

# 30 Day Couples Workout Program to Build Muscle and Get Toned

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This workout routine is divided into three phases, 10 days each.

The first phase involves training the upper and lower body parts separately on different days with a little bit of cardio on the upper body day.

The second phase involves training for four consecutive days, followed by a rest day. It starts with full-body superset strength training, followed by endurance cardio, superset strength training, and HIIT cardio. Combining weighted workouts, moderate cardio, and high-intensity cardio will help you sculpt your physique and enhance your functional fitness over time.

The third phase involves cardio, flexibility, isometric exercises, and heavy compound lifts. These exercises bolster your lifting ability and make your body balanced and flexible.

## Couples' Exercise Program Summary:

- **Program Duration:** 30 Days
- **Sessions/Week:** – 4-5 Days
- **Split Type:** Upper/Lower (Day 1-10), Full-Body (11-20), and Hybrid Split (21-30).
- **Workout Types:** Resistance, Mobility, and Cardio Workouts
- **Recommended Program Duration** – Three to Four Months
- **Target Gender:** Males and Females
- **Program Goal:** Build Strength and Lean Mass and Improve Functional Fitness and Body Composition.

# 30-Day Gym Workout Plan for Couples to Get Strong and Toned Together

- Day 1 to 10 – Upper Lower Split
- Day 11 to 20 – Alternating Strength Training (Superset) and Cardio
- Day 21 to 30 – Compound Hybrid Split

# Day 1 to 10 – Upper Lower Split

- Day 1 – Upper Body
- Day 2 – Lower Body
- Day 3 – Upper Body
- Day 4 – OFF
- Day 5 – Lower Body
- Day 6 – Upper Body
- Day 7 – OFF
- Day 8 – Lower Body
- Day 9 – Upper Body
- Day 10 – OFF

## Day 1 – Upper Body

Exercise	Target Muscle	Sets	Reps
Incline DB Bench Press	Chest	3-4	12-15
Seated Pec Deck Fly	Chest	3-4	12-15
Seated Overhead Press	Shoulder	3-4	10-12
Side Lateral Raises	Shoulder	3-4	10-12
Triceps Press Down	Triceps	3-4	15-20
10-min Treadmill Jog	Full Body	1	–
<a href="#">5-minute Stretching (A)</a>	Fully Body	1	–

## Day 2 – Lower Body

Workout	Target Muscles	Sets	Reps
Leg Press	Quads	4	10-15
Leg Extension	Quads	4	15-20

Leg Curl	Hamstrings	4	15-20
Nordic Curl	Hamstrings	3	10-12
Hip Thrust	Glutes	3	10-15
5-minute Stretching (B)	Full Body	1	–

## Day 3 – Upper Body

Workout	Target Muscle	Sets	Reps
Pullup/Assisted PU	Back	3	6-12
Lat Pulldown	Back	3	12-15
Seated Cable Rowing	Back	3	12-15
Reverse Pec Deck Fly	Rear Delt	3	12-15
Cable Hammer Curl	Biceps	3	10-12
Incline Dumbbell Curl	Biceps	3	10-12
5-minute Bicycle	Total Body	1	–
5-min Incline Treadmill	Total Body	1	–

## Day 4 – OFF

No workout. Take an ice bath to recover your muscles.

## Day 5 – Lower Body

Workout	Target Muscles	Sets	Reps
Front Lunges	Lower Body	3	10/leg
Step-up	Lower Body	3	10/leg
Leg Curl	Hamstrings	4	15-20
Calf Raises	Calves	4	15-20
<b>Dumbbell Frog Pump</b>	Glutes	3	10-12
5-minute Stretching (B)	Full Body	1	–

## Day 6 – Upper Body

Exercise	Target Muscle	Sets	Reps
Flat Dumbbell Bench Press	Chest	3-4	12-15
Bent-Over Cable Chest Fly	Chest	3-4	12-15
<b>Dumbbell Y Raises</b>	Shoulder	3-4	10-12
1-arm Cable Lateral Raise	Shoulder	3-4	10-12
Bench Dips	Triceps	3-4	15-20
10-min Elliptical Cross Trainer	Full Body	1	–
5-minute Stretching (C)	Fully Body	1	–

## Day 7 – OFF

Full day off. Get your muscles massaged, followed by a steam bath to recover them.

