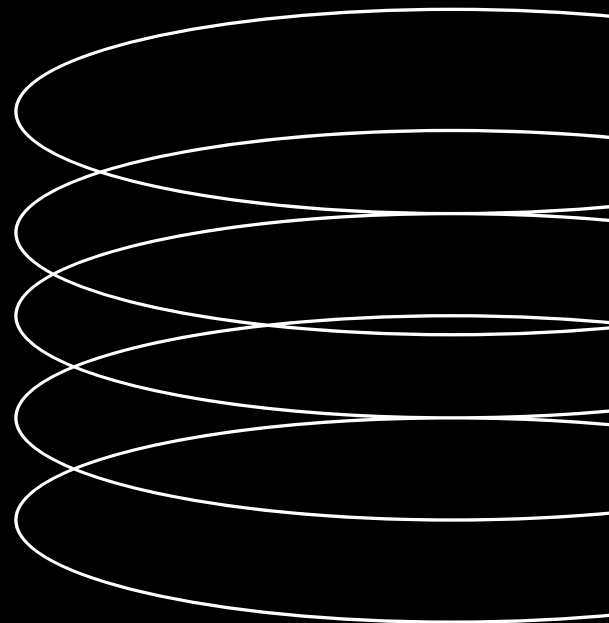


# The 3x-Per- Week Workout Formula (Men)



BY COACH SULAIMAN – THE  
FITNESS AMBASSADOR





# Why This Guide

*Fitness doesn't have to feel like a full-time job.*

*As a coach who's trained clients across different schedules. from busy moms to 9-5 professionals and even university students, I've found that consistency always beats complexity. That's why I created this guide.*

*This 3x-per-week plan is for anyone who:*

- *Feels overwhelmed trying to work out every day*
- *Needs a flexible structure that still brings results*
- *Wants to lose fat, build strength, or just stay active*

*Let's get into it.*

# THE CORE IDEA

You don't need long, intense daily workouts. You just need three focused sessions per week that cover:

- Functional movement
- Strength and toning
- Heart-healthy cardio

This approach helps you:

- ✓ Shape and tone your body
- ✓ Boost your energy and confidence
- ✓ Stay consistent
- ✓ Avoid injury or burnout



# Weekly Schedule Example



# Day 1: Cardio + Legs + Abs

- 10 minutes Cycling or StairMaster
- Bodyweight Squat - 3 sets of 12
- Dumbbell squats – 3 sets of 12
- Walking lunges – 3 sets of 10 per leg
- Leg raises – 3 sets of 15
- Russian twists – 2 sets of 20
- Plank – 1 minute

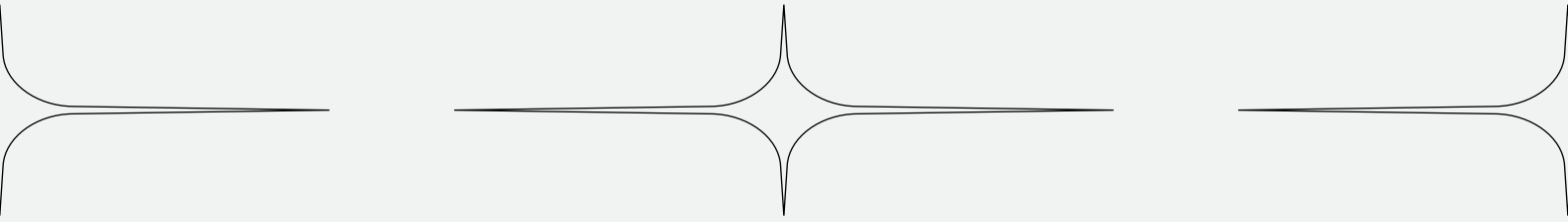


# Day 2: Chest, Shoulders, Triceps

- Arm Circles min
- Push-ups – 3 sets of 10
- Barbell press – 3x12
- Dumbbell chest fly – 3x12
- Triceps dips or pushdowns – 3x12
- Front dumbbell raises – 3x10
- Plank shoulder taps – 2x20

# Back, Biceps, Abs

- Jumping Jacks - 2 minutes
- Pull-ups or rows – 3x8
- Dumbbell curls – 3x12
- Hammer curls – 3x12
- Lat pulldowns – 3x12
- Mountain climbers – 2x30
- Sit-ups – 3x15
- Plank – 1 minute

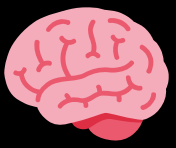




# Customization Tips



- DON'T WORRY ABOUT FOLLOWING THE SAME DAYS EACH WEEK , JUST COMPLETE 3 SESSIONS EVERY 7 DAYS.
- YOU CAN REPLACE EXERCISES WITH YOUR FAVORITES, JUST KEEP THE STRUCTURE.
- ON REST DAYS, DO LIGHT WALKING, STRETCHING, OR MOBILITY WORK.



# Why It Works



This plan gives your body time to recover, which is where the real growth happens. It also keeps you mentally engaged because you're not overdoing it.

Instead of stressing about not working out every day, you'll now have a clear roadmap that works for real life.

 WANT IT CUSTOMIZED?



This guide is just the starting point. If you want a plan:

- Tailored to your body type and goals
- Built around your weekly schedule
- With accountability & support

👉 [Apply for coaching here](#)

Let's simplify your journey and make fitness a lifestyle.

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