

# MONTHLY 30 MINUTE FULL BODY WORKOUT AT GYM

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Check out [article](#) for more info

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## Program Summary

Routine Type	Full Body
Program Goal	Build Muscles and Strength
Workout Type	Strength Training at Gym
Frequency	<a href="#">4 days/week</a>
Program Duration	8-12 weeks
Workout duration	30 minutes/session
Workout Level	Beginner to Intermediate
Target Gender	Male and Female

### Other information about the program:

1. I've primarily incorporated compound exercises in this routine which are excellent for targeting several muscles at once.
2. I've included most exercises for large muscles, such as the chest, lats, quads, and shoulders. Working on these muscles also ensures you'll get good work in your small muscles, such as the biceps, triceps, and calves.
3. If you train only three times a week, keep following the routine day-wise.
4. It's best to perform some cardio exercises for five minutes at least to get your heart rate up and increase oxygen flow before lifting heavy. For example, you

can run on the treadmill, do some [bodyweight aerobic exercises](#), or lift light weights.

I've also attached a pdf of this workout routine at the bottom of this article so that you can download and keep it handy.

## Schedule

### Day 1

Exercise	Reps	Rest
Treadmill	3 minutes	2-min
Push-ups	10 x 2	1-min
<a href="#">DB Front Squat</a>	10 x 2	1-min
Military Press	10 x 2	2-min
<a href="#">Unilateral Row</a>	10 x 2	1-min
Plank	30-sec	–

### Day 2

Exercise	Reps	Rest
Cycling	3 minutes	2-min
<a href="#">Off Block Deadlift</a>	8 x 2	2-min
<a href="#">Front Lat Pulldown</a>	12 x2	2-min
<a href="#">Incline Bench Press</a>	12 x 2	2-min
<a href="#">Side Delt Raises</a>	12 x 2	2-min
<a href="#">Rope Pushdown</a>	12 x 2	1-min

### Day 3 – OFF

### Day 4

Exercise	Reps	Rest
Treadmill	3-min	2-min
Bar Dips	10 x 2	2-min
Leg Press	15 x 3	2-min
<a href="#">Arnold Press</a>	10 x 2	2-min
<a href="#">Seated Cable Row</a>	12 x 2	2-min
<a href="#">EZ Bar Biceps Curl</a>	12 x 2	2-min

### Day 5

Exercise	Reps	Rest
Flat Bench Press	12 x 2	2-min
Dumbbell Lunges	12 x 2	2-min

Lateral Raises	12 x 2	2-min
Bar Pushdown	12 x 2	2-min
<a href="#">Bent-over Row</a>	12 x 2	2-min
Treadmill	5 minutes	–

**Day 6 – OFF**

**Day 7 – OFF**

**Day 8**

Exercise	Reps	Rest
Treadmill	3-min	2-min
<a href="#">Back Squat</a>	15 x 3	2-min
Front Lat Pulldown	12 x 2	2-min
Dumbbell Pullover	12 x 2	2-min
DB Reverse Fly	12 x 2	2-min

Day 9

Exercise	Reps	Rest
Bent-over Row	12 x 2	2-min
Incline Bench Press	12 x 2	2-min
Lateral Raises	12 x 2	2-min
Leg Curl	12 x 2	2-min
<a href="#">Pull-up Bar Knee Raises</a>	10 x 2	1-min
Cycling	5-min	–

**Day 10 – OFF**

**Day 11**

Exercise	Reps	Rest
Treadmill	3-min	2-min
Chinups	10 x 2	2-min
Leg Press	15 x 2	2-min
Arnold Press	10 x 2	2-min
Pec Deck Fly	12 x 2	2-min
Seated Row	12 x 2	2-min

**Day 12**

Workout	Sets	Rest
Lunges	15 x 2	1-min
Bar Dips	10 x 2	2-min
Lat Pulldown	15 x 2	2-min
Incline DB Bench Press	15 x 2	2-min

