO 10 EACH SIDE

Support one hand on a stable bench. Keep your torso steady and draw the dumbbell towards your hip, then lower slowly. Avoid twisting your body to lift the weight. Reduce the load if you cannot keep the movement controlled.

FARMER'S CARRY | 3 WALKS OF 20 TO 30 METRES

Pick up two manageable weights safely and walk tall along a clear route. Keep steps steady, shoulders relaxed and breathing natural. Put the weights down with control. If space is limited, use a short timed standing hold with a light weight instead.

WHAT SHOULD YOU FEEL?

Muscles working and some effort are expected. Sharp pain, tingling or joint discomfort are not a target. Stop the movement and seek help rather than trying to push through. Record how each exercise felt so your next session starts with a useful reference.

DAY C AND STEADY PROGRESSION

TRAP BAR DEADLIFT | 3 SETS OF 5

Only use this lift if you have been shown how to set up and lift safely. Start light, brace gently, stand through your feet and lower with control. Avoid jerking the weight off the floor. If the equipment or coaching is unavailable, repeat the dumbbell hinge from Day B.

DUMBBELL OVERHEAD PRESS | 3 SETS OF 8

Press within a comfortable range without leaning back to gain height. Use a supported seated position if that suits you. If shoulders feel uncomfortable overhead, use an incline dumbbell press or a suitable machine after a coach has checked the option.

REVERSE LUNGE | 2 SETS OF 8 EACH SIDE

Step back into a controlled split stance, lower a little and return to standing. Hold a stable support if needed. Keep the front foot grounded. A supported split squat or sit-to-stand is an alternative if stepping feels unsteady.

DEAD BUG | 2 SETS OF 6 EACH SIDE

Lie on your back with knees bent. Slowly move one heel away while keeping your trunk comfortable and breathing normally, then return. Begin with heel slides rather than long reaches. Stop if your back becomes uncomfortable.

ADD REPETITIONS BEFORE WEIGHT

Keep the same weight until every working set reaches the top of the range with good control and about two repetitions in reserve. Then try the smallest available weight increase and return to the lower end of the range. If it is too much, go back. For carries and holds, improve control before adding time or load.

KEEP PROGRESS VISIBLE

THE BUSY-WEEK VERSION

If you only have about 25 minutes, warm up and complete the first two exercises of your scheduled day. If you miss a session, continue with the next planned workout rather than cramming several hard days together. During illness, significant fatigue or worsening symptoms, recovery comes first.

RECOVER LIKE IT MATTERS

Build everyday walking gradually from your current level. Eat regular meals with a protein source, vegetables or fruit, and enough food to support training. Keep water nearby. Protect sleep where your circumstances allow. You do not need a crash diet or supplements to begin.

USE A SIMPLE TRAINING LOG

Write the date, exercise, load, repetitions and how it felt. A useful note is specific: "8, 8, 7 reps; last set harder, keep weight next time." Review progress over several weeks, not one difficult day. If performance drops repeatedly, reduce training stress and review recovery.

YOUR FIRST FOUR WEEKS

Week 1: learn the exercises and start with manageable volume. Week 2: repeat the sessions and refine technique. Week 3: add a repetition where control allows. Week 4: review consistency, comfort and recovery before increasing load. The plan should adapt to you, not the other way round.

Date / session	Load / reps	How it felt

YOUR NEXT STEP

A guide is a starting point. A useful coaching plan takes account of your goals, your current ability, any clinical advice and the time you can realistically give it.

CHOOSE THE SUPPORT THAT FITS

1:1 PERSONAL TRAINING | £60 PER HOUR

Private studio sessions in South Croydon, with a programme tailored to you.

ONLINE COACHING | £140 PER MONTH

A tailored TrueCoach programme to follow at home or in your own gym, with no studio sessions.

HYBRID COACHING | £180 PER MONTH

Online programming and support plus one monthly in-person studio session.

SUPPORT BETWEEN SESSIONS

Coaching includes a fully tailored programme in TrueCoach, a weekly accountability session and 24/7 WhatsApp support.

BOOK A FREE CONSULTATION

Open the consultation enquiry form at mkfitpt.com/contact
WhatsApp Mike or call +44 7766 951325.

Tell Mike which guide you read, what you want to work towards and what currently gets in the way. The enquiry form emails Mike directly so he can reply to you.

STUDIO AND SESSION DETAILS

Capital Business Centre, 22 Carlton Rd, South Croydon CR2 0BS. Parking at the business centre is free. Sessions are daytime only; Mike works with you to find the best time. One calendar month's notice is required to stop sessions entirely.

This guide does not enrol you into coaching or start an email newsletter. Coaching is not a substitute for assessment or treatment from a qualified healthcare professional.