HIGH PERFORMANCE FOUNDER / AT-HOME TRAINING

FREE RESOURCE · READY

THE AT-HOME DUMBBELL PLAN

A free 90-day program you can run in your living room. 3 days a week, one pair of dumbbells, no elaborate gym setup required.

- 3-DAY TRAINING CALENDAR
- MONTH-BY-MONTH SETS + REPS
- DUMBBELL EXERCISE LIBRARY
- SIMPLE WEEKLY PROGRESS TRACKER



DAN GO

#1 FITNESS COACH FOR FOUNDERS, EXECS & HIGH-PERFORMERS

START HERE

NO COMMUTE. NO EXCUSES.

The gym isn't the problem. The 20 minutes each way, the waiting for a bench, the "I'll go tomorrow." A pair of dumbbells at home removes all of it.

This plan runs for 90 days: one quarter of a year. Three full-body sessions a week, built on six movement patterns. Every month the sets and reps change so your body keeps adapting. The exercise can change too. The pattern never does.

WHAT YOU NEED

MUST HAVE

- Dumbbells: an adjustable pair is ideal. Or a light, medium and heavy pair.
- Floor space about the size of a yoga mat.
- A timer (your phone).

NICE TO HAVE

- A sturdy bench, step or box (for box squats, step-ups, chest-supported rows).
- A mat for floor work.
- Walking shoes for your off days.

CHOOSING YOUR WEIGHT

Pick a weight that leaves 2–3 good reps in the tank at the end of each set. If you could do 5 more, go heavier. If your form breaks, go lighter. Write it down.

YOUR WEEK

MON	TUE	WED	THU	FRI	SAT	SUN
Day A	Walk	**Day B**	Walk	**Day C**	Walk	Rest + review

Any 3 non-consecutive days work. Leave at least one rest day between sessions.

> **Before you start:** Consult your doctor before starting any new exercise or nutrition program, especially if you have a medical condition, an injury, or take medication. This guide is for education, not medical advice. Stop any exercise that causes pain.

THE LIBRARY

DUMBBELL EXERCISE LIBRARY

Keep the pattern. Choose a variation that feels good. Every session fills the same 6 slots.

SLOT	OPTION 1 (EASIEST)	OPTION 2	OPTION 3 (HARDEST)	KEY CUE
Squat	Box squat	Goblet squat	DB front squat	Chest up, sit between your hips
Hinge	Glute bridge	DB Romanian deadlift	Sumo DB deadlift	Push your hips back, flat back
Press	Push-up (incline if needed)	DB floor press	DB overhead press	Ribs down, controlled lowering
Pull	Chest-supported DB row	1-arm DB row	2-arm bent-over DB row	Pull elbow to hip, pause
Single-leg	Step-up	Reverse lunge	Split squat	Front knee tracks over toes
Core	Dead bug	Side plank	Farmer carry	Brace like someone's about to poke you

YOUR 6-SLOT TEMPLATE

Fill in your picks. Use these for Month 1 and change them only if it helps your joints or your progress.

SLOT	DAY A	DAY B	DAY C
1. Squat			
2. Hinge			
3. Press			
4. Pull			
5. Single-leg			
6. Core / carry			

WEEKS 1-4

MONTH 1: LEARN + BUILD STRENGTH

Lower volume, high effort. Learn every movement and record your loads. Select loads with 2–3 reps left in reserve. About 30 minutes.

SLOT	DAY A · MON	DAY B · WED	DAY C · FRI	SETS × REPS	REST
1. Squat	Box squat	Goblet squat	Box squat	**2 × 6–10**	2 min
2. Hinge	DB Romanian deadlift	Glute bridge	DB Romanian deadlift	**2 × 6–10**	2 min
3. Press	DB floor press	DB overhead press	Push-up	**2 × 6–10**	2 min
4. Pull	1-arm DB row	Chest-supported DB row	1-arm DB row	**2 × 8–12**	90 sec
5. Single-leg	Reverse lunge	Step-up	Split squat	**2 × 8 / side**	90 sec
6. Core	Dead bug	Side plank	Farmer carry	**2 × 20–40 sec**	60 sec

> **Month 1 goal:** show up 12 times and write down every set. Technique first.

HOW TO RUN EACH SESSION

1. **Warm up 5 minutes:** brisk walk or marching in place, then 1 light set of the first exercise.
2. **Do the slots in order** 1 to 6. Finish all sets of one slot before moving to the next.
3. **Log your best set** for each slot on the weekly tracker (page 10).

