

# Kevin Casey's

## Ultimate Blueprint

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**EXACTLY** how busy men can reclaim energy,  
strength & confidence **WITHOUT** sacrificing  
family or career...

# INTRODUCTION

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**I know what it feels like to  
be running on empty...**

I'm a 45-year-old dad of three and for over 30 years, I've been in the trenches of fitness and life. From various sports to working in both construction and farming within my family business, I've always understood the **reality of the working man's life.**

I'm passionate about **fitness that fits into real life.** No extreme diets or living in the gym, but efficient training and proper nutrition. And speaking of nutrition I'm lucky, my wife's incredible meals keep me fuelled and thriving.

If you're looking for a grounded, practical approach to fitness, I'm here to help you **build strength and health that lasts.**

# OVERVIEW

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**This blueprint is the exact framework I wish I'd had when I was stuck. It covers:**

- **Nutrition:** how to fuel your body with flexible, family-friendly meals.
- **Training:** time-efficient workouts that build strength, muscle, and energy.
- **Lifestyle:** how to sleep better, balance work and family, and feel more alive.

**Think of this as your starter kit. Let's get into it.**

# **1.1 Nutrition**

## **80/20 approach**

80% whole, nutrient-dense foods; 20% flexible, guilt-free foods.

## **Protein is king**

it keeps you full, supports muscle, and boosts metabolism.

## **Carbs are fuel, not the enemy**

they power your training and energy.

## **Fat is essential**

supports hormones and brain health.

## **Hydration = energy**

aim for 2–3 litres of water daily.

## 1.2 Calculate calories & macros

Here's the simple formula:

**Maintenance Calories** = Bodyweight (kg) × 22–24

**Fat Loss Calories** = Bodyweight (kg) × 20–22

**Muscle Gain Calories** = Bodyweight (kg) × 25–27

**Macros** (based on bodyweight in kg):

Protein: 2g per kg

Fat: 0.8–1g per kg

**Carbs:** Fill the rest of your calories

**Example:**

(90kg man, fat loss):

**Calories:**  $90 \times 22 = \sim 2000$  kcal

**Protein:** 180g (720 kcal)

**Fat:** 90g (810 kcal)

**Carbs:** 117g (470 kcal)

## **1.3 2-Day Sample Flexible Meal Plan**

### **Day 1**

quick & Family-Friendly  
Meal Food Example Notes

#### **Breakfast**

0% Greek yogurt (200g) + 40g oats + 100g mixed berries +  
drizzle  
honey  
High protein, quick prep

#### **Snack**

Protein shake + apple  
25g protein, portable

#### **Lunch**

Chicken breast wrap (wholemeal tortilla, salad, light mayo)  
Add veggies for volume

#### **Dinner**

Salmon fillet + microwave basmati rice + frozen veg  
Balanced, omega-3 fats

## **Day 2: Budget-Friendly And Easy Prep**

### **Breakfast**

Smoothie (whey protein, semi-skimmed milk,  
banana, peanut butter)  
2-min prep

### **Snack**

2 boiled eggs + carrot sticks  
Cheap, filling

### **Lunch**

Tuna jacket potato + cottage cheese + side salad  
Easy at work/home

### **Dinner**

Lean mince chilli (beef/turkey) + basmati rice +  
peppers/onions  
Batch cook friendly  
Snack (optional)  
Low-cal popcorn  
High volume, low cal

## **1.4 Bonus Nutrition Hacks**

- Batch cook proteins (chicken, mince, eggs) to save time.
- Eating out? Pick protein first, swap chips for salad or rice.
- Weekend strategy: enjoy, but set limits (2 pints, not 10).



# Section 2: Training

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Strength & Energy in 45 Minutes

## 2.1 Training Principles

**3 sessions/week** = sustainable, effective.

**Full-body workouts** beat body-part splits for busy men.

**Track lifts** → aim to add reps or weight weekly.

**Strength + conditioning** = lean, strong, fit.

## **2.2 3-Day Full Body Training Plan**

(Home/Gym)

