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7-DAY EXECUTIVE FAT-LOSS KICKSTART

A week of short workouts and Malaysian food swaps, planned around meetings, client dinners, flights and KL traffic.

BY COACH LUKE LANGO · 18 YEARS COACHING

- 1** Seven workouts of 20 to 30 minutes, each with a home or hotel version and a gym version.
- 2** Food swaps for kopitiam breakfasts, the mamak, hawker stalls and business dinners.
- 3** One small task a day, from a two-minute meal plan to packing a travel kit.
- 4** A tracker for the week, with a Day 1 and Day 7 check of your weight, waist and reps.

HOW THE WEEK RUNS

This week is for people running a business or a team who keep losing workouts to meetings, dinners and travel. Each day has a workout, one food change and a small task. If a day goes sideways, pick up the next one tomorrow.

THREE HABITS FOR ALL SEVEN DAYS

1

Protein at every meal

One or two palm-sized portions at breakfast, lunch and dinner. Eggs, chicken, fish, tofu, tempeh, dhal and Greek yogurt all count.

2

Walk more than you do now

Find your 7-day step average on your phone and aim for 2,000 more than that each day. Day 2 shows you how.

3

Seven hours in bed

Get up at the same time every day, weekends included, and aim for lights out about seven and a half hours before that.

YOUR PLATE



Fill half your plate with vegetables, a quarter with protein and a quarter with rice, noodles or bread. It works at a mamak, an economy rice stall or a hotel buffet.

WHAT YOU'LL NEED

A chair, a backpack you can fill with books or bottles, a bathroom scale and a tape measure. Every workout also works without a gym.

See your doctor before Day 1 if you've got a heart, blood pressure or blood sugar condition, joint problems or an injury, if you're pregnant or on regular medication, or if you haven't trained in a long time.

BEFORE EVERY WORKOUT

FIVE-MINUTE WARM-UP

1 March or jog on the spot, 60 seconds

3 Hip hinges, hands on hips, 10

5 Walk-outs to a plank and back, 5

2 Arm circles, 10 forwards and 10 back

4 Slow bodyweight squats, 10

6 Glute bridges, 10

HOW HARD

Stop with 2 or 3 reps left

End each set with two or three good reps left. Next time you repeat that workout, add a rep or a little weight.

EASIER VERSIONS

Change the angle or the depth

Put your hands higher for push-ups, squat to a taller chair, and hold the wall for lunges and split squats.

FORM CUES FOR THE MOVES THAT TRIP PEOPLE UP

CHAIR SQUAT

Feet shoulder-width, sit back to touch the chair and stand tall. Knees follow your toes.

BACKPACK ROW

Lean forward with a flat back and pull the bag to your belly button.

HIP HINGE

Soft knees and a flat back. Push your hips back until the hamstrings stretch, then stand.

INCLINE PUSH-UP

Hands on a desk or bed, body straight as a plank, lower your chest to the edge.

DEAD BUG

On your back, knees at 90 degrees. Lower the opposite arm and leg with your back flat.

SPLIT SQUAT

Feet staggered, drop straight down and come straight up, same stance every rep.

Stop and get checked if you feel chest pain, dizziness, unusual breathlessness, or joint pain that's sharp or getting worse. In the heat, train in air-con or early in the morning, and drink water before, during and after.



SET YOUR STARTING NUMBERS

Weigh in, measure your waist and do the first full-body session. You'll repeat this workout on Day 7, so write your reps down today.

WORKOUT FULL-BODY A

3 ROUNDS · ABOUT 25 MIN

	HOME OR HOTEL	GYM	SETS X REPS
SQUAT	Chair squat, sit to stand	Goblet squat	3 x 10 to 12
PUSH	Incline push-up, hands on a desk or bed	Dumbbell bench press	3 x 8 to 12
PULL	Backpack row, bag filled with books or bottles	Seated cable or dumbbell row	3 x 10 to 12
HIPS	Glute bridge	Hip thrust or glute bridge machine	3 x 12 to 15
CORE	Dead bug	Dead bug	3 x 6 per side

Do all five back to back, rest 60 to 90 seconds, then start the next round.

FOOD · KOPITIAM PROTEIN AT BREAKFAST

Breakfast is where protein usually goes missing, so fix that meal first.

2 kaya toast and teh tarik → **1 kaya toast, 2 half-boiled eggs, kopi O kosong**

Nasi lemak with fried chicken → **Plain nasi lemak, less rice, an extra egg**

Roti bakar and Milo ais → **Wholemeal toast, eggs, and Milo kosong or teh O**

TODAY'S TASK

Take your baseline

Weigh yourself after the toilet and before breakfast. Measure your waist at belly-button height, take a front and side photo, and write the numbers on the tracker on page 11.



STEPS AND SWEET DRINKS

Walking adds up fast across a week, and it's easy on stiff knees and backs. Today's a 20-minute walk with a short core finish.