WHY ONLY 2 SETS?

Most of the muscle-building benefit comes from the first few hard sets per muscle. After that you're mostly piling up fatigue. Two quality sets taken close to failure beat four sloppy ones. Train hard, not long, and let recovery do the rest.

WEEKS 5-8

MONTH 2: BUILD MUSCLE

Add a third set and push the reps up. Add sets only if recovery and technique are good; if not, stay at 2 sets. About 35–40 minutes.

SLOT	DAY A · MON	DAY B · WED	DAY C · FRI	SETS × REPS	REST
1. Squat	Goblet squat	Goblet squat (pause at bottom)	Goblet squat	**3 × 8–12**	2 min
2. Hinge	DB Romanian deadlift	Sumo DB deadlift	DB Romanian deadlift	**3 × 8–12**	2 min
3. Press	DB floor press	DB overhead press	Push-up	**3 × 8–12**	90 sec
4. Pull	1-arm DB row	Chest-supported DB row	2-arm DB row	**3 × 8–12**	90 sec
5. Single-leg	Reverse lunge	Step-up	Split squat	**2 × 10 / side**	90 sec
6. Core	Dead bug	Side plank	Farmer carry	**2–3 × 30–45 sec**	60 sec

Short on time? Superset slots 3 + 4: do the press, go straight into the row, rest 60–90 sec after the pair. Non-competing pairs let one muscle recover while the other works.

MONTH 2 CHECKPOINTS

READY TO ADD THE 3RD SET?

- You finished all 12 Month 1 sessions (or close)
- Your form holds on the last rep
- You're not sore for more than 48 hours

NOT READY YET?

Stay at 2 sets and use the Month 2 rep ranges. Progress is progress. Add the third set when recovery catches up.

WEEKS 9-12

MONTH 3: PROGRESS INTELLIGENTLY

More is not always better. Keep 1–3 reps in reserve and make every rep count. Upgrade exercises where it helps you progress. About 40 minutes.

SLOT	DAY A · MON	DAY B · WED	DAY C · FRI	SETS × REPS	REST
1. Squat	DB front squat	Goblet squat	DB front squat	**3 × 8–12**	2 min
2. Hinge	DB Romanian deadlift	Sumo DB deadlift	DB Romanian deadlift	**3 × 8–12**	2 min
3. Press	DB floor press	DB overhead press	Push-up (feet elevated if easy)	**3 × 8–12**	90 sec
4. Pull	1-arm DB row	Chest-supported DB row	2-arm DB row	**3 × 10–15**	90 sec
5. Single-leg	Reverse lunge	Step-up	Split squat	**3 × 8–12 / side**	90 sec
6. Core	Dead bug	Side plank	Farmer carry	**3 × 30–60 sec**	60 sec

Feeling beat up? Drop back to 2 sets for a week. Recovery is where the muscle gets built.

DAY 90 AND BEYOND

Retest your starting numbers on the calendar page: weight, waist, and your best set on each slot. Then run the 12 weeks again with heavier dumbbells or the harder variation in each slot. Same pattern, more progress.

PROGRESSION

SAME PATTERN. MORE PROGRESS.

Your body won't change unless you force it to. Do a little more than last time, every time, with good form.

THE RULE

Add reps before adding weight. When all sets reach the top of the rep range, increase the load.

20 lb goblet squat × 8 → × 10 → × 12 → 25 lb × 8

WHAT A MONTHLY SWAP LOOKS LIKE

Month 1	Box squat — 2 × 8
Month 2	Goblet squat — 3 × 10
Month 3	DB front squat — 3 × 10

You can also keep the same exercise all 12 weeks if it's working.

RAN OUT OF DUMBBELL? 7 WAYS TO KEEP PROGRESSING

At home you'll eventually outgrow your heaviest weight. That's not a dead end. Progressive overload is just doing more, and "more" doesn't only mean more weight.

#	DO THIS	EXAMPLE
1	More reps or more sets with the same weight	3 × 12 → 3 × 15
2	Same weight through a bigger range of motion	Split squat with front foot on a plate
3	Same weight and reps, less rest	90 sec → 60 sec
4	Same weight with more control	3-second lowering, 1-second pause
5	More work in the same time	Superset press + row
6	Go single-arm or single-leg	Goblet squat → split squat
7	Extend the last set past technical failure	Rest-pause: 15 breaths, a few more reps

Adapted from my Top 12 Ways to Use Progressive Overload. All of these assume good form, especially over 35.

