PELEG BAR
COACHING

THE FITNESS GUIDE FOR BUSY PEOPLE

How to lose fat, build muscle and actually stay consistent - without living in the gym or giving up your life.

Peleg Bar

Online Coach | Med Student

BEFORE WE START

Who is this guide for?

This guide is for people who want to take their body to the next level - **without living in the gym.**

Don't get me wrong. As a coach who considers himself an athlete, I could happily spend hours in the gym. But in the real world, that isn't practical for 99% of people. It isn't practical for me either. A personal trainer running an online coaching business, who's also a med student, also in a relationship, and also not willing to give up a social life?

I'm guessing you're in a similar spot. Your schedule is packed, and even though your health and how you look genuinely matter to you, you're not seeing real change.

Which makes complete sense. Even if you did find room for 3-4 sessions a week (and good for you if you did), you're not going to spend that time studying the science to squeeze the most out of every session. Right?

In this guide you'll find my approach and the exact tools I use myself: the main things that let me hit 4 strength sessions plus 2 cardio sessions a week without giving up anything that matters. You'll see how I think when I build a program for someone who badly wants results but keeps running into walls - finding the time, staying consistent, fitting in hour-long sessions, and every other obstacle that comes with a busy life.

> **And how would I know what you're feeling?**
> Because beyond my own life, I've coached dozens - if not hundreds - of people with impossible schedules, in changing environments, sometimes with limited equipment. As long as they were willing to put in the work, results came fast and they lasted. Because if we don't learn something along the way for the future, what was the point of the process?

I hope you find tools here you can actually use, that you take something from this - even something small - and of course, enjoy the read.

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PRINCIPLE ONE

Your Calendar Is King

If one thing has a decisive impact on your success, it's your schedule. We all want to be spontaneous and easygoing, but life only gets busier as it goes on. Without a tool to organize it, everything turns to chaos. And plenty of people who live by their calendar still can't find time to train - and if they do find it, they don't stick with it.

1

Find your "grey zones"

Look for the windows in your schedule where **there's no chance you'd focus on real work anyway.** If you're a morning person who dives straight into deep work, that time is precious - don't spend it on training. But if you're a full-blown zombie until 8-9am, morning sessions might be exactly right. Step one: locate those grey zones where physical activity is basically the only thing you're capable of.

2

The "+30 rule"

Booking a session in your calendar is nice, but here's what actually happens: you schedule 7:00pm and finish work at 6:45. Traffic, parking, one small delay, and it's 7:15. You have to meet friends at 9:00 and still need a shower. So you push it to tomorrow - and tomorrow won't happen either, because there's a wedding. The fix: **add 30 minutes before and after every training slot.** That way, when life interferes, the session still happens, because you built in slack.

3

Fit the program to the schedule - not the other way around

Struggle to train midweek? Build a program that front-loads weekends. Weekends are chaos? Put everything on weekdays. **There's no right or wrong - there's optimal for you, and less optimal.** A program that doesn't sit cleanly inside your week simply won't get done in full.

Bottom line

Stop looking for more time. Find the time that already exists and goes unused, then build safety margins around it.

PRINCIPLE TWO

Prepare In Advance

Benjamin Franklin once said: **"If you fail to plan, you're planning to fail."** That line sums up all of nutrition (and fitness too, but mostly nutrition). If you're not willing to plan ahead, your entire process suffers. That's just reality.

1

Food

Prep your food ahead of time - ideally **two fixed slots in your weekly calendar.** Doing it every morning works too; it really doesn't matter. What matters is this: every time you're hungry, or even just thinking about food, something that serves your goals is within reach. Remove the deliberation and the bad decisions drop off a cliff.

2

Gym bag

If you train before or right after work, the transition between the two has to be as frictionless as possible. When I get back from the hospital (or from class...), there's a packed bag waiting with everything I need. I walk in, swap bags, walk out, and drive straight to the gym. **Zero distractions, zero chance of getting stuck on the couch, zero room for error.**

3

Weekly planning slot

Pick a fixed weekly slot - mine is Saturday - where you sit down and map out the week ahead. Everything important goes in: when you train, when you prep food, when you pack tomorrow's bag. **The more you put in the calendar, the more likely it is to happen** - and the less likely you are to miss what matters to you.

In practice

These three tools together take under an hour a week - and save you dozens of bad decisions made exactly when you're tired, hungry and in a rush.

PRINCIPLE THREE

Nutrition

Contrary to popular belief, nutrition isn't that complicated - at least not at the big-picture level. If you're generally healthy (no underlying conditions beyond excess weight), building a solid nutritional base isn't hard, and it can even be pretty tasty. And good nutrition isn't only about how you look: sharper focus, better function, better training, better recovery. Everything gets better. These are the pillars nobody serious argues with:

01 Vegetables and fruit

We could talk about this for hours, so here's the short version: **more is better.** Especially if your goal is losing belly fat. Aim for a range of colors every day plus 1-2 pieces of fruit, and watch how much more alert and energetic you feel. Healthier long-term, too.

