FREE · TRAIN WITH OKEY

THE 2-DAY PLAN FOR SHIFT WORKERS



2 × 45 minutes a week. Build and keep muscle, whether you work early, late or night shifts.

BY OKEY · 40 · SHIFT WORKER

FREE · TRAIN WITH OKEY

WHY 2 DAYS ARE ENOUGH

4+

hard sets per muscle per week are enough to build and keep muscle. With 2 full-body days you train every muscle twice a week.

45

minutes per session, because you train in supersets: 2 exercises back to back, then rest.

48h

between sessions. Enough recovery, even when sleep gets short on shift work.

THE 5 RULES

1. End every set 1 to 2 reps shy of failure.
2. Superset: exercise 1, straight into exercise 2, then 60 to 90 seconds rest. The first exercise of each day is done on its own, with 2 minutes rest.
3. Write down weight and reps. Once you hit the top of the rep range in all sets, add weight next time.
4. Warm up for 5 minutes: cross trainer or bike, then 1 to 2 light sets of the first exercise.
5. No heavy training straight after a night shift. Sleep first.

Sources: Iversen et al. 2021 (Sports Medicine), Schoenfeld et al. 2016 (Sports Medicine), Morton et al. 2018 (British Journal of Sports Medicine). Not medical advice: check with a doctor first if you have health conditions.

FREE · TRAIN WITH OKEY

2 × 45 MIN

DAY A

ABOUT 45 MINUTES INCL. WARM-UP

1	Squat or leg press	3 × 6–10
2A	Lat pulldown	3 × 8–12
2B	Incline dumbbell press	3 × 8–12
3A	Romanian deadlift	3 × 8–10
3B	Cable lateral raise	3 × 12–15
4A	Dumbbell biceps curl	2 × 10–12
4B	Overhead cable triceps extension	2 × 10–12

DAY B

ABOUT 45 MINUTES INCL. WARM-UP

1	Bench press or chest press	3 × 6–10
2A	Seated cable row	3 × 8–12
2B	Machine shoulder press	3 × 8–12
3A	Hack squat or leg press	3 × 10–12
3B	Leg curl	3 × 10–12
4A	Face pulls	2 × 12–15
4B	Cable crunch	2 × 10–15

SS = superset, both exercises back to back

FREE · TRAIN WITH OKEY

WHEN TO TRAIN?

EARLY SHIFT	In the evening, 2 to 3 hours before bed.
LATE SHIFT	In the morning before work.
NIGHT SHIFT	After your afternoon sleep or before the first night.

SAMPLE WEEK

MON	TUE	WED	THU	FRI	SAT	SUN
Day A	-	-	Day B	-	Walk	-

Any days work, as long as there are at least 48 hours between Day A and Day B.

NUTRITION IN 3 LINES

1. Protein: 1.6 to 2 g per kg of body weight a day, spread over 3 to 4 meals.
2. Meal prep twice a week, so there are no excuses on shift.
3. Last coffee about 8 hours before sleep.

Want a plan that fits your exact shifts?

DM ME COACH @TRAINWITHOKEY

Recipes for shift work: my cookbook "The Shift Kitchen", 40 meal prep recipes with a CUT and BUILD version. trainwithokey.com