

# 30-Day High Intensity Strength Training to Get Strong & Shredded

Created by: [Murshid Akram](#)

Check out full URL: <https://thefitnessphantom.com/30-day-high-intensity-strength-training>

High-intensity strength training is an excellent way to burn calories, build muscle, and get sculpted.

In this article, I'll show you how to perform high-intensity resistance exercises and will share a complete 30-day plan.

This plan will help you perform high-intensity strength exercises in an organized way and shape your physique over time.

Whether you are male or female, try this routine for a month and see how it feels and yields results.

# About This Program

**Type of Exercises:** This program mostly involves doing exercises with free-weight equipment, such as dumbbells, barbells, and kettlebells because they are good for high-intensity exercises.

**Sessions per week:** You'll train three times weekly in this program. It has 14 sessions in 30 days. The rest days between training sessions help your muscles recover from previous workouts and prepare you for the next workouts.

**Duration per session:** Each session involves performing five to six exercises, three to five rounds, and will take 20 to 30 minutes to complete.

**The interval between exercises:** Take 30 to 45 seconds of rest between exercises. Depending on your fitness level, you can also increase or decrease the rest time.

**Intensity:** Perform each exercise as fast as possible. Try to keep the intensity level above 75 percent of your [maximum heart rate](#).

**Set up everything before you start.** For example, if the workout involves a dumbbell, barbell, or other equipment, get them ready so

you can quickly perform exercises one after another and utilize the rest interval time to slow down your heart rate.

# The Complete 30-Day High-Intensity Resistance Training Plan

## Day 1

It involves performing five basic strength exercises (targeting different body parts) one after another with little rest between them.

- **Kettlebell Swings:** 15 reps, 30-second rest
- [Overhead Press:](#) 15 reps, 30-second rest
- **Dumbbell Squat:** 15 reps, 30-second rest
- **One-arm DB Gorilla Row:** 10 reps on each side, then 30 seconds of rest.
- **Half Kneeling KB Chop:** 10 reps on each side, followed by 30 seconds of interval.
- Repeat four to five times or as many times as possible.

## Day 3

- [Push Press:](#) 10 reps, 30-second rest
- **Pop Squats / Squat Jacks:** 10 reps, 30-second rest
- **Bent-over Barbell Row:** 10 reps, 30-second rest
- **DB/Kettlebell Sit-ups:** 10 reps, 30-second rest

- **Bodyweight Burpees:** 10 reps, 30-second rest
- Perform as many rounds as possible in 30 minutes.

## Day 5

- **Thruster:** 10 reps, 30-second rest
- [Dumbbell Hang Clean:](#) 10 reps, 30-second rest
- **Reverse Lunges:** 6 reps per followed by 30 seconds of interval
- [Dumbbell Floor Press:](#) 10-12 reps, then a 30-second break
- **Weighted Reverse Crunches:** 10 reps, 30-second rest
- Repeat four to five times.

## Day 8

- **Kettlebell Swings:** 15 reps, 30-second rest
- [Dumbbell Surrenders:](#) 10 reps, 30-second rest
- **Seated Cable Row:** 15 reps, 30-second rest
- **Step-up:** 6 reps per leg, then rest for 30 seconds
- **Incline Bench Press:** 15 reps, 30-second rest
- [Cable Crunches:](#) 15 reps, 30-second rest
- Aim for four to five rounds as fast as possible.

## Day 10

- **Pull-ups:** As many reps as possible, 30-second rest
- [Dumbbell Squat Jacks:](#) 10 reps, 30-second rest
- **Bar Dips:** As many reps as possible, 30-second rest
- **High to Low Cable Chop:** 10 reps on each side, then 30-second rest.
- **Push-ups (Bodyweight or Weighted):** 15-20 reps, 30-second rest

- [Dumbbell Romanian Deadlift](#): 10 reps, 30-second rest
- Perform three to five rounds for a time.

## Day 12

- **Battle Rope Waves**: 30-second work, then 30-second rest.
- [Dumbbell Deadlifts](#): 10 reps, 30-second rest.
- **Dumbbell Squat Swings**: 10 reps, 45-second rest.
- **Dumbbell Bench Press**: 10 reps, 30-second rest.
- **Cable Crunches**: 10 reps, 45-second rest.
- [Half Kneeling Low to High Chop](#): 10 reps on each side, then 30-second rest.
- Perform three to five rounds at a quick pace.

## Day 15

- **Single-arm Kettlebell Swings**: Do 10 reps per arm, then rest for 30 seconds.
- **Dumbbell Lunges to Torso Twist**: 5 reps per side, followed by 30 seconds of rest
- **Front Lat Pulldown**: 12-15 reps, 30-second interval
- **Burpees**: 5-10 reps, 45-second break
- **Overhead Press**: 12-15 reps, 30-second interval
- **Hanging Knee Raises**: 10-15 reps, 30-second break
- Perform three to five rounds at a quick pace.

