

MONTREAL BUSY PROFESSIONAL: FITNESS STARTER KIT

www.nouveaufitness.ca

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WITH GYM ACCESS — 4 Day FIT Starter Program

Weekly Targets: 2 Strength Sessions + 90 min of Cardio

Day 1	Strength A (Gym) — 2 sets each Goal: full-body + simple <ul style="list-style-type: none">• Squat or Leg Press — 8-12 reps• Bench Press or DB Press — 8-12• Seated Cable Row or DB Row — 8-12• Romanian Deadlift (RDL) — 8-12• Plank — 30-45 sec
Day 2	Cardio (30 min - 45 min) - Incline walk / bike / row. See the Montreal Cardio Menu (next page) for more ideas.
Day 3	Strength B (Gym) — 2 sets each Goal: full-body + slightly different angles <ul style="list-style-type: none">• Hip Thrust or Deadlift Variation — 6-10 reps• Overhead Press (machine/DB) — 8-12• Lat Pulldown or Assisted Pull-up — 8-12• Split Squat or Walking Lunge — 8-12/leg• Dead Bug — 8-12/side
Day 4	Cardio (30 min - 45 min) - Incline walk / bike / row. See the Montreal Cardio Menu (next page) for more ideas.

WITH NO GYM ACCESS — 4 Day FIT Starter Program

Weekly Targets: 2 Strength Sessions + 90 min of Cardio

Day 1

Strength A (Home) — 2 sets each

- Split Squat or Reverse Lunge — **8-12/leg**
- Push-Up (or incline/knees) — **6-12**
- Row (band / backpack / under-table) — **8-15**
- Glute Bridge (or Hip Hinge / Good Morning) — **10-15**
- Dead Bug — **8-12/side**

Day 2

Cardio (30-45 min)

Zone 2 (talk test): **brisk walk / stairs / indoor walk / bike**

- **Montreal options:**
- Get off the **STM 1-2 stops early** and walk the rest
- **Stairs:** 10 min stairs + 15-25 min easy walk
- **Indoor fallback:** mall / big box walk
- See the Montreal Cardio Menu (next page) for more ideas.

Day 3

Strength B (Home) — 2 sets each

- Step-Ups (stairs/bench) or Squat — **8-15**
- Pike Push-Up (or DB/ band press) — **6-12**
- Hip Hinge (RDL with backpack / good mornings) — **8-15**
- Single-Leg Glute Bridge — **10-15/leg**
- Plank — **30-45 sec**

Day 4

Cardio (30-45 min)

Zone 2 (talk test): **brisk walk / stairs / indoor walk / bike**

- **Montreal options:**
- Get off the **STM 1-2 stops early** and walk the rest
- **Stairs:** 10 min stairs + 15-25 min easy walk
- **Indoor fallback:** mall / big box walk
- See the Montreal Cardio Menu (next page) for more ideas.

MONTREAL CARDIO MENU

Goal: 90 minutes/week. Pick options that fit your day.



Section A – COMMUTE CARDIO (STM + daily life)

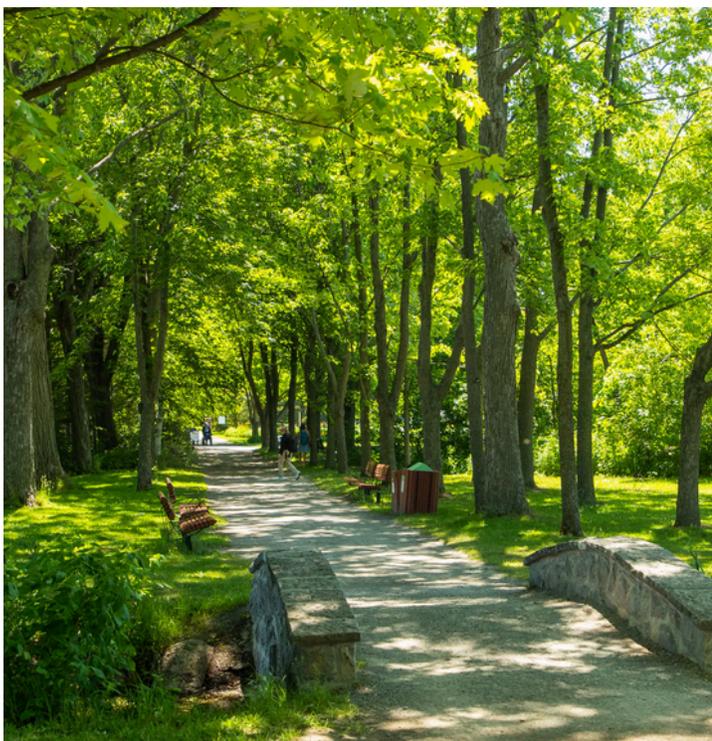
RULE: Two **15-min** commute walks = one cardio session.