02 Protein

The recommendation for active people is **1.6-2.2g of protein per kg of bodyweight.** In practice: a proper protein serving at every meal (breakfast, lunch, dinner) plus one more in an afternoon meal. You can fit it into 3 meals or even fewer, but spreading protein across several servings a day is optimal for building muscle.

03 Ultra-processed foods

This group is consistently shown to be less healthy long-term and is linked to plenty of disease. "Obviously," you're thinking. But did you know protein drinks and protein puddings count too? So avoid them entirely? Absolutely not. We'd rather get our macros from whole foods, but **dose and balance are what matter.** A protein pudding beats a purely carb-based meal by a mile. What to actually minimize: fast food and snacks. Again, not zero. We're not robots, and there's no reason to be.

04 Eat to 80% full

You can absolutely eat until you're stuffed - it won't necessarily make you gain weight. But what's the upside? Big lunch, then you're a zombie at your keyboard. If your meal is just vegetables and lean protein, go ahead and eat until you're full. But lunch is usually carb-heavy and calorie-dense, and the insulin drop after digesting a large meal creates natural fatigue. Want to function well? **Stop at 80%.**

05 The founding macros

Every macronutrient matters. Yes, carbs too. And yes, fats too. Cutting one out completely, even briefly, will hurt your performance in the gym and at work. **Make sure all three appear in every meal,** especially if you only eat 2-3 meals a day. One exception: in your post-workout meal it's worth going lighter on fat, to speed up protein and carb absorption (fat digests more slowly).

06 Aim for zero deliveries

Let's be honest - food delivery apps are incredible. A meal at your door with one tap. The problem? The cost, the calorie load, and the way you start relying on them instead of actually going out and buying groceries for a decent dinner. **Delete the app from your phone** - or at minimum, cap yourself at twice a month. The less, the better.

PRINCIPLE FOUR

The Program

When you walk into the gym, your time is expensive. You want to get in, do efficient work that maximizes results, and go home. 60 minutes, tops. For that to happen, you can't afford to show up without a written session telling you exactly what to do, how much, and how. There are also 20-minute programs out there, and those work too. **Time isn't the critical variable. Being 100% tailored to you is.** So how do you tailor a session to you?

1

How your gym is laid out

Moving between exercises is dead time nobody accounts for, and when it's inefficient your session stretches out badly. If the chest press machine is next to the cables but the back machine is across the room, it might be worth pairing cable flyes with that chest press - so you can transition smoothly, and tell the guy on the cables during your last set that you're in after him. Or group all your cable work back-to-back. **It doesn't matter how - what matters is that the program fits how your gym is actually built.**

2

Number of sessions

Six 20-minute sessions or three 60-minute sessions can amount to the same thing for you. **It's far more important that the sessions happen than that the program is the best in the world.** Because the best program on earth is worthless if you can't follow it, right? Pick the split that fits your schedule. The point is that it happens.

3

Clusters

Supersets, drop sets, myo-reps - the list goes on. These methods slot beautifully into a program and **cut your time in the gym significantly without giving up results.** You can build entire sessions around them. I use them a lot, on myself and on my clients.

4

Cardio

When time is tight, cardio is the first thing to get pushed aside. If that's temporary, fine. If it's permanent, that's a shame - your heart won't be pleased. The fix: **attach cardio to the end of a strength session** (after upper body, or push/pull - you get the idea). Stacking them reduces how many times a week you need to be at the gym. And if you think cardio won't help your goals, you're wrong. Yes, it helps with mass too.

PRINCIPLE FIVE

Environment

Your environment defines you far more than you think. Surrounded by smokers? You're much more likely to smoke. Surrounded by successful people who are each strong in their own field? You'll probably become one - or at least want to. When it comes to fitness goals, your environment can be decisive. It's the difference between eating the fish and rice you prepped and grabbing pizza instead. Between doing the session you scheduled and pushing it for drinks at the bar.

1

Normalize "I can't, I've got training"

When a friend says "can't make it, I'm working," that's fine, right? When he's booked with a plumber, also fine. So why do people pull a face when you say you have a session? Either hold your ground until they understand it matters to you, or clean house and find friends who take training seriously. You can absolutely train and still go out - but when the two collide, **the problem is with your friends, not with you.** Unless you're fine giving up your goals. Your call.

2

Be the guy who eats before he leaves

Sure, you'll get some jokes at your expense. You'll be the sober one. But long term? **Your results come faster and your bank account grows.** The more often you show up already fed - maybe picking at some edamame and nursing a third of a beer instead of a liter - the faster you move toward your goals. And once you get there, those same friends will start asking how you did it.

3

Find friends who train too

There's no better social pressure than a group that gives you grief for skipping a session. When you're part of a crew - or even have one friend in this world with you - you'll want to show up just to be part of it. Not even for the training itself. **That has enormous power.** Start looking for those people.

