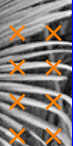


THE STRENGTH SYSTEM FOR HIGH PERFORMERS

How to Train for Fat Loss, Muscle, and Confidence When You're
Leading, Traveling, and Tired



WHY MOST MEN NEVER FEEL STRONG AGAIN AND HOW TO FIX IT

You used to feel like an athlete. Now? **You're just trying to get through the day without crashing by 3PM.**

You skip breakfast. You work through lunch. Then wonder why you can't play with your kids when you get home.

You've tried tracking calories, hitting the gym every day, and "getting serious."

And still; you feel soft, sluggish, and behind. Not just in the mirror. But in your body. Your confidence. Your edge.

Here's the truth:

You don't need another YouTube workout plan.

You don't need to "grind harder."

You don't even need to train more often.

You just need a system that actually fits your life.

This isn't about bulking or cutting. It's about finally feeling like your body matches the man you are at work, at home, and in the mirror.

I'm Spencer Gallo, an engineer by trade and a men's health performance coach by purpose. I built this system after my own body shut down from burnout. Now I help high-performing men drop 20+ pounds, rebuild strength, and reclaim their confidence without sacrificing their career or family.

This guide is going to show you how to:

- ✓ **Train in 30-45 minute blocks**
- ✓ **Stay consistent during travel or meetings**
- ✓ **Build strength that lasts beyond a few weeks of motivation**

You've built the career. **Now it's time to build the body that goes with it.**

Coach Spencer

WHY STRENGTH TRAINING IS NON-NEGOTIABLE

You don't need more cardio. You need real-world strength that actually shows up when your flight gets delayed, your kid won't sleep, and your deadlines won't move.

Here's Why My Clients Lift (Even When They're Traveling 3x a Month):

The Benefits of Strength Training

- ✓ **Muscle Retention & Fat Loss:** Lifting weights ensures that any fat loss comes from body fat, not muscle breakdown.
- ✓ **Higher Metabolism:** More muscle means you burn more calories at rest.
- ✓ **Hormonal Optimization:** Improves testosterone, insulin sensitivity, and overall energy levels.
- ✓ **Injury Prevention & Longevity:** Strengthens joints, bones, and connective tissue for a more resilient body.
- ✓ **Better Performance in Work & Life:** More energy, better posture, and greater physical capability.

This is how my clients stay strong, even with a full calendar and no time to waste.

Are your clothes fitting better? If yes, please explain *

Yes, funny, I recently noticed that one pair of jeans are getting super tight in the quads

Are you feeling like you're progressing with your exercises in the gym? *

Yes! Deadlifted 16 reps at 245 lbs today!

What was your biggest fitness WIN this past week? *

Continued PBs at the gym, getting stronger each week

What was your biggest fitness WIN this past week? *

I'm feeling stronger and stronger and able to push harder in my lifts.

WHY STRENGTH TRAINING IS NON-NEGOTIABLE

How Busy Professionals Build Strength That Actually Sticks

Not all workouts are created equal. Too many guys spend hours in the gym doing junk volume, chasing fatigue, or following random Instagram workouts without a clear structure.

Engineered Fitness is built on efficiency, progression, and real-world application.

The Core Training Principles You Must Follow

- **Progressive Overload:** Your body adapts only when it's forced to. This means gradually increasing weight, reps, or intensity over time.
- **Prioritize Compound Lifts:** These multi-joint movements give you the biggest return on investment. Focus on squats, deadlifts, presses, and rows.
- **Minimal Effective Dose:** More is NOT better. Quality reps over quantity. A well-structured 45-minute session beats two hours of aimless wandering in the gym.
- **Focus on Recovery:** Growth happens outside the gym. Sleep, nutrition, and stress management are as critical as your workouts.



WHY YOU'RE NOT GETTING STRONGER AND WHAT TO DO INSTEAD

First things first: **It's not your effort. It's your execution.**

You lift 4x/week. Sweating buckets. Grinding out rep after rep.

But you're still not seeing the results you expected.

Sound familiar?

Most guys don't have a training problem. They have a progression problem.

Here's how we fix it inside the Blueprint:

✓ **Increase Weight:** The most obvious method. If you lifted 50 pounds for 8 reps last week, aim for 55 or 60 this week.

✓ **Increase Reps:** If you hit your sets cleanly, add more reps before adding more weight.

✓ **Improve Form/Range:** Quality beats load. Deep squats > sloppy quarter squats.

✓ **Reduce Rest Times:** Shorten rest between sets to increase intensity. (But don't drop below 60 sec on compounds.)

Coach's Insight:

If you've been lifting the same weight for 3+ weeks... Evaluate if you're truly pushing yourself, because it's probably time to progress.

What was your biggest non-fitness WIN this past week? *

I'm actually starting to notice how I'm looking in a mirror. It's often hard to see changes in yourself when you see yourself everyday, but I have noticed it a few times this past week.

What was your biggest fitness WIN this past week? *

I felt pretty strong in my workouts this week. I also did a modified Murph workout on Friday, and although it was difficult, I felt pretty good with it.



