

30 Minute Workout

Strength Training Circuit

- Lean Muscle Building and Fat-Burning -

Frequency: 3 times per week Duration: 6 to 8 weeks

Order	Exercise	Reps	Rest
1A	Barbell Clean & Press (from the floor)	8	30 sec.
1B	Barbell Bent Over Row	8	30 sec.
1C	Push-ups	20	30 sec.
1D	Hanging Leg Lifts (from pull-up bar)	10	30 sec.
1E	Exercise bike intervals: sprint 30 sec, moderate pedalling 30 sec - repeat for 5 minutes in total	/	/

Reminder Notes

prep weights/equipment before workout

select just the right weight to allow you to barely complete the required number of reps with GOOD FORM

don't rest more than 30 seconds

week 1: do 1 circuit* only
week 2: do 2 circuits
week 3 and beyond: 3 circuits

Notes

***CIRCUIT** - A circuit is one full round of completed exercises. In this particular case ONE full circuit would be completing exercises 1A, 1B, 1C, 1D & 1E one after another in the order outlined in the workout plan. After you finish 1 full circuit (or cycle) you rest for 30 seconds and start the second circuit in the same order as during the 1st circuit. You do this for 3 complete circuits which should take you under 30 minutes. Keep doing this program until you are able to complete all 3 circuits under 25 minutes. After a number of weeks (4 or more) you should be able to achieve this and you will have noticeable muscle gain as well.