

# Busy Professional Fitness: 15-Minute Workout Blueprint



- Link to the complete guide:  
<https://fitwithgreg.com/workouts-for-busy-professionals-simple-15-min-plan/>
- Version: v1.0 | Updated: September 26, 2025

## Section 1: How to use this plan

- Do three sessions per week. Each is 15 minutes.
- Use one pair of dumbbells and a timer.
- Keep rest to 30–45 seconds.
- Stop 1–2 reps before failure to maintain clean form.
- Progress each week by adding 2.5–5 pounds, or add 1–2 reps if weight can't increase.

## Section 2: Quick warm-up (90 seconds)

- 30s fast march + arm circles
- 30s hip hinges + bodyweight squats
- 30s plank shoulder taps

## Section 3: 4-week progression

- Week 1: 2 sets per exercise
- Week 2: 3 sets per exercise
- Week 3: 3 sets; add weight if form is solid
- Week 4: 3 sets; add a finisher or small weight bump

## Progression rules

- If all sets felt strong, increase dumbbells by 2.5–5 lb next week.

- If you cannot add weight, add 1–2 reps per set.
- Tight on time? Do 1–2 sets only and keep rest short.

#### Section 4: Weekly schedule

- Day 1: Upper + Core (15 minutes)
- Day 2: Lower Body (15 minutes)
- Day 3: Conditioning + Full Body (15 minutes)

#### Section 5: Workouts

##### Day 1: Upper + Core (15 minutes) Circuit A (10 minutes; AMRAP with control)

- 1A. Dumbbell Push Press, 8–10 reps
- 1B. One-Arm Dumbbell Row (each side), 8–10 reps
- 1C. Dumbbell Romanian Deadlift to Row combo, 8 reps Repeat quality rounds for 10 minutes. Rest 30–45 seconds as needed.

##### Finisher B (5 minutes; core)

- Plank, 30 seconds
- Dead Bug or Hollow Hold, 20–30 seconds or 8–10 reps
- Dumbbell Farmer Carry in place, 30 seconds. Repeat until 5 minutes is up.

##### Day 2: Lower Body (15 minutes) Circuit A (12 minutes)

- 1A. Goblet Squat, 10–12 reps
- 1B. Dumbbell Romanian Deadlift, 10–12 reps
- 1C. Reverse Lunge (alternating), 8–10 reps per leg. Rotate for 12 minutes. Rest 30–45 seconds as needed.

##### Finisher B (3 minutes)

- Suitcase Carry March, 30 seconds each side
- Bodyweight Squat Pulse, 20 seconds
- Wall Sit, 30 seconds. Go continuously for 3 minutes.

##### Day 3: Conditioning + Full Body (15 minutes) EMOM x 15 (every minute on the minute)

- Minute 1: Dumbbell Thrusters, 10 reps
- Minute 2: Bent-Over Dumbbell Rows, 12 reps
- Minute 3: Burpees or Step-Back Burpees, 8–10 reps. Repeat for five total rounds. If you finish early, rest for the remainder of the minute.

#### Form cues

- Brace your core on every lift; exhale on the exertion.

- Keep a neutral spine; hinge from the hips on RDLs.
- Row to your ribs, not your neck; elbows track close.
- Choose weights that feel challenging on the last 2 reps.

Tracking Page (Printable) - Copy this block onto a new page so users can print multiple weeks.

Week \_\_ (circle one): 1 2 3 4 Goal: Keep rest 30–45s; 1–2 reps in reserve.

Day 1: Upper + Core Exercise | Sets | Target Reps | Weight | Completed Reps | Notes

- DB Push Press | \_\_ | 8–10 | \_\_ | \_\_ | \_\_
- 1-Arm DB Row (each) | \_\_ | 8–10 | \_\_ | \_\_ | \_\_
- DB RDL to Row | \_\_ | 8 | \_\_ | \_\_ | \_\_
- Core Finisher (Plank / Dead Bug / Farmer Carry) | 5 min | time | — | — | \_\_

Day 2: Lower Body

- Goblet Squat | \_\_ | 10–12 | \_\_ | \_\_ | \_\_
- DB Romanian Deadlift | \_\_ | 10–12 | \_\_ | \_\_ | \_\_
- Reverse Lunge (each) | \_\_ | 8–10 | \_\_ | \_\_ | \_\_
- Finisher (Suitcase March / Squat Pulse / Wall Sit) | 3 min | time | — | — | \_\_

Day 3: Conditioning EMOM

- Minute 1: DB Thruster | — | 10 | \_\_ | rounds done: \_\_/5 | \_\_
- Minute 2: Bent-Over Row | — | 12 | \_\_ | — | \_\_
- Minute 3: Burpees or Step-Back | — | 8–10 | bodyweight | — | \_\_

Weekly notes:

- What went well:
- What to improve next week:
- Planned change (weight or reps):

Section 8: FAQ (short answers)

- Can I build muscle with 15-minute workouts? Yes. Use full-body moves, push near failure, and progress weight or reps weekly.
- Are short workouts good for weight loss? Yes, if you stay consistent and manage calories. Add a daily step goal for extra burn.
- What weight should I start with? Pick a load you can lift with 1–2 reps in reserve on the last set. If reps are too easy, increase the weight next session.

Safety disclaimer. Consult a healthcare professional before starting a new exercise program. Stop any movement that causes sharp pain.

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