WORKOUT WALK AND CORE

ABOUT 25 MIN

	HOME OR HOTEL	GYM	SETS X REPS
WALK	Brisk walk outdoors, in a mall or along a hotel corridor	Incline treadmill walk	20 min
CORE	Forearm plank	Forearm plank	2 x 20 to 30 sec
CORE	Bird dog	Bird dog	2 x 6 per side
CORE	Side plank, knees down if needed	Side plank	2 x 20 sec per side
CALVES	Calf raise on a step	Calf raise machine	2 x 15

Brisk means you can talk in full sentences but couldn't sing. In the heat, walk early or indoors and carry water.

FOOD • DRINKS CHECK YOUR DRINKS

Sweet drinks add calories without filling you up. For today, order every drink kosong or kurang manis.

Teh tarik → **Teh tarik kurang manis, or teh O or kopi O kosong**

Soft drink or sweet bottled tea → **Plain or sparkling water, or a zero-sugar can**

Full-sugar bubble tea → **0 to 25% sugar, and skip the pearls**

TODAY'S TASK

Find your step number

Open your phone's health app and note your 7-day average. Today's target is that number plus 2,000. A 10-minute walk after lunch and another after dinner usually gets you there.



STRENGTH AND THE MAMAK

Lifting while you eat a little less helps you keep your muscle, so more of the weight that comes off is fat.

WORKOUT FULL-BODY B

3 ROUNDS · ABOUT 25 MIN

	HOME OR HOTEL	GYM	SETS X REPS
LUNGE	Reverse lunge, chair for balance	Reverse lunge or leg press	3 x 8 per side
PRESS	Backpack overhead press	Dumbbell shoulder press	3 x 10
PULL	Prone Y-T raise, lying face down	Lat pulldown	3 x 10
HINGE	Hip hinge, hands on hips	Dumbbell Romanian deadlift	3 x 12
CORE	Plank shoulder taps	Plank shoulder taps	3 x 10 per side

Stop each set with 2 or 3 good reps left, and rest 60 to 90 seconds between rounds.

FOOD · MAMAK ORDER WELL AT THE MAMAK

Order the protein first, add one carb, and ask for the kuah on the side.

2 roti canai with extra kuah → **1 thosai or chapati, dhal, ayam tandoori**

Mee goreng mamak → **Ayam tandoori, salad and 1 chapati**

Nasi kandar banjir → **Half rice, 1 protein, 1 or 2 veg, kuah on the side**

ROUGH CALORIE NUMBERS

One roti canai is roughly 250 to 400 kcal, a basic nasi lemak bungkus 400 to 600 and a teh tarik 100 to 200. They vary by stall and portion size.

TODAY'S TASK Plan tomorrow tonight

Before bed, write down tomorrow's three meals and when you'll walk. It takes two minutes, and busy days go better when the food choices are made before you're hungry.



BUSINESS DINNER NIGHT

Client dinners come with the job. Today's workout takes 20 minutes, so you can fit it in before one.

WORKOUT 20-MINUTE EMOM

EVERY MINUTE ON THE MINUTE

	HOME OR HOTEL	GYM	AFTER THE REPS
MIN 1	10 bodyweight squats	10 goblet squats	Rest out the minute
MIN 2	6 to 10 push-ups, incline is fine	8 dumbbell floor presses	Rest out the minute
MIN 3	20 slow mountain climbers	30 sec on a bike or rower	Rest out the minute
MIN 4	12 glute bridges	12 dumbbell deadlifts	Rest out the minute
REPEAT	Minutes 1 to 4, five times	Minutes 1 to 4, five times	5 rounds, 20 min

Start each move on the minute, and cut the reps if under 15 seconds are left.

FOOD • BUSINESS DINNERS PLAN THE DINNER FIRST

Have a protein snack around 5pm so you don't arrive starving. At the table, eat the protein and vegetables first, then choose one carb you want.

Fried banquet courses, fried rice, noodles	→ Steamed fish, tofu, greens and soup, then a small bowl of rice
Bread basket and creamy pasta	→ Grilled fish or steak with vegetables, plus potato or bread
Beer jugs or sweet cocktails	→ A set number of drinks, spirits with soda or dry wine, water in between

TODAY'S TASK

Decide three things

Before your next meal out, decide your protein, your one carb and how many drinks you'll have. Zero is a fine answer. Type it into your phone's notes before the menu arrives.



EASE YOUR BACK

Long desk days leave most people with stiff hips and a tight lower back. Today's about slow mobility work and a short walk.

WORKOUT BACK RESET

2 ROUNDS + 10-MIN WALK · ABOUT 20 MIN

	HOME OR HOTEL	GYM	SETS X REPS
SPINE	Cat-cow on hands and knees	Cat-cow	2 x 8 slow
UPPER BACK	Open-book rotation, lying on your side	Open-book rotation	2 x 6 per side
HIPS	Half-kneeling hip flexor stretch, knee on a pillow	Same stretch on a mat	2 x 30 sec per side
GLUTES	Glute bridge	Glute bridge or light hip thrust	2 x 12
CORE	Bird dog	Bird dog	2 x 6 per side

Go slowly and stay pain-free. Sharp pain, pain running down a leg or numbness means stop and see a doctor or physio.

FOOD · HAWKER CENTRE HAWKER SWAPS, COFFEE BY 2PM

Caffeine lasts for hours, so a 4pm kopi can still be in your system at bedtime. Have your last coffee or tea before 2pm.

