



Example Program 1: Quick Workout Session

WORKOUT GOAL:

If you want a workout you can do in just 30 minutes, while still knowing you're hitting every muscle group, this is the one for you.

LET'S GET STARTED:

We've used our Online Workout Guide to create a workout that requires minimal setup, equipment and time to get you in and out of the gym in less than 30 minutes. To set up this workout, all you need is a bench, a couple of dumbbells and a single weight plate. The more you repeat this workout, the more confident you'll feel in knowing what weights to choose, so don't stress if you're unsure the first time.

EXERCISE	SETS	REPS
Goblet Squat, Heels Elevated	4	10-12
30° Incline Dumbbell Row	4	10-12
Hip Thrust from the Floor	4	10-12
Dumbbell Bench Press	4	10-12

WORKOUT NOTES:

Complete this workout as a circuit, in the order specified. Do 4 total sets of 10-12 reps of each exercise. When you can successfully complete 12 reps of an exercise for all for sets, increase the weight you're using. Take up to one minute rest between each exercise. The heavier you're lifting, the more rest you will need, so allow this to increase gradually as you progress.