

● FOR BUSY PARENTS IN THEIR 40s

THE 20-MINUTE BLOOD SUGAR RESET

Three short strength workouts for the weeks when work, kids, and life are already taking up most of your time.

When your weight, energy, A1C, cholesterol, or another number from your bloodwork starts moving the wrong way, it is easy to think you need to change everything at once.

Most parents do not need another extreme restart. They need a plan they can still do when work runs late, the kids need them, and the week does not go as planned.

That is why I put this together. These are three basic strength workouts you can do at home in 20 minutes. It is not the entire answer, but it gives you a solid place to start.

START SMALL

Do the easiest version you can control. If it feels almost too easy, that is fine. You can build from there.



PROJECT REBALANCE

HOW THE 20 MINUTES WORK

You will use the same simple setup for all three workouts.

4 MIN

Prepare

Run through four easy movements.

12 MIN

Strength

Three exercises for four rounds. Start a new exercise each minute.

3 MIN

Finish

Use a carry, hold, or march.

1 MIN

Track

Write down what you did and how it felt.

THE FOUR RULES

- 1 Do clean, controlled reps, then rest for whatever is left of the minute.
- 2 Stop while you still have 2-4 good reps left. This is not a test.
- 3 Use one dumbbell or kettlebell, a long band, or the bodyweight version.
- 4 You should still be able to talk. Slow down or take more rest when you need it.

SAFETY FIRST

Use a stable surface and control every rep. Rest when your form breaks down or your breathing is hard to control. Stop for pain, dizziness, faintness, chest discomfort, or unusual shortness of breath and get medical guidance.

BAND SETUP

Check the band and anchor first. Use a real anchor or a structurally secure attachment. Keep your face and eyes out of the recoil path. If you are not sure, choose another version.

CHOOSE THE VERSION THAT FITS TODAY

Dumbbell or kettlebell: use it if you have one. Band: use it when the setup is secure. Bodyweight: use it to learn the movement or make it easier.

12-MINUTE STRENGTH BLOCK

Set a repeating one-minute timer. Perform movement 1, then rest. At the next minute, perform movement 2. At the next minute, perform movement 3. Repeat for 4 total rounds. Stop with 2-4 good repetitions remaining.

SCOPE

This is a general workout guide, not medical care. If you have diabetes, take glucose-lowering medication, have symptoms that concern you, or have been told to limit exercise, talk with your healthcare professional before you start.

WORKOUT A - SQUAT, PUSH, PULL

Start here. Nothing fancy - just three basic patterns done well.



Chair or Goblet Squat



Incline Push-Up



Supported One-Arm Row

4-MINUTE PREPARE

1. Easy standing march
2. Supported chair-squat rehearsal
3. Wall reach
4. Hip-hinge rehearsal

1 Chair or Goblet Squat 6-10 controlled reps

Reach your hips back toward the chair, keep your whole foot down, then stand tall.
Easier: Use a higher chair and skip the weight.
Band/bodyweight: A light band squat works, but only if you can control the band for the entire rep.

2 Incline Push-Up 5-10 controlled reps

Place your hands on a stable raised surface, keep a long body line, and lower under control.
Easier: Move to a wall or shorten the range.
Band/bodyweight: You do not need a band here. Raise the surface to make it easier.

3 Supported One-Arm Row 6-8 reps per side

Brace one hand on a stable chair or bench and pull the weight toward your hip.
Easier: Use less weight and a smaller range.
Band/bodyweight: Use a standing band row only when the anchor is secure and out of the recoil path.

3-MINUTE FINISH

Hold one weight at your side for 20 seconds, switch sides, and repeat. No weight? March slowly in place.

1-MINUTE TRACK

Write down the version you used and how hard the workout felt from 1-10.

WORKOUT B - HINGE, SPLIT STANCE, PRESS

Today is the hinge, a supported single-leg movement, and a press.



Dumbbell or Kettlebell Romanian Deadlift



Supported Split Squat



One-Arm Standing Press

4-MINUTE PREPARE

1. Easy standing march
2. Hinge-to-wall rehearsal
3. Supported split-stance weight shift
4. Comfortable shoulder reach

1 Dumbbell or Kettlebell Romanian Deadlift 6-10 controlled reps

Keep the weight close, push your hips back, and stand by driving the floor away.
Easier: Practice the hinge to a wall without weight.
Band/bodyweight: Stand evenly on a long band and keep the movement slow and controlled.

2 Supported Split Squat 5-8 reps per side

Hold a stable support, lower straight down through a comfortable range, and stand tall.
Easier: Use a shorter range or hold the split stance without moving.
Band/bodyweight: Start with bodyweight. You do not need a band for this one.

3 One-Arm Standing Press 5-8 reps per side

Stand tall, keep your ribs controlled, and press only through a comfortable range.
Easier: Reach overhead without weight or use something very light.
Band/bodyweight: Stand on a long band only when you can keep the band and recoil path secure.

3-MINUTE FINISH

March slowly and bring each hand toward the opposite knee. Keep the pace easy enough to talk.

1-MINUTE TRACK

Write down the weight or band you used and whether one side felt different from the other.

WORKOUT C - STEP, PRESS, PULL

Finish the week with a step, a press, and another row.



Low Step-Up



Dumbbell or Kettlebell Floor Press



Supported One-Arm Row

4-MINUTE PREPARE

1. Easy standing march
2. Low-step rehearsal
3. Wall push-up rehearsal
4. Supported row rehearsal

1 Low Step-Up 5-8 reps per side

Use a low stable step, place your whole foot down, and stand without pushing off the trailing leg.

Easier: Use a chair sit-to-stand instead.

Band/bodyweight: Use bodyweight. A band does not add anything useful here.

2 Dumbbell or Kettlebell Floor Press 6-10 controlled reps

Lie comfortably, keep your feet planted, lower until your upper arms meet the floor, and press smoothly.

Easier: Use a wall or incline push-up if getting onto the floor does not work for you.

Band/bodyweight: Use a standing band chest press only with an anchor you know is secure.

3 Supported One-Arm Row 6-8 reps per side

Brace on a stable surface and pull toward your hip without twisting your torso.

Easier: Use less weight and a smaller range.

Band/bodyweight: Use a securely anchored row or a light band pull-apart you can control.

3-MINUTE FINISH

Hold one weight in front of you for 20 seconds, then march easily. No weight? Just keep marching.

1-MINUTE TRACK

Write down which movement felt best and which one you were least sure about.

THE WORKOUT IS THE STARTING POINT

Use the next two weeks to see what actually works in your life.



Sessions



Variation



Effort



Energy



Confidence

AFTER EACH SESSION, WRITE DOWN:

- Which workouts did you finish?
- Which version and weight did you use?
- How hard did it feel from 1-10?
- How were your energy and sleep?
- Did anything feel painful, limited, or uncertain?

WHAT A GENERAL GUIDE CANNOT DO

The workouts are simple on purpose. What this guide cannot tell you is which movements fit your body, how fast you should progress, how training fits your schedule and recovery, or how your nutrition and bloodwork should shape the bigger plan. That is where coaching becomes useful.

YOUR NEXT STEP

What is making it hardest to get started right now: time, uncertainty about what to do, physical limitations, or staying consistent?

Reply in the same message thread where I sent you this guide.