1. **Get off metro/bus 1-2 stops early** (walk the rest)

Station stairs: 5-10 min total (up + down)

Park 10 minutes away (or drop-off 10 min away)

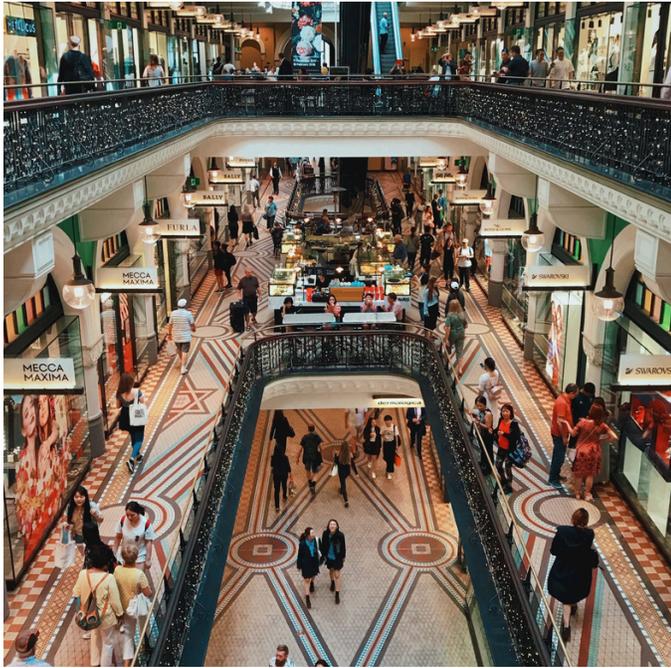
Errand stacking: do groceries on foot for 15-25 min



Section B – OUTDOOR CARDIO (any borough)

Rule: pick ONE loop you can repeat without thinking.

1. **Neighborhood loop:** your repeatable 20-35 min route
2. **"Green" option:** park loop / riverside loop
3. **Stroller walk** (counts!) 30-45 min
4. **Hill/stairs outside** (short and effective)
5. **Weekend family walk** (90 min/week becomes easy here)



Section C – INDOOR CARDIO (winter- proof)

Rule: indoor = no excuses, ever.

Mall loop 20-45 min

Big-box loop (Costco/large stores—
walk the perimeter)

Underground / indoor corridors
(downtown days)

Stairs inside (10 min stairs + 10 min
easy)

Home “walk + podcast” 20-30 min



Section D – GYM CARDIO (controlled + easy)

Rule: pick the machine you *hate*
least.

1. Incline treadmill walk
2. Bike (easy pace)
3. Row (steady)
4. Elliptical
5. 10 min warm-up + 10 min
cooldown after strength

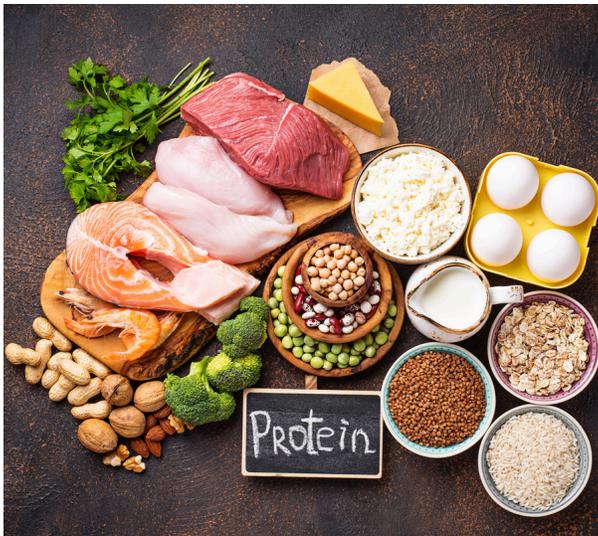
Tiny cardio tracker

This week: 30 30 30
or 15 15 15 15 15 15

MONTREAL NUTRITION DEFAULTS

Eat “good enough” without tracking macros.

Goal: Consistency > perfection. Use defaults you can repeat.



THE BASELINE RULE

(easy + effective)

Protein Anchor + Fiber + One Carb

Build most meals like this:

- **Protein anchor** (the “main”):
chicken, fish, lean beef, eggs,
Greek yogurt, tofu, legumes
- **Fiber:** veggies, fruit, salad, beans
- **One carb** (optional but useful):
rice, potatoes, pasta, bread, oats

Why it works:

Protein keeps you full, fiber helps appetite + digestion, carbs support energy (especially if you train).



