

Twitter Thread by Gabe | Online Fitness Coach



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There's no such thing as "too busy to exercise"

A top 1% physique can be achieved in 30 minute intervals.

Here are the 9 exercises you need to do to get jacked without free time:



Listen, I get it.

You're busy. I'm busy. We're all busy.

I know how it feels to have "no time" but what I've found is you can get amazing results from short yet intense workouts.

It all starts with getting good at the most effective exercises.

Let's begin with chest:

1. Flat Barbell Bench Press OR Seated Chest Press Machine

Both of these exercises hit the chest, shoulders, and triceps quite well.

3 muscles for the price of one lift.

Choose ONE of these exercises and stick with it for the next 3 months and you'll grow fast.

Next up:



2. Pec Deck OR Cable Flys

The chest is an interesting muscle, and I've noticed that pressing alone doesn't work for most people, myself included.

Either of these exercises will help you build a bigger, stronger chest much faster.

Pick your favorite.

Now let's talk BACK:



3. Seated Machine Rows OR Dumbbell Rows

The key to an impressive back is horizontal rows. Pulling through the elbows to just above your hips is like magic for your traps, lats, biceps, forearms and more.

Pick one of these, then combine it with:



4. Weighted Chin-ups OR Underhand Lat Pulldowns

If you're looking for a wide back, chin-ups are your golden ticket.

Once you can do 8 chin-ups, start adding weight.

Can't do them? That's okay.

Hit some lat pulldowns for 3 months and try again.

The next 2 exercises are VITAL:



5. Barbell Squats OR Bulgarian Split Squats

If you can barbell squat, do it.

If you can't, but want to, learn it.

It's worth it.

Don't want to at all?

Then enjoy the pain (and big leg growth) of Bulgarian Split Squats.

Combine these with:



6. Conventional Deadlifts OR Romanian Deadlifts

Everyone raves about conventional deadlifts until you learn they're not all that great for muscle development.

(not sorry I said it)

But they do work and they're fun.

Romanian deadlifts just might be better.

Pick ONE, then...



7. Dumbbell Lateral Raises

Pushing exercises build the front delts. Pulling exercises kinda build the rear delts. But not much emphasizes the side delts.

If you want bigger looking shoulders, then lateral raises are key.

Bonus points if you pause at the top.

Next up:



8. Standing Dumbbell Bicep Curls

No program is complete without curls. As a man, you must do curls if you want to get (and keep) the girls.

This is not a joke.

And the ultimate curls are with dumbbells.

Enough said.

And finally...



9. Standing Overhead Press

Despite this being one of my favorite exercises, it's not necessary but highly efficient.

The big benefit is hitting the bigger part of the triceps, plus more gains for shoulders and chest combined with other lifts.

That said, understand this:



The key to building muscle is to get stronger over time in the 6-15 rep range.

For the sake of time, we'll be doing 2 sets of 8-12 reps on everything:

Day 1: Chest, Shoulders, Triceps

Day 2: Back, Biceps

Day 3: Legs

Add a rep or two here...

Add 5lbs there...

At first this will seem easy, but it will get hard FAST.

That's when the growth begins.

Keep pushing and you'll surprise yourself with your progress over the next 3-6 months.

Let's make it happen.

Talk soon

-Gabe

P.S. If you're a busy professional who's SICK of being unhappy with their body

I'll coach you for the next 90 days and guarantee you lose at least 20 pounds

DM me "gains" if you're serious and willing to invest in your results.

You'll make an amazing transformation guaranteed

P.P.S. If that's not enough, I'll not only guarantee you lose 20 pounds in 90 days...

...if you're not satisfied with the results you get with my program, I'll give you an extra \$500 on top of the money you pay me.

Zero risk.

DM me “gains” now to get started today