

TRAIN FOR ROI:

3-DAY EXECUTIVE STRENGTH PLAN

SCIENCE-BACKED TRAINING FOR CEOS WHO
VALUE TIME, ENERGY, AND PERFORMANCE.



PRESENTED BY:
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TRAIN FOR ROI

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2025

DAY 1: FUNCTIONAL FULL BODY

FOCUS: COMPOUND LIFTS, MOBILITY, POSTURE

WARM-UP (5–7 MIN): DYNAMIC STRETCHES + BAND ACTIVATION

MAIN CIRCUIT (REPEAT 3X, REST 30–60 SEC BETWEEN SETS):

- RDL - 10 REPS
- GOBLET SQUATS – 10 REPS
- PUSH-UPS – 12 REPS
- DUMBBELL ROWS – 10/SIDE
- PLANK HOLD – 30 SEC

COOL DOWN: HIP OPENERS, CHEST STRETCHES

TIME. STRENGTH. ROI.

DAY 2: MOBILITY & CORE

FOCUS: LONGEVITY, JOINT INTEGRITY, RECOVERY

MOBILITY FLOW (REPEAT 2-3X, REST 30-60 SEC BETWEEN SETS):

- CAT-COW
- WORLD'S GREATEST STRETCH
- THORACIC ROTATIONS

CORE CIRCUIT:

- DEAD BUG – 10/SIDE
- SIDE PLANK – 20 SEC/SIDE
- BIRD DOG – 10 REPS
- HOLLOW HOLD – 20 SEC

OPTIONAL: 20-MIN WALK OR SAUNA SESSION



DAY 3: POWER & CONDITIONING

FOCUS: EXPLOSIVENESS, INSULIN
SENSITIVITY, CARDIO FITNESS

WARM-UP: JUMPING JACKS + LIGHT KETTLEBELL SWINGS

CIRCUIT (REPEAT 3-4X, REST 30-60 SEC BETWEEN SETS):

- KETTLEBELL SWINGS – 15 REPS
- STEP-UPS – 10 REPS/LEG
- DUMBBELL THRUSTERS – 8 REPS
- JUMP ROPE – 30 SEC
- MOUNTAIN CLIMBERS – 30 SEC

COOL DOWN: BOX BREATHING + FORWARD FOLDS

BONUS: HOW TO GET THE MOST OUT OF THIS PLAN

- ONLY 45 MINS PER SESSION
- TRACK 1-2 KEY METRICS: MOOD, ENERGY, SLEEP
- PROGRESS = CONSISTENCY, NOT PERFECTION
- WANT A CUSTOM PLAN? →

BOOK A STRATEGY CALL

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ABOUT

Science-based and results-driven, Oliver helps busy professionals build strength, energy, and health—through efficient, personalized training built for ROI-focused high performers.

Oliver Jahelka

Performance Coach
for Executives

MEET YOUR COACH:
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