## Day 8 – Lower Body

Workout	Target Muscles	Sets	Reps
Reverse Lunges	Thigh and Glute	3	10/leg
Archer Squat	Adductors	3	10/leg
DB Romanian Deadlift	Hamstrings	3	8-10
Leg Curl	Hamstrings	4	15-20
Hip Thrust	Glutes	3	10-12
5-minute Stretching (B)	Full Body	1	–

## Day 9 – Upper Body

Workout	Target Muscle	Sets	Reps
Landmine Close Grip Row	Back	3	6-12

Cable Lat Pullover	Back	3	12-15
Single-arm Rowing	Back	3	12-15
Cable Face Pull	Upper Back	3	12-15
Preacher Curl	Biceps	3	10-12
Concentration Curl	Biceps	3	10-12
5-minute Bicycle	Total Body	1	–
5-min Incline Treadmill	Total Body	1	–

## Day 10 – OFF

No workout. Take an ice bath to recover your muscles.

## Day 11 to 20 – Full Body Strength Training

- Day 11 – Superset Strength Training
- Day 12 – Endurance Cardio
- Day 13 – Superset Strength Training
- Day 14 – HIIT Cardio
- Day 15 – OFF
- Day 16 – Superset Resistance Training
- Day 17 – Endurance Cardio
- Day 18 – Superset Resistance Training
- Day 19 – HIIT Cardio
- Day 20 – OFF

## Day 11 – Superset Strength Training

Workout	Target Muscle	Sets	Reps
1-arm Landmine Press + Back Squat	Chest & Legs	3	10-12
Seated Pec Deck Fly + Step-up	Chest & Legs	3	10-12
Front Lat Pulldown + Calf Raises	Back & Calves	3	12-15
Chin-up + Reverse Pec Deck Fly	Biceps & Rear Delt	3	8-10

## Day 12 – Endurance Cardio

Exercise	Activity
Treadmill Run	20-minute @8-10kmph
Stationary Bike	10-minute @65% MHR
Elliptical Trainer	10-minute @60% MHR
Rowing Machine	5-minute @70% MHR

## Day 13 – Superset Strength Training

Workout	Target Muscle	Sets	Reps
Incline Bench Press + Leg Press	Chest and Quad	2-3	10-12
Leg Extension + Leg Curl	Quad and Ham	2-3	12-15
Lateral Raises + Biceps Curl	Delt and Biceps	2-3	10-12
Seated Cable Rowing + Hip Thrust	Back and Glute	2-3	10-12

## Day 14 – HIIT Cardio

Exercises	Activity	Rest
Burpees	5 sets of 6 reps	30-sec
Mountain Climber	5 sets of 30-sec	30-sec

High Knees	5 sets of 10 reps/side	30-sec
Flutter Kicks	5 sets of 15-sec	15-sec

## Day 15 – OFF

Full day off. Get your muscles massaged, followed by a steam bath to recover them.

## Day 16 – Superset Resistance Training

Workout	Target Muscle	Sets	Reps
DB Overhead Press + Lunges	Shoulder and Legs	2-3	10-12
Kroc Row + Frog Pump	Back and Glute	2-3	12-15
Shoulder Shrug + Biceps Curl	Traps and Biceps	2-3	10-12
Bench Dips + Cable Pull Through	Tris & Posterior Chain	2-3	10-12

## Day 17 – Endurance Cardio

Exercise	Activity
Treadmill Run	20-minute @8-10kmph
Stationary Bike	10-minute @65% MHR
Battle Rope	Perform as many rounds as possible in 10 minutes
Jumping Rope	As many reps as possible in 5 minutes

## Day 18 – Superset Resistance Training

Workout	Target Muscle	Sets	Reps
Bulgarian Squat + Close-Grip Lat Pull-down	Leg and Back	2-3	10-12
Flat DB Bench Press + Dumbbell RDL	Chest and Leg	2-3	12-15
Landmine Oblique Twist + Hip Thrust	Oblique and Glute	2-3	10-12
Decline Crunches + Hanging Knee Raises	Abdominals	2-3	10-12

## Day 19 – HIIT Cardio

Exercises	Activity	Rest
Burpees	5 sets of 6 reps	30-sec
Cross-Body Mt. Climber	5 sets of 30-sec	30-sec
High Knees	5 sets of 10 reps/side	30-sec
Alternating Heel Taps	5 sets of 10/side	15-sec
Shoulder Taps	5 sets of 10/side	30-sec
Flutter Kicks	5 sets of 15-sec	15-sec

## Day 20 – OFF

No workout. Take an ice bath to recover your muscles.

## Day 21 to 30 – Compound Hybrid Split

The third phase mostly involves compound exercises that work on multiple muscle groups simultaneously, such as bench, squat, military press, and deadlift. Besides this, it also includes cardio, isometric, and flexibility exercises that will help you enhance your functional fitness and shape your physique.