OFF DAYS

WALK ON YOUR OFF DAYS

Walking is the most underrated fat-loss tool there is. Low impact, easy on recovery, and you can stack it on things you're already doing. Aim for 7,000–10,000 steps a day.

THE ASCENDING WALK 30 MIN

TIME	PHASE	TREADMILL OR OUTDOORS
0–5	Warm-up	Low speed (1–2.5), incline 0–1. Outdoors: easy stroll.
5–15	Phase 1	Speed +1 level, incline +1. Outdoors: pick up the pace.
15–25	Phase 2	Incline +1, speed +0.2–0.5. Breathing gets a little harder.
25–29	Final	Incline +1–2, speed +0.2–0.5. Swing your arms hard.
29–30	Cool-down	Back to warm-up pace. In through the nose, out through the mouth.

TRAVELING THIS WEEK? TAKE THE PLAN WITH YOU

HOTEL ROOM (NO WEIGHTS)

Push-ups, squats, lunges, plank. As many good reps as possible, 2 sets each.

HOTEL GYM

DB Romanian deadlift, incline press, lat pulldown, lunges, ab rollouts. 8–12 reps, 2–3 sets.

FUEL IT

- **Protein at every meal:** 0.7–1 g per pound of goal body weight a day, 30–40 g per meal.
- **Eat on a schedule:** 3 meals, last one 3–5 hours before bed.
- **Sleep 7+ hours:** no food 3 hours before bed, no drinks 2 hours before, no screens 1 hour before.

TRACKER 1

YOUR 90-DAY TRAINING CALENDAR

36 sessions. Tick each one as you finish it. Write your average daily steps for the week in the last column.

Start date: _____ Finish date (day 90): _____

		DAY A	DAY B	DAY C	AVG STEPS
Month 1	Week 1	☐ A	☐ B	☐ C	
	Week 2	☐ A	☐ B	☐ C	
	Week 3	☐ A	☐ B	☐ C	
	Week 4	☐ A	☐ B	☐ C	
Month 2	Week 5	☐ A	☐ B	☐ C	
	Week 6	☐ A	☐ B	☐ C	
	Week 7	☐ A	☐ B	☐ C	
	Week 8	☐ A	☐ B	☐ C	
Month 3	Week 9	☐ A	☐ B	☐ C	
	Week 10	☐ A	☐ B	☐ C	
	Week 11	☐ A	☐ B	☐ C	
	Week 12	☐ A	☐ B	☐ C	

Day 1
Weight: _____
Waist: _____

Day 45
Weight: _____
Waist: _____

Day 90
Weight: _____
Waist: _____

TRACKER 2 · PRINT ONE PER MONTH

WEEKLY PROGRESS TRACKER

Log weight × reps for your best set of each slot. If the numbers go up, it's working.

Month: ☐ 1 ☐ 2 ☐ 3

SLOT / EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Squat: _____				
Hinge: _____				
Press: _____				
Pull: _____				
Single-leg: _____				
Core: _____				

WEEKLY CHECK-IN

	SESSIONS (/3)	AVG STEPS	PROTEIN EVERY MEAL (DAYS)	SLEEP 7H+ (NIGHTS)	ENERGY 1-10
Week 1					
Week 2					
Week 3					
Week 4					

Check your trends every 2 weeks and adjust one lever at a time.

YOUR NEXT STEP

YOU HAVE THE PLAN. NOW RUN IT.

Here's the whole thing on one page:

- **3 days a week**, 6 slots: squat, hinge, press, pull, single-leg, core.
- **Month 1** learn + build strength. **Month 2** build muscle. **Month 3** progress.
- **Add reps before weight.** Out of weight? Slow it down, cut rest, add range.
- **Walk 7–10k steps** on the off days.
- **Tick every session** on the 90-day calendar.

Systems beat motivation. Pick your days, put them in your calendar like a board meeting, and track every session. What gets measured gets managed.

Want a coach to build this around your schedule? Reply to the DM and we'll set up a quick call.

On the call we'll look at where you are, where you want to be, and what a plan built around your calendar, travel and family would look like. No pressure. Just clarity.

Onward and upward,
— Dan

Consult your doctor before starting any new exercise or nutrition program, especially if you have a medical condition, an injury, or take medication. This guide is for education, not medical advice. Stop any exercise that causes pain.