

THE NO-BS EXECUTIVE BLUEPRINT™

Every Move Has A Purpose. No BS.

Build Strength

Stay Lean

Train Anywhere

Why successful men still struggle with fitness

01

No Clear System

Random workouts. Random results.

~2% → ~80%

Stay consistent, with a system in place

02

Ignoring Their Body

Pain and limitations are treated as obstacles instead of signals.

~96% → ~3%

Injury rate when signals are respected

Your body deserves the same level of strategy you apply to your business.

Fitness should work around your life. Not the other way around.

✗ Building a routine you
can't maintain.

✓ Building a body that
supports the way you live.

01 **No Time-Efficient Strategy** They train harder, not smarter.

85%+

Use non-time-efficient training

02 **No Long-Term Approach** Short bursts of effort create
short-term results.

~1%

Stay consistent, no long-term plan

A strong body is not built through extremes.
It is built through intelligent consistency.

What It Looks Like (Working With Me)

NO FLUFF. JUST THE PLAN AND THE WORK.



01

The Call

Goals, Injuries, Lifestyle / Addressing your excuses



02

Cooking The Plan

Built specifically around you.



03

Weekly Progress Report

Every week. Progress report provided



04

Continuous Support

Reachable, whenever you need it.



05

Progress Photos

Tracked every month.

No random workouts. No wasted effort. **Every step has a purpose.**

LEVELS

The Program

ONE SYSTEM. ADAPTED TO YOUR LEVEL.

Beginner

Building The Foundation.

FOCUS

Body Weight Squats

Banded Pull-ups

Incline Push-ups

Knee Raises

Intermediate

Building Capacity.

FOCUS

Jumping Squats

Body Weight Pullups

Pushups

Plank / Leg Raises

Advanced

Maximizing Performance

FOCUS

Pistol Squats

High Pulls

Clap Pushups

Boat hold

18 months of lower back pain, gone in 7 weeks. Without going to the gym

CEO, 47 · ONLINE COACHING

First time in a decade I've trained three times a week for six months straight.

FOUNDER, 39 · 1 ON 1 COACHING

Train 3 days per week. Keep reps between 10–30 and sets between 3–8. Don't move to the next level until you've mastered the previous one with proper form.

For more individualized help, book your free consultation →

Nutrition without the noise

Guidance, not restriction.



💡 RULE OF THUMB

If it's mostly whole and unprocessed, you're already ahead of most people.

01

Understand What You Eat

Read labels · Know your portions

02

Build A Strong Foundation

Quality protein · Whole foods · Essential nutrients

03

Make Smarter Decisions

Simple swaps · No guesswork

04

Eat To Perform

Energy · Recovery · Focus · Training

05

Create Long Term Habits

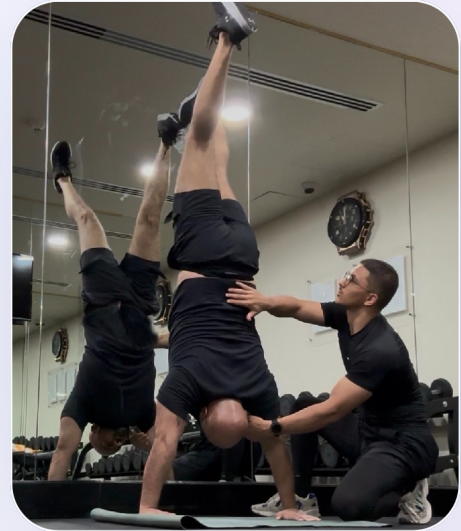
Built to last

My role is not to control your nutrition. My role is to give you the knowledge and tools to make better decisions.

RECOVERY

Recovery is more than sleep

Your body and mind need the right conditions to perform.



COACHED, NOT GUESSED.

01 Sleep

Brain waste clearance

Memory retention & learning

02 Mobility

Feel lighter and less restricted

Long-term tendon adaptation

03 Daily Movement

Better oxygen delivery

Faster recovery between workouts

04 Stress Management

Better hormonal balance

Clear thinking & better decisions

Training is the stimulus.

Recovery is where adaptation happens.

Why clients get results

Because the approach is different.

264+

People guided

Weekly

Check-ins, zero
guesswork

0

Shortcuts taken



12+ Years of Experience



No BS. Real Progress.



High Standards



Individual Approach

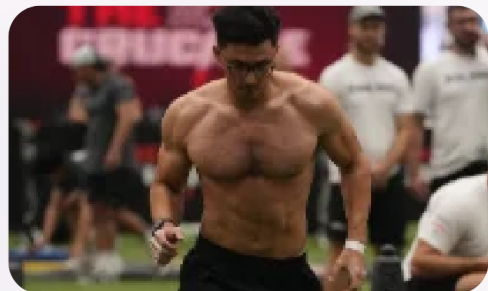


Performance-Focused



Continuous Improvement

**I don't coach workouts.
I build capable humans.**



NEXT STEP

Build the best version of yourself

Your body is the foundation behind everything you build.

Ready?

Book Your Consultation.

Instagram — @obada_wellness

Website — obadawellness.com