## Day 17

- **Alternating DB Lunges**: 5 reps per leg, 30-second rest
- **Single-arm DB Rowing**: 10 reps per side, 30-second rest
- **Cable Flies**: 15-20 reps, 30-second rest

- **Standing Calf Raises:** 10–15 reps, 30-second rest
- **Seated Cable Row:** 15 reps, 30-second rest
- **Cable Crunches:** 15 reps, 30-second rest
- Perform three to five rounds at a quick pace.

## Day 19

- **Kettlebell Swings:** 15 reps, 30-second rest
- **Overhead Press:** 15 reps, 30-second rest
- **Dumbbell Squat:** 15 reps, 30-second rest
- [Incline Plank Row:](#) 10 reps on each side, then 30 seconds of rest.
- **Mountain Climber:** 20 seconds work, then 30–40 seconds rest.
- **Half Kneeling KB Chop:** 10 reps on each side, followed by 30 seconds of interval.
- Repeat four to five times or as many times as possible.

## Day 22

- **Push Press:** 10 reps, 30-second rest
- **Pop Squats / Squat Jacks:** 10 reps, 30-second rest
- **Bent-over Barbell Row:** 10 reps, 30-second rest
- [Weighted Sit-ups:](#) 10 reps, 30-second rest
- **Dumbbell Hang Clean:** 10 reps, 30-second rest
- **Bodyweight Burpees:** 10 reps, 30-second rest
- Perform as many rounds as possible.

## Day 24

- [Arm Changing Kettlebell Swings:](#) 8–10 reps per arm, 30-second rest
- **Dumbbell Surrenders:** 10 reps, 30-second rest

- **Lat Pulldown:** 12-15 reps, 30-second rest
- **Step-up:** 6 reps per leg, then rest for 30 seconds
- **Incline Bench Press:** 15 reps, 30-second rest
- **Hanging Knee Raises:** 10-15 reps, 30-second rest
- Aim for four to five rounds as fast as possible.

## Day 26

- **Pull-ups:** As many reps as possible, 30-second rest
- **Squat Jacks:** 10 reps, 30-second rest
- **Bar Dips:** As many reps as possible, 30-second rest
- **High to Low Cable Chop:** 10 reps on each side, then 30-second rest.
- [Lunges to Torso Rotation](#): 5 reps per side, followed by 30 seconds of rest
- **Thruster:** 8-12 reps, 30-second rest
- Perform four to five rounds for time.

## Day 29

- **Battle Rope Waves:** 30-second work, then 30-second rest.
- **Dumbbell Deadlifts:** 10 reps, 30-second rest.
- **Mountain Climber:** 15-20 seconds work, 30-second rest.
- **Dumbbell Bench Press:** 10 reps, 30-second rest.
- **Cable Crunches:** 10 reps, 45-second rest.
- **Half Kneeling Low to High Chop:** 10 reps on each side, then 30-second rest.
- Perform three to five rounds at a quick pace.

## Day 30

- [Dumbbell Man Maker](#): 5-6 reps, 30-seconds rest
- [Dumbbell Jab, Cross, and Hook \(Shadow Boxing\)](#): 20-seconds work, 30-second rest
- **Single-arm Kettlebell Swings**: 10 reps per arm, 30-second break.
- **Bent-over Dumbbell Row**: 10-12 reps, 30-second break.
- **Dumbbell Bench/Floor Press**: 10-12 reps, 30-second break.
- Perform four to five rounds in 20-30 minutes.

## Who Can Follow This Program?

This program is for experienced lifters who have been exercising for a while because it requires good endurance. If you try this but find it challenging, I recommend you develop your stamina with [bodyweight HIIT](#) first, then do this high-intensity strength training.

## For How Long Should You Follow This?

Follow this high-intensity weight training only for 30 days, then switch to your usual routine for one month, then you can try again. Don't do it too often or for too long as it puts a lot of stress on the lungs and the heart.

# Can This Plan Build Muscle or Lose Fat?

The high-intensity strength training is an excellent way to torch calories, build lean mass, develop cardiovascular fitness, and help you get sculpted over time. Pairing this workout with a [low-calorie meal plan](#) will further enhance your fat loss and help you shape your physique.

## Helpful Resources:

1. [The Best HIIT Workout with Weights](#)
2. [30 Best Functional Dumbbell Exercises to Scale Your Fitness](#)
3. [10 Best Barbell HIIT Workouts and Routines](#)
4. [12 Best High Intensity Kettlebell Exercises](#)