Char kuey teow	→ Steamed chicken rice, less rice, side of greens
Curry laksa	→ Yong tau foo in clear soup, mostly non-fried
4pm kopi to stay awake	→ A 10-minute walk and some water, or a decaf

TODAY'S TASK Set a bedtime alarm

Set an alarm for 30 minutes before bed and plug your phone in outside the bedroom. Get up at the same time tomorrow, even if it's a weekend.



TRAIN WHEREVER YOU LAND

Travel, late meetings and school runs will get in the way. This circuit works in a hotel room, your living room or a full gym.

WORKOUT FULL-BODY C

4 ROUNDS · ABOUT 25 MIN

	HOME OR HOTEL	GYM	SETS X REPS
LEGS	Split squat, hand on a wall	Dumbbell split squat	4 x 8 per side
PUSH	Push-up, incline or on your knees	Incline dumbbell press	4 x 6 to 10
PULL	Backpack row	Single-arm dumbbell row	4 x 12
LEGS	Wall sit	Leg press, 12 reps a set	4 x 30 sec
CORE	Side plank	Side plank	4 x 20 sec per side

Rest 45 to 60 seconds between rounds. If you only have ten minutes, two rounds still count.

FOOD · TRAVEL AIRPORTS, HOTELS AND 7-ELEVEN

Convenience stores and hotel breakfasts have decent options once you look for protein first, then add fruit or a simple carb.

Pastry and a 3-in-1 coffee	→	Boiled or onsen eggs, unsweetened soy or fresh milk, black coffee
Buffet pastries and pancakes	→	Omelette station, fruit, and 1 slice of toast or some porridge
Airport fast-food combo	→	Grilled chicken wrap or sandwich with water, and skip the upsize

TODAY'S TASK Pack a travel kit

Put a resistance band, 2 protein snacks and a refillable bottle in your carry-on or car boot. On travel days you'll have what you need without hunting for it.



RETEST AND PLAN AHEAD

Repeat the Day 1 workout and compare your reps. Then spend 15 minutes planning next week around what went well in this one.

WORKOUT FULL-BODY A RETEST

3 ROUNDS · ABOUT 25 MIN

	HOME OR HOTEL	GYM	REPS PER ROUND	
SQUAT	Chair squat	Goblet squat	<u>Day 1</u>	<u>Today</u>
PUSH	Incline push-up	Dumbbell bench press	<u>Day 1</u>	<u>Today</u>
PULL	Backpack row	Seated cable or dumbbell row	<u>Day 1</u>	<u>Today</u>
HIPS	Glute bridge	Hip thrust or glute bridge machine	<u>Day 1</u>	<u>Today</u>
CORE	Dead bug	Dead bug	<u>Day 1</u>	<u>Today</u>

Aim for 1 or 2 more reps than Day 1 on each move, or swap in a 30 to 45 minute family walk.

FOOD · WEEKENDS OPEN HOUSES AND LONG LUNCHES

Use the plate from page 2 for the main meal. Then pick 2 or 3 treats you love and eat them sitting down.

Skipping breakfast to save calories → **A normal protein breakfast, then enjoy the day**

A full plate of everything → **A small plate, meat and veg first, then 2 or 3 favourites**

Kuih and cookies all afternoon → **Pick a few, put them on a plate and eat them slowly**

TODAY'S TASK Weekly review

Weigh in, measure your waist and look over your tracker. Write down one thing that went well and one to fix, then put next week's three workouts in your calendar like client meetings.

YOUR 7-DAY TRACKER

Fill it in each evening, which takes about a minute. Print it, or screenshot it and write on the picture.

EACH EVENING	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Workout done	☐	☐	☐	☐	☐	☐	☐
Protein at every meal	☐	☐	☐	☐	☐	☐	☐
Steps							
Hours in bed							
Water (litres)							
Alcohol or sweet drinks							
Today's task done	☐	☐	☐	☐	☐	☐	☐
Energy, 1 to 10							

CHECK-IN	DAY 1	DAY 7	CHANGE
Weight (kg) Morning, after the toilet			
Waist (cm) At belly-button height			
Photos Front and side	☐	☐	

DAY 7 REVIEW

One thing that went well

One thing to fix next week

Scale weight moves up and down with water, salt and sleep, so judge it over a few weeks, alongside your waist and photos.

DISCLAIMER

This guide is general fitness and nutrition education and isn't medical advice. Check with your doctor before you start any exercise or eating plan, especially with a medical condition, an injury, a pregnancy or regular medication. Stop and get medical help if you feel chest pain, dizziness, faintness or unusual breathlessness. Calorie figures are rough and vary by stall, portion and cooking. Results differ from person to person.

BOOK A FREE CALL

If you'd like help planning the weeks after this one, I offer a free 20 minute call on Google Meet. Calls run on Wednesday and Thursday mornings, Malaysia time, and slots are booked at least a week ahead.

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Years of coaching

5.0

Rating across 35 Google reviews

BANGSAR

In person at Jalan Telawi 3, or remote

BOOK YOUR FREE CALL →

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