



THE COMPLETE PT METHOD

THE STRONGER BODY METHOD

Train properly. Eat with purpose.
Progress without making fitness your life.

3-DAY PLAN • NUTRITION • PROGRESS

JAMIE RILEY • COMPLETEPT.COM.AU

BUILT FOR BUSY ADULTS 30+

A stronger body. A better system.

This is the practical framework Jamie Riley uses to help adults train properly, eat with purpose and keep progressing without turning fitness into a second job.

3	4	14
TRAINING DAYS	CORE PILLARS	DAYS BEFORE ADJUSTMENT

No generic circuits. No punishment. No body-fat guesswork. A clear plan, professional coaching, sensible nutrition and a private space where you can focus.

How to use this guide

- ✓ Pick one primary goal for the next 8–12 weeks.
- ✓ Complete the three-day strength plan at a repeatable effort.
- ✓ Use the calculator and matched eating guide as a starting structure.
- ✓ Review progress every 14 days and change one variable at a time.

One goal. One season.

You can improve several things at once, but one goal must decide the trade-offs. Choose the statement that best matches the next 8–12 weeks.

Create a moderate, sustainable calorie deficit while keeping protein high and strength training consistent. The job is not to eat as little as possible; it is to preserve performance and make the plan repeatable.

Fuel training, hold body weight within a practical range and improve movement quality, strength and energy. This is the right choice when life is already demanding.

Use a small energy surplus or a stable high-maintenance intake, progress the main lifts and protect recovery. More food only helps when the training signal and consistency are there.

DECISION RULE

Choose the least aggressive plan you can execute well. A brilliant plan completed 60% of the time loses to a sensible plan completed 90% of the time.

What actually moves the needle.

01	TRAIN	Complete 2-4 well-designed strength sessions. Progress gradually and finish most work with 1-3 good reps left in reserve.
02	EAT	Use a calorie range, spread protein across 3-5 meals and build most meals from recognisable foods you can repeat.
03	MOVE	Keep daily movement reasonably stable so the nutrition data means something. Walking is useful, but it does not replace strength training.
04	RECOVER	Protect sleep, manage training stress and use mobility where it solves a real restriction—not as endless homework.

THE MINIMUM WEEK

When work becomes chaotic: complete two full-body sessions, hit your protein target, keep your normal walking routine and return to the full plan next week. Do not turn one hard week into a lost month.

Strong for life.

Day one.

Warm up for 5-8 minutes, then complete 2-4 progressive warm-up sets for the first lift. The working sets below should feel controlled. Stop any movement that causes sharp or escalating pain.

Back squat or goblet squat	4 × 5-6
Dumbbell bench press	3 × 8-10
Cable or chest-supported row	3 × 8-12
Split squat	2 × 8 / side
Dead bug	3 × 8 / side
Romanian deadlift	4 × 6-8
Lat pulldown or assisted chin-up	3 × 8-10
Landmine press	3 × 8 / side
Step-up	2 × 10 / side
Farmer carry	4 × 30-40 m
Trap-bar deadlift or kettlebell deadlift	4 × 5
Incline dumbbell press	3 × 8-10
One-arm cable row	3 × 10 / side
Leg press or goblet squat	3 × 10-12
Side plank	3 × 30 sec / side

Earn the next small increase.

Use a simple double-progression system. Keep the same load until every set reaches the top of the rep range with sound technique and roughly 1–3 reps left in reserve. Then add the smallest practical amount and begin at the lower end again.

Dumbbell bench press: 3 × 8–10. Week one is 10, 9, 8. Week two is 10, 10, 9. Week three is 10, 10, 10 with clean form. Add a small amount next week and aim for 8s.

Track these four things

- ✓ The load, repetitions and exercise variation.
- ✓ A short technique note when something changes.
- ✓ Weekly average body weight if physique change is a goal.
- ✓ Energy, sleep and pain patterns that affect training quality.

Why Everfit matters

Complete PT clients see the exact session, exercise demonstrations, targets and coaching notes in Everfit. Jamie can monitor completion, progression and habits without forcing you to remember a spreadsheet or dig through messages.

Numbers are a starting point.

Use the Complete PT calculator to estimate maintenance, apply a goal adjustment and set protein. Then choose the closest example guide: approximately 2,000, 2,500 or 3,000 calories.

Lose body fat	Moderate deficit; protect protein and strength	14 days
Maintain & perform	Practical range around estimated maintenance	14 days
Build strength & muscle	Small surplus only when training is progressing	14–21 days

Protein anchor

For healthy, active adults, roughly 1.6–2.0 g of protein per kilogram of body weight per day is a useful practical range. More is not automatically better. Total energy, food quality, training and adherence still matter.

Hydration

There is no universal three-litre rule. Start with regular fluid intake, use thirst and urine colour as practical cues, and increase around heat, sweat and longer sessions. Medical needs can change the advice.

Change the plan. Not the goal daily.

Fat-loss trend is moving and training feels sound	Keep the plan unchanged.
No clear trend after 14 consistent days	Check adherence and movement first; then adjust by about 100–200 calories.
Performance, sleep and recovery are sliding	Reduce training stress or restore calories before adding more work.
Muscle-building weight gain is too fast	Remove a small calorie module and hold for another 14 days.
Pain is sharp, escalating or altering movement	Stop the provoking exercise and seek qualified assessment where appropriate.

The rule

Use averages. Adjust slowly. Keep the training signal. One bad meal, one missed session or one unusual weigh-in is not a reason to rewrite the whole plan.

Information is easy. Execution is coached.

If this guide gave you clarity, the next level is having the plan built around you and coached in real time. Complete PT combines individual programming, a private Bondi Junction studio and Everfit support so you know exactly what to do inside and outside the session.

- ✓ Open PT — your individual plan with Jamie coaching the floor.
- ✓ Hybrid — private PT plus full studio access.
- ✓ 1:1 PT — focused private coaching shaped around you.

See the space, explain what you want to change and get an honest recommendation. No hard sell and no lock-in contract. Visit completept.com.au or WhatsApp Jamie on 0413 227 182.

About Jamie Riley

Jamie brings more than a decade of practical coaching together with a Diploma of Sport and a Diploma of Remedial Massage. The goal is simple: make you feel capable, coached and confident every time you walk into the studio.

Evidence & scope

References informing the guide include Mifflin et al. (1990) for resting-energy estimation; Morton et al. (2018) for protein and resistance-training outcomes; and World Health Organization physical-activity guidance (2020). This resource is general education, not medical advice, diagnosis or individual dietetic care.