



JEFFREY DAVIS FITNESS LLC

FREE GUIDE

# The 30FIT Jumpstart

3 Days to Reset Your Fitness.

No Fluff. Just Results.

For Busy Professionals 30+ · Get Lean, Strong & Energized

**3**

DAYS

**0**

EQUIPMENT NEEDED

**30+**

MIN PER SESSION

@jeffrey.davis.fitness | Instagram | TikTok | YouTube

## WELCOME

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# Hey, I'm Coach Jeff.

NASM CPT/VCS/CNC · Jeffrey Davis Fitness LLC · Fort Lauderdale, FL

I created the 30FIT Jumpstart because I know how tough it can be to make fitness a priority when you're busy, over 30, and juggling work, family, and real life.

### WHO THIS IS FOR

If you're in your 30s or beyond, have a packed schedule, and you know you need to move more, eat smarter, and feel better — **this plan was made for you.**

### WHAT TO EXPECT

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- ✓ **3 focused days** — No fluff, no extremes — just what works.
- ✓ **Bodyweight or light dumbbells** — Train anywhere. No gym membership required.
- ✓ **Simple nutrition tips** — No calorie counting, no complicated diets.
- ✓ **Quick wins** — Build real momentum and confidence from day one.

You don't need to be perfect — you just need a push. **Let's get after it.**

— **Coach Jeff**

DAY 1

# Full Body Kickstart

Wake up those muscles and build momentum — no excuses.

## WARM-UP (5–7 min)

Arm circles 30s · BW Squats x10 · Shoulder Taps x10 · Glute Bridges x15 · Jumping Jacks 30s

## WORKOUT · REPEAT 3 ROUNDS

EXERCISE	SETS / REPS
● Goblet Squat (or BW Squat)	12–15 reps
● Push-Ups (incline if needed)	10–12 reps
● Bent-Over Rows (or band)	12 each arm
● Glute Bridges	15 reps
● Plank Shoulder Taps	10 each side

## COOL-DOWN (2–3 min)

Forward fold 30s · Quad stretch 30s/side · Shoulder stretch 30s/side · Deep breathing x5

DM "COACH" @jeffrey.davis.fitness for your custom plan

DAY 2

# Core & Cardio Confidence

Strengthen your core, elevate your heart rate. Simple and sweat-worthy.

## WARM-UP (5-7 min)

March in place 1min · Arm swings 30s · Hip circles 30s · High knees 30s · BW Lunges x10/leg

## WORKOUT · REPEAT 3 ROUNDS

EXERCISE	SETS / REPS
● Plank	30 seconds
● Side Plank	30 sec each side
● Mountain Climbers	20 reps x3
● Glute March	15 reps
● Jog / Walk Intervals	30s jog · 30s walk x3

## COOL-DOWN (2-3 min)

Seated forward fold 30s · Child's pose 30s · Spinal twist 30s/side

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DAY 3

# Mobility + Glutes Reset

Unlock tight areas, restore movement, and fire up your glutes.

## WARM-UP (5–7 min)

Cat-Cow 30s · Knee hugs x10 · Lateral lunges x8 · Shoulder circles 30s · Glute Bridges x10

## WORKOUT · REPEAT 3 ROUNDS

EXERCISE	SETS / REPS
● Glute Bridges	15 reps
● Bird-Dogs	12 each side
● Hip 90/90 Stretch	30 sec each side
● World's Greatest Stretch	30 sec per side
● Standing Hamstring Stretch	30 seconds

## COOL-DOWN (2–3 min)

Deep breathing x5 · Light 5-min walk · Seated twist 30s/side

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# Fuel Like You Train

Simple rules for busy professionals 30+. No tracking required.

01

## Protein First

Aim for 30g of protein with every main meal. Stay full, build muscle, recover faster.

Eggs + turkey bacon · Greek yogurt + berries · Chicken + rice · Protein smoothie

02

## Hydration is a Habit

Drink 2+ liters of water daily. Start your morning with a full glass before coffee.

Pro tip: Fill a bottle the night before so it's ready when you wake up.

03

## Build Full Meals, Not Snacks

Structured meals = more energy, fewer cravings. Follow the 30FIT Plate Rule.

1/2 plate veggies · 1/4 plate lean protein · 1/4 plate smart carbs or healthy fats

## Timing Tips

Eat every 3–4 hours · Don't skip breakfast · Protein + carbs before and after workouts



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## You Finished the Jumpstart.

Now let's turn momentum into mastery.

### OPTION 1

#### Free 15-Min Strategy Call

Let's talk goals, lifestyle, and what's realistic for you.

[trainerize.me/checkout/jeffreydavisfitnessllc](https://trainerize.me/checkout/jeffreydavisfitnessllc)

### OPTION 2

#### DM Me on Instagram

Send me "COACH" and I'll build a plan around your schedule, fitness level, and equipment.

[@jeffrey.davis.fitness](https://www.instagram.com/jeffrey.davis.fitness)

### OPTION 3

#### View Coaching Plans & Pricing

See which program fits your life best.

[jeffreydavisfitness.com/our-services](https://jeffreydavisfitness.com/our-services)

**BONUS** — Complete the Jumpstart and enroll within 3 days for a **FREE week of coaching**. Limited spots. Real people only.

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