

THE ADHD

EMERGENCY WORKOUT PROTOCOL

FOR DAYS YOU'RE ABOUT TO SKIP

5-15 MINUTE RESETS FOR BAD BRAIN
DAYS

NO EQUIPMENT
NO ALL-OR-NOTHING

By The ADHD Fitness Guy

You Don't Struggle With Exercise.

You Struggle With Bad Brain Days.

You know movement helps.
You've had good streaks before.

You've felt strong. Focused. Consistent.
And then... One bad day. Low dopamine. No motivation. Everything feels
harder.

So you skip.
And one skipped day turns into a week.
That's not a discipline problem. It's a regulation problem.

This guide is for those days.



WELCOME!

The Rule: Don't Skip, Downshift!



On bad days, your only job is to reduce the dose.

- Not quit.
 - Not "make up for it tomorrow."
 - Not punish yourself.
- Just downshift.

Level 1 – 5 Minutes

For terrible brain days.

Level 2 – 10 Minutes

For flat but functional days.

Level 3 – 15 Minutes

For decent energy days.

You don't need more motivation.

You need better options

THE 3-MIN NERVOUS SYSTEM RELIEVE

RELIVE

1

THE 3-MIN NERVOUS SYSTEM RELIEVE

Set a timer for 3 minutes and change every 30 sec.

- 30 sec Arm swings
- 30 sec Shoulder rolls
- 30 sec sit-to-stand (squats)
- 30 sec Jumping jacks
- 30 sec Air punches (optional, but oddly satisfying)
- 30 sec Floor Touches

Do one round of each exercise.

Win = You moved intentionally.

You calmed your nervous system.

Thats it. That was the goal.

LEVEL 1: 5 MINUTE BRAIN RESET

LEVEL 1

2

THE 5-MIN BRAIN RESET

Set a timer for 5 minutes.

- 5 Squats
- 5 Push-ups (modify if needed)
- 20 Jumping jacks

Repeat until the timer ends.
That's it.

No intensity requirement.
No PRs.
No guilt.

Win = You showed up.

Even on a bad day.

LEVEL 2: 10 MINUTE MOMENTUM BUILDER

LEVEL 2

3

THE 10-MIN MOMENTUM BUILDER

Set a timer for 10 minutes.

- 10 Squats
- 10 Push-ups
- 10 Mountain Climbers
- 10 Reverse Lunges (5 each side)

Repeat for 10 minutes.

Move steady.

Leave 1-2 reps in the tank

Win = You built momentum.

This keeps the habit alive.

LEVEL 3

4

THE 15-STRUCTURED PUSH

Set a timer for 15 minutes.

- 15 Bodyweight Squats
- 10 Push-ups
- 20 Mountain Climbers
- 10 Reverse Lunges (5 each side)
- 5 Burpees

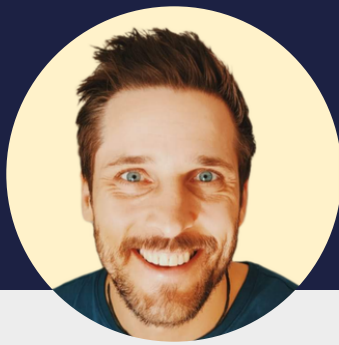
Repeat for 15 minutes.

Controlled effort.

Good form.

No ego.

Win = You used your energy wisely.



YOU DON'T NEED MORE DISCIPLINE

YOU NEED A SYSTEM THAT WORKS WHEN YOU DON'T FEEL LIKE IT.

If this reset helped...

Imagine having a full system built around that idea.

Not another "go hard for 12 weeks" fitness plan.

Not another all-or-nothing restart.

A real-world system for staying consistent even when:

Your energy crashes

Your motivation disappears, or when life just gets too messy.

That's exactly why I created:

[THE ADHD CONSISTENCY ENGINE](#)

Inside, I'll show you:

- How to stop disappearing for weeks
- How to train without burnout
- How to build a system that adjusts with you
- How to stay consistent without relying on motivation

Because consistency with ADHD isn't about being perfect.

It's about keeping the engine running.

Even on low-energy days.

[THE ADHD CONSISTENCY ENGINE](#)

START STAYING CONSISTENT