### **Day 1**

Lower Body Focus

Warm-up Mobility + 5 min bike/row

#### **Main Lifts**

Squat (barbell/goblet): 4×8

Bench press / push-ups: 4×8–10

Bent-over row: 4×10

#### **Accessories**

Dumbbell lateral raises: 3×12–15

Plank with shoulder taps: 3×40 sec

#### **Finisher**

5 rounds: 30 sec bike/row + 30 sec rest

~5–7 min

# **Day 2: Posterior Chain And Pull Focus**

Section: Exercise Sets x Reps

## **Warm-up**

Mobility + 5 min rower

## **Main Lifts**

Deadlift / RDL: 4×8

Overhead press: 4×8–10

Pull-ups / assisted pull-ups: 4×6–10

## **Accessories**

Dumbbell Bulgarian split squats: 3×10 each leg

Hanging leg raises / knee tucks: 3×12

## **Finisher**

6 rounds – 20 sec kettlebell swings + 40 sec rest  
~6 min

# **Day 3: Push & Conditioning**

## **Section Exercise Sets x Reps**

### **Warm-up**

Mobility + 5 min bike

### **Main Lifts**

Front squat / goblet squat: 4×8

Incline dumbbell press: 4×8–10

One-arm dumbbell row: 4×10–12

### **Accessories**

Dumbbell curls + tricep overhead extension superset:

3×12 each

Side plank: 3×30 sec/side

### **Finisher**

10 min AMRAP – 10 push-ups, 10 squats, 10 sit-ups

## **2.3 3-Day Dumbbell-Only At-Home Plan**

### **Day 1: Squat & Push Focus**

#### **Warm-up**

Mobility + bodyweight squats

#### **Main Lifts**

Goblet squats: 4×12

Dumbbell floor press: 4×10

One-arm dumbbell rows: 4×12

#### **Accessories**

Dumbbell lateral raises: 3×15

Farmer's carry: 3×40 steps

#### **Finisher**

8 min EMOM – 8 burpees

~8 min

## **Day 2: Hinge And Overhead Focus**

### **Warm-up**

Shoulder mobility + walkouts

### **Main Lifts**

Dumbbell RDL: 4×10

Seated overhead press: 4×10

Renegade rows: 4×10 each side

### **Accessories**

Bulgarian split squats :3×12 each leg

Weighted sit-ups: 3×15

### **Finisher**

5 rounds – 30 sec jump squats

+ 30 sec rest: ~5 min

## **Day 2: Hinge & Overhead Focus**

### **Warm-up**

Shoulder mobility + walkouts

### **Main Lifts**

Dumbbell RDL: 4×10

Seated overhead press: 4×10

Renegade rows: 4×10 each side

### **Accessories**

Bulgarian split squats: 3×12 each leg

Weighted sit-ups: 3×15

### **Finisher**

5 rounds – 30 sec jump squats

+ 30 sec rest: ~5 min

## **Day 3: Conditioning & Arms Focus**

### **Warm-up**

Light cardio + mobility

### **Main Lifts**

Dumbbell thrusters: 4×12

Incline press on chair: 4×10

One-leg RDL: 3×12 each leg

### **Accessories**

Bicep curls + tricep kickback supersetL: 3×12 each

Side plank hip dips: 3×12 each side

### **Finisher**

10 min circuit:

10 push-ups, 10 lunges, 10 mountain climbers

~10 min



## **Section 3: Lifestyle**

### **Quick-Start Lifestyle Checklist** **Area What to Do Why It Matters**

#### **Sleep**

7–8 hrs/night, no screens 30 min before bed,  
same wake time daily. Restores energy,  
testosterone, recovery

#### **Energy**

Morning sunlight, 2–3L water/day, caffeine cutoff  
at 2pm Boosts focus & daily energy

#### **Balance**

Train 3×/week (45 min), involve kids in activity, schedule  
sessions in calendar Sustainable and dad-friendly

#### **Mindset**

Progress > perfection, training makes you a better man,  
celebrates small wins Keeps momentum going

# **Quick-Start Checklist**

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- **Calories & macros calculated**
- **Picked training programme**
- **Water target set (2–3L/day)**
- **Sleep routine in place**
- **3×45-min sessions scheduled**

## **Next Steps**

**You now have the Ultimate Blueprint, the exact framework to rebuild your body, energy, and confidence.**

**But let's be real: information without accountability rarely works. If you want to fast-track results, with coaching, community, and a proven system, check out my FULL Programme.**

**➔ [https://tr.ee/vYXmtB\\_Bpp](https://tr.ee/vYXmtB_Bpp)**