MONTREAL EATING-OUT DEFAULTS (WHAT TO ORDER)

Shawarma / Lebanese

- **Plate or salad** + chicken + extra salad
- If you want carbs: half rice, skip fries most days



Sushi

- **Sashimi/nigiri + miso + edamame**, or 1 roll max
- Avoid “tempura + mayo sauce” combos as your default

Poke

- Extra protein + lots of veggies
- Easy on creamy sauces (choose soy-based if possible)



Burger night

- Burger + salad (share fries or small fries)
- Add protein earlier in the day so you don't arrive starving



Italian (Montreal reality)

- Protein-based main when possible + side salad
- If pasta: choose a **meat sauce** or add a protein side
- Portion tip: stop at “satisfied,” not “stuffed”



“DEFAULT MEALS” (HOME) — pick 1 from each category

Breakfast (high-satiety)

Greek yogurt bowl: Greek yogurt + berries + nuts + honey (optional)

1. *Best for:* busy mornings, high protein

Egg plate: 2-3 eggs + toast + fruit (or veggies)

1. *Best for:* stable energy

Oats upgrade: oats + milk + protein (Greek yogurt or protein powder) + banana

1. *Best for:* long mornings, winter appetite

Smoothie (not sugar-bomb): protein + frozen fruit + milk + spinach

1. *Best for:* “I can’t eat early” days

Lunch (workday combos)

Big salad + protein: salad kit + chicken/tofu/tuna + olive oil dressing

1. *Best for:* fat loss, light afternoons

Wrap default: wrap + protein + veggies + simple sauce (not mayo-heavy)

1. *Best for:* portable + satisfying

Rice bowl: rice + protein + frozen veg + sauce (soy/sriracha/teriyaki light)

1. *Best for:* training days, recovery

Leftovers rule: always cook dinner with **2 lunches** in mind

1. *Best for:* consistency

Dinner (simple + repeatable)

Protein + veg + potato/rice

1. *Best for:* family meals, balanced plate

Stir-fry default: frozen veg + protein + rice/noodles (light sauce)

1. *Best for:* quick weeknights

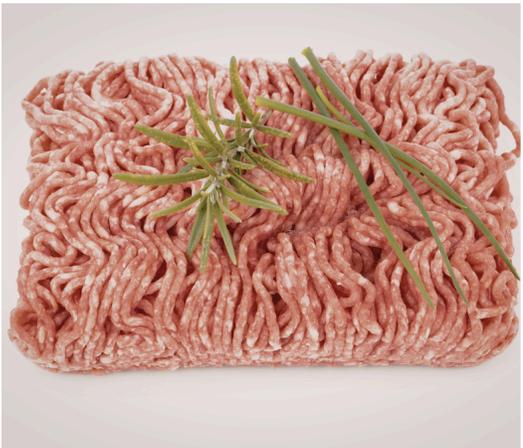
Pasta “smarter”: pasta + meat sauce or lentil sauce + side salad

1. *Best for:* comfort food without derail

Taco bowl: ground meat/beans + rice + salsa + veggies + Greek yogurt (instead of sour cream)

1. *Best for:* fast + crowd-pleaser





GROCERY STARTER LIST (NO FANCY STUFF)

Proteins (pick 3-5)

- Eggs
- Greek yogurt / cottage cheese
- Chicken breast/thighs
- Ground turkey/beef (lean)
- Canned tuna/salmon
- Tofu / tempeh
- Lentils / chickpeas

Fiber + volume

- Frozen mixed vegetables
- Salad greens
- Berries / apples / bananas
- Beans (canned)

Carbs (choose what you like)

- Rice
- Potatoes
- Oats
- Pasta
- Bread/wraps

Fats + flavor (small upgrades)

- Olive oil
- Nuts
- Salsa / hot sauce
- Soy sauce / spices

Rule: If your kitchen has these, you can always build a good meal.



THE BUSY WEEK RULE (THE ONE THAT SAVES YOU)

If life is chaos, do **only this**:

Hit **2 protein anchors/day**

Do **one 15-30 min walk** (or any cardio lane from Page 2)

That keeps momentum. That's the win.

MONTREAL GYM PICKER

Goal: Find the Gym you'll actually use in Montreal

1. CHOOSE YOUR GYM TYPE

Type 1: Budget/Basic

Best for: Consistency, beginners

Look for: Location + hours + enough
Equipment



Type 2: Big Box / All-Around

Best for: Families, variety, lots of
machines

Look for: Parking, crowd levels, class
options



MONTREAL GYM PICKER

Goal: Find the Gym you'll actually use in Montreal

1. CHOOSE YOUR GYM TYPE

Type 3: Club / Lifestyle

Best for: You'll actually go because it feels good. You want premium service.