- Day 21 – Full Body Strength Training
- Day 22 – Moderate Cardio and Flexibility
- Day 23 – Total Body Strength Training
- Day 24 – HIIT Cardio and Isometric Workout
- Day 25 – OFF
- Day 26 – Full Body Strength Training

- Day 27 – Moderate Cardio and Flexibility
- Day 28 – Total Body Strength Training
- Day 29 – HIIT Cardio and Isometric Workout
- Day 30 – OFF

## Day 21 – Full Body Strength Training

Workout	Sets	Reps
Conventional Deadlift	4	10, 8, 6, 4
Bench Press	4	10, 8, 6, 4
Overhead Press	4	10, 8, 6, 4
Seated Cable Rowing	4	10, 8, 6, 4

## Day 22 – Moderate Cardio and Flexibility

Exercise	Activity
Treadmill Run	15 minutes at 60-70% max heart rate
Stationary Bike	5 minutes at 60-70% max heart rate
Battle Rope	Perform as many rounds as possible in 5 minutes
Jumping Rope	As many reps as possible in 5 minutes
Standing Forward Bend	10-sec hold x 5 times
Upward Salute	15-sec hold x 5 times
World's Greatest Stretch	15-sec hold per side x 5 times

## Day 23 – Total Body Strength Training

Workout	Sets	Reps
Back Squat	4	10, 8, 6, 4
Chin-ups	4	10, 8, 6, 4
Bar Dips	4	10, 8, 6, 4
Bent-over Rows	4	10, 8, 6, 4

## Day 24 – HIIT Cardio and Isometric Workout

Exercises	Activity	Rest
Burpees	5 sets of 6 reps	30-sec
Mountain Climber	5 sets of 30-sec	30-sec
High Knees	5 sets of 10 reps/side	30-sec
Shoulder Taps	5 sets of 10/side	30-sec
Flutter Kicks	5 sets of 15-sec	15-sec
Front Plank	1-minute hold x 2	15-sec
Side Plank	30-sec per side x 2	15-sec
Bird Dog Plank	15-sec per side x 4	15-sec
Hollow Body Hold	15-sec x 4	15-sec

## Day 25 – OFF

Full day off. Get your muscles massaged, followed by a steam bath to recover them.

## Day 26 – Full Body Strength Training

Workout	Sets	Reps
Conventional Deadlift	4	10, 8, 6, 4
Bench Press	4	10, 8, 6, 4
Overhead Press	4	10, 8, 6, 4
Close-Grip Pulldown	4	10, 8, 6, 4

## Day 27 – Moderate Cardio and Flexibility

Exercise	Activity
Treadmill Run	15 minutes at 60-70% max heart rate

Stationary Bike	5 minutes at 60-70% max heart rate
Elliptical Cross Trainer	10 minutes at 60% max heart rate
Seated Bend Forward	10-sec hold x 5 times
<a href="#">Locust Pose</a>	10-sec hold x 5 times
Pigeon Pose	10-sec hold per side x 5 times
<a href="#">Child's Pose with Reach</a>	10-sec hold per side x 5 times

## Day 28 – Total Body Strength Training

Workout	Sets	Reps
Back Squat	4	10, 8, 6, 4
Bar Dips	4	10, 8, 6, 4
Leg Press	4	10, 8, 6, 4
Bent-over Rows	4	10, 8, 6, 4

## Day 29 – HIIT Cardio and Isometric Workout

Exercises	Activity	Rest
Burpees	5 sets of 6 reps	30-sec
Cross-Body Mt. Climber	5 sets of 30-sec	30-sec
High Knees	5 sets of 10 reps/side	30-sec
Alternating Heel Taps	5 sets of 10/side	15-sec
Shoulder Taps	5 sets of 10/side	30-sec
Superman	15-sec x 5 times	15-sec
Boat Pose	15-sec x 4 times	15-sec
Single-leg RDL Hold	15-sec per leg x 4 times	15-sec

## Day 30 – OFF

No workout. Take an ice bath to recover your muscles.

You can change or replace any exercise that you think is not suitable according to your fitness level and goal.

## Do Exercises Work Same for Males and Females?

Women and men both have different purposes when it comes to exercise. A study suggests women mainly work out for weight loss and toning more than men, whereas men exercise more for strength, gain, and enjoyment than women.<sup>1</sup>

Goals may differ for different genders, but the benefits of exercise are nearly the same for all.

So, the important thing is to work out and keep yourself fit, active, and healthy.

And to train in an organized manner and achieve the maximum results, you can download the above workout schedule and start training in an organized way.

However, exercise is only a part of a healthy lifestyle. You should also focus on dieting and sleeping, keeping yourself hydrated, and meditating to live a sound lifestyle.

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2. [8 Week Cardio Workout Plan for Gym Goers with Free PDF](#)
3. [Alternating 3 Day Weights and 3 Day Cardio Training](#)