

FREE GUIDE

The 30FIT Jumpstart

A free 3-day plan built for busy adults 30+ — quick workouts, simple nutrition, and a system you can actually stick to. No email required.

- ✓ 3 done-for-you workouts built for busy schedules
- ✓ Simple nutrition framework — no tracking, no cutting
- ✓ Daily momentum habits you can start today
- ✓ Designed specifically for adults 30+ with real lives

3 DAYS	0 EQUIPMENT NEEDED	30+ MIN PER SESSION
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WELCOME

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'S INSIDE

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|---|--------------------------|--|
| 1 | Full Body Kickstart | Wake up every major muscle group |
| 2 | Core & Cardio Confidence | Elevate your heart rate, tighten your core |
| 3 | Mobility + Glutes Reset | Undo the desk, fire up your glutes |
| + | Fuel Like You Train | The 3 nutrition rules that make it stick |

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

- | | |
|--------------------------------|--------------|
| ● 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

Want this tailored to you? Book a free 15-min call

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

- | | |
|------------------------|-----------------------|
| ● 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

Prefer DM? Message "COACH" to @jeffrey.davis.fitness on IG or TikTok

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

- | | |
|------------------------------|------------------|
| ● 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

Finished the 3 days? Let's build your next 30

NUTRITION

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



JDF

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.

jeffreydavisfitness.com/contact

OPTION 2

DM Me on IG or TikTok

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

[@jeffrey.davis.fitness on Instagram or TikTok](#)

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