Look for: Pool/sauna, cleanliness, comfort



Type 4: Boutique / Specialty

Best for: Motivation or structure (CrossFit, cycling, classes, etc.)

Look for: Schedule fit + community



2. USE THE SCORECARD TO DECIDE

	0	1	2	3
Distance (door-to-door)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hours match your life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Crowd level at your time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Strength equipment (racks, machines, DBs)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cardio options (treadmill / bike / row)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cleanliness + locker rooms	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Extras you'll use (pool / sauna / classes / parking)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
TOTAL _____ / 21				

3. Decision rule: SCORE EACH GYM 0-3 POINTS.

18+ = CHOOSE IT

15-17 = TEST 2 WEEKS

3. <15 = NO-GYM PLAN + REASSESS

4. Don't Like Gyms? Here's Your Alternative

- Use the No-Gym Baseline Program (Page 1)
- Use the Montreal Cardio Menu
- Do it for 4 weeks, then reassess your gym choice.

BONUS TIPS: MONTREAL REALITY

Pick the closest option that isn't awful.

If winter kills your consistency: prioritize indoor cardio access.

If you're a parent: prioritize parking + hours + convenience.

If you're often downtown: prioritize commute cardio + nearby gym.

NEXT STEPS

Turn this starter kit into your routine (Montreal-style).
Coaching • Programs • Greater Montreal

DO THIS STARTER KIT FIRST

Pick your defaults for this week:

- Choose your setup: **WITH GYM** or **NO GYM** (Page 1)
- Choose your cardio lane: **STM / Outdoor / Indoor / Gym** (Page 2)
- Put **4 sessions** in your calendar (**2 strength + 2 cardio**)
- Follow my diet tips provided

Rule: Repeat the baseline week for **2-4 weeks** before changing anything.

LET ME BUILD YOUR PLAN & BE YOUR COACH

Send me these 4 things and I'll reply with your personalized plan + pricing + free surprises :

- **Borough / area:** _____
- **Goal:** fat loss / endurance / strength / energy
- **Schedule:** days/week + preferred time
- **Gym access:** yes / no (current gym optional)

APPLY NOW

WHAT YOU WILL GET BY APPLYING

Simple + realistic plan

- Weekly program (**gym or no-gym**)
- Cardio minutes target + best lane for your week
- Progression rules (what to change, when)
- Quick check-ins + accountability
-

Montreal-specific support

- Borough-friendly cardio ideas (inside + outside)
- Gym recommendation using the **scorecard** (Page 3)
- Winter-proof fallback plan
- Time-saving defaults for busy parents/pros
-

QUICK DISCLAIMER

This guide is educational only, not medical advice. If you have a condition, symptoms, or medications, talk to a healthcare professional first.



Testimonials

REAL RESULTS - FAT LOSS

	Plan Used:	Details:
Julien V. (busy parent), Plateau	Baseline Week + STM lane	"Down 6.2 lb in 5 weeks. Waist -2.0 in. Didn't track calories—just used the defaults."
Maria N. (desk job), Anjou	No-gym + indoor lane	"Dropped 3.8 lb in 21 days and my belt moved one notch."
Sophie F. (new to exercise), Saint-Laurent	Zone 2 time menu + gym plan	"Lost 1.5 in off my waist in 4 weeks while keeping strength the same."



REAL RESULTS - CARDIO/ENDURANCE

	Plan Used:	Details:
Marc B. (busy professional), Anjou	STM Commute Cardio – 2 stops early + station stairs (15-25 min, 4x/week)	“Couldn’t climb stairs without getting winded—now I do 8 flights and recover fast.”
Julien R. – Construction Project Manager – Saint-Laurent	Winter Plan B – indoor loop + treadmill incline (90-120 min/week total)	“Resting HR 72 → 64 in 7 weeks. I hit 90-120 min/week consistently.”
Louis P. (computer engineer), Verdun	Zone 2 Time Menu – 3x/week (30/30/30 min)	“I can now jog 15 min nonstop (started with walk intervals) after 6 weeks.”



REAL RESULTS - STRENGTH

	Plan Used	Details:
Karim B. — Sales Rep — Villeray	No-Gym Strength A/B — 2x/week, 20-30 min (bands/backpack)	“No-Gym Strength A/B — 2x/week, 20-30 min (bands/backpack)”
Nadia K. — Teacher — Ahuntsic-Cartierville	Machines-Only Gym Plan — full body 2x/week + easy progression	“My posture and back feel better. I can sit at work without stiffness now.”
Emily P. — Accountant — NDG (Notre-Dame-de- Grâce)	Baseline Strength A/B (Gym) — 2x/week, 25-35 min	“I can finish my strength workout in 35 minutes and still feel accomplished.”