WHY YOU'RE NOT GETTING STRONGER AND WHAT TO DO INSTEAD

The Strength Mistakes Keeping You Stuck (Even If You Train 5x/Week)

Mistake #1: Training for the pump, not progression

Fix: Strength drives muscle growth. Focus on compound lifts and progressive overload. Save isolation work for the end.

Mistake #2: Training 6–7 days a week

Fix: More isn't better. My guys lift 3-4 days, recover well, and get stronger faster. It's about the structure, not the sweat.

Mistake #3: Ignoring recovery & nutrition

Fix: Without proper food and rest, your strength stalls. Period. Sleep, protein, and de-stressing matter just as much as your lifts.

Are your clothes fitting better? If yes, please explain *

Absolutely, 100%, no doubt about it! I'm fitting better in the clothes I have been wearing and have been able to dig a little deeper into the closet and find some smaller clothes I haven't been able to wear for awhile!

What was your biggest non-fitness WIN this past week? *

I fit into some shorts that I haven't been able to wear for a few years. They have been sitting in my closet just hanging there, and I was finally able to break them out and wear them again!

Are your clothes fitting better? If yes, please explain *

Yea....wore a dress shirt to temple this week, and in the past I've def had shirts where the button around the belly button was pulling too tight, well today, the button at the top, around the chest was pulling too tight 🍊

What was your biggest fitness WIN this past week? *

I had a couple people tell me I was looking leaner, my clothes are fitting better, and I even felt like I looked leaner.

WHAT TO DO WHEN LIFE DERAILS YOUR WORKOUTS (WITHOUT LOSING PROGRESS)

You're not skipping the gym because you're lazy. You're skipping because no one ever taught you how to adapt when life gets loud.

You won't always have access to a gym. Travel, work stress, and personal obligations happen. Instead of skipping workouts, learn how to adjust and execute.

How to Train When Traveling or Busy

- ✓ **Hotel/Bodyweight Workouts:** Prioritize compound movements: push-ups, squats, lunges, and pull-ups.
- ✓ **Dumbbell-Only Training:** If your gym is limited, stick to movement patterns: presses, pulls, squats, and hinges.
- ✓ **Time-Based Sessions:** If time is short, cut rest times and focus on intensity, not duration.





Pro Tip:

Consistency beats perfection. A 20-minute focused session is better than skipping entirely.

How High-Performing Men Actually Train (Without Wrecking Their Schedule)

A great training program isn't complicated.

Here's how to structure an effective 3-4 day training split:

-  **Day 1:** Upper Body Push: Bench Press, Overhead Press, Dips, Triceps
-  **Day 2:** Upper Body Pull: Deadlifts, Rows, Chin-Ups, Biceps
-  **Day 3:** Lower Body: Squats, Romanian Deadlifts, Lunges, Core Work
-  **Day 4 (Optional):** Conditioning/Hypertrophy Focus: Higher rep work, sled pushes, kettlebell swings, or sprint intervals

Most of my guys follow this 3-4 day split and still PR while managing 60-hour weeks and wrangling their kids and families.

Pro Tip:

If you're only training 3 days a week, focus on full-body workouts with progressive overload.

FINAL THOUGHTS: TRAIN SMART. EXECUTE RELENTLESSLY.

There's no perfect program.

But there is a proven system, built around consistent execution, progressive overload, and strategic recovery.

If you follow these principles:

- ✓ You'll stop second-guessing every workout
- ✓ You'll finally see strength gains that last
- ✓ And your body will start reflecting the man you already are at work and at home

Training doesn't need to be complicated. But it does need to be consistent.

Now that you've got the framework...

Let's build the full system.



What was your biggest fitness WIN this past week? *

I felt pretty strong in my workouts this week. I also did a modified Murph workout on Friday, and although it was difficult, I felt pretty good with it.

What was your biggest non-fitness WIN this past week? *

I'm actually starting to notice how I'm looking in a mirror. It's often hard to see changes in yourself when you see yourself everyday, but I have noticed it a few times this past week.

What was your biggest non-fitness WIN this past week? *

Despite traveling and not getting my workouts in, being relatively on point with my macros all week and seeing some LBs come off

THIS SYSTEM WORKS FOR MY CLIENTS. NOW IT'S TIME TO SEE IF IT WORKS FOR YOU.

You built the career. You manage your team. Now it's time to lead your health the same way: **with structure.**

This wasn't a workout plan. It was a systematic blueprint. Now it's time to execute.

You've seen the strategy. You've seen the results.

So here's the question:

Will you go back to random workouts and wishful thinking? Or finally follow a training system designed for high-performing men like you?

If you're ready to build real strength, reclaim your edge, and finally look like the man you are at work and at home...

Option 1: Get Started for \$9

Grab the 7-Day Fat Loss System

→ Full video walkthroughs + simple training framework

→ Engineered for busy men who want results without 2-hour sessions

[Click Here To Get The System](#)

Option 2: Want the Full Plan Built for Your Schedule?

Book a free 1:1 call and we'll map your training, travel, and recovery into a system you can actually stick to.

[Book Your Strategy Call](#)

Or DM me "READY" on Instagram **[@spencerhgallo](#)** and I'll walk you through your best next step.

No pressure, just progress, finally engineered for your reality.