4

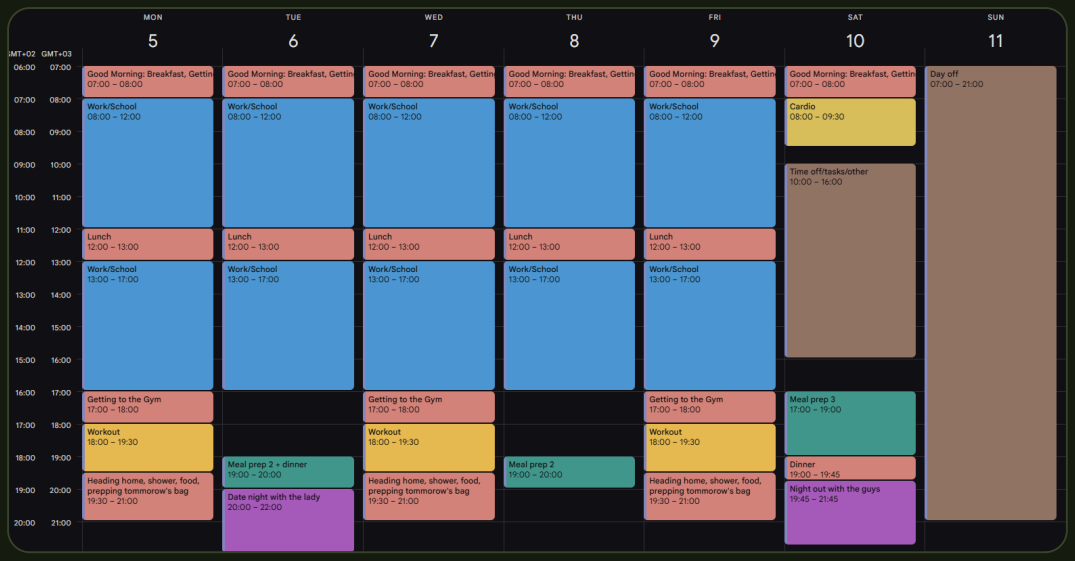
Social media

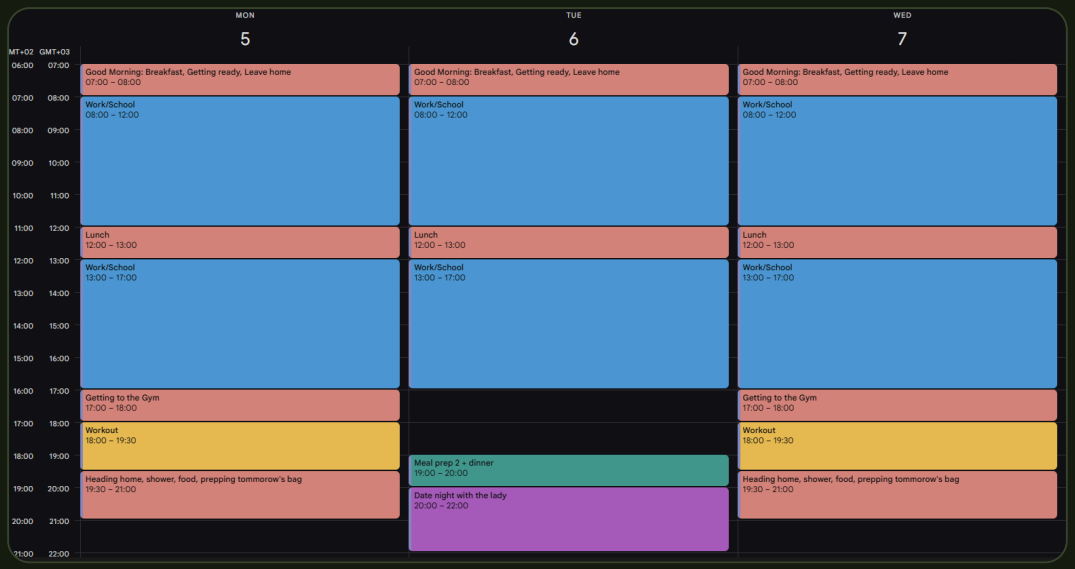
Your feed can give you drive or drag you down. What you see is your choice. Instead of news accounts pumping out grim headlines, old army friends who aren't doing much, and influencers with nothing to do with fitness - **follow people and pages that are pure fitness.** Some of them don't even need to be informative: you look at them and you want to go lift (Ronnie Coleman, Jay Cutler). When your feed works for your goals, you're far more locked into the process.

PUTTING IT TOGETHER

So what does this look like in practice?

Below is a sample week. Obviously yours will look different - especially if you have kids. But the principles are all there, and if you want to maximize your process they need to show up in your week too: time to train, time to prep food, an end-of-day reminder to get ready for tomorrow, a day off, time with friends, and time with your partner.





What actually matters

The specific times don't matter. Neither do the colors of the blocks or the wording of each event. What matters is **that you build this once a week.** At first it'll feel like a lot. Over time it becomes automatic.

TO SUM UP

Now you know how I think.

If you've read this far, you have a solid grasp of the approach that drives me. In my online coaching, all of this - and a lot more - is what I teach and pass on to everyone I work with.

Fortunately, the people who come to me are serious. They know what they want, and they're ready to invest and do the work.

If that's you, and you want a program built precisely around your busy, unreasonable life:
that's exactly what I do.

Send me a message with the word:

PLAN

@pelegbar_ → and let's set up an intro call



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