Dumbbell Lateral Raises	15 x 2	2-min
Treadmill	5-min	–

## Day 13 – OFF

## Day 14 – OFF

## Day 15

Workout	Sets	Rest
Treadmill	3-min	2-min
Back Squat	15 x 2	2-min
Pushups	10 x 2	2-min
Seated Row	15 x 2	2-min
Reverse Pec Deck Fly	15 x 2	2-min
Dumbbell Curl	15 x 2	2-min

## Day 16

Workout	Sets	Rest
Treadmill	3-min	2-min
<a href="#">Deadlift</a>	10 x 2	2-min
Flat Bench Press	10 x 2	2-min
Pec Deck Fly	15 x 2	2-min
Bent-over Row	10 x 2	2-min
Leg Curl	15 x 2	2-min

## Day 17 – OFF

## Day 18

Exercise	Reps	Rest
Treadmill	3 minutes	2-min
Lat Pullover	10 x 2	1-min
Military Press	10 x 2	2-min
One-arm DB Row	10 x 2	1-min
Lateral Raises	10 x 2	2-min
Plank	60-sec	–

## Day 19

Exercise	Reps	Rest
Push-ups	10 x 2	1-min
Back Squat	10 x 2	1-min
Military Press	10 x 2	2-min
One-arm DB Row	10 x 2	1-min
H2L Chop	30-sec	–

Cycling	3-min	2-min
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## Day 20 – OFF

## Day 21 – OFF

## Day 22

Exercise	Reps	Rest
Treadmill	3 minutes	2-min
Off Block Deadlift	8 x 2	2-min
Front Lat Pulldown	12 x 2	2-min
Incline Bench Press	12 x 2	2-min
Lateral Raises	12 x 2	2-min
Rope Pushdown	12 x 2	1-min

## Day 23

Exercise	Reps	Rest
Treadmill	3-min	2-min
Bar Dips	10 x 2	2-min
Leg Press	15 x 3	2-min
Arnold Press	10 x 2	2-min
Seated Cable Row	12 x 2	2-min
EZ Bar Biceps Curl	12 x 2	2-min

## Day 24 – OFF

Exercise	Reps	Rest
Flat Bench Press	12 x 2	2-min
Dumbbell Lunges	12 x 2	2-min
Pec Deck Fly	12 x 2	2-min
Lat Pullover	12 x 2	2-min
Bent-over Row	12 x 2	2-min
Treadmill	5 minutes	–

## Day 25

Exercise	Reps	Rest
Treadmill	3-min	2-min
Back Squat	15 x 2	2-min
Military Press	12 x 2	2-min
Lateral Raises	12 x 2	2-min
DB Reverse Fly	12 x 2	2-min
Leg Curl	12 x 2	1-min

## Day 26

Exercise	Reps	Rest
Treadmill	3-min	2-min
Chinups	10 x 2	2-min
Leg Press	15 x 2	2-min
Incline DB Press	10 x 2	2-min
Bar Dips	12 x 2	2-min
Seated Row	12 x 2	2-min

## Day 27 – OFF

## Day 28 – OFF

## Day 29

Workout	Sets	Rest
Chinups	15 x 2	1-min
Deadlift	10 x 2	2-min
Bar Dips	15 x 2	2-min
Pushups	15 x 2	2-min
Calf Raises	15 x 2	2-min
Treadmill	5-min	–

## Day 30

Exercise	Reps	Rest
Cycling	3 minutes	2-min
Deadlift	8 x 2	2-min
Front Lat Pulldown	12 x 2	2-min
Incline Bench Press	12 x 2	2-min
Lateral Raises	12 x 2	2-min
Rope Pushdown	12 x 2	1-min

## Frequently Asked Questions (FAQs)

### Are 30 minutes enough for a full body workout?

Thirty minutes isn't sufficient to get a decent workout, but it is good enough to hit your entire body. To get the most out of your thirty minutes of training, you should follow a workout plan that focuses primarily on compound lifting and large muscle groups.

## Is a total body workout plan effective?

A [study](#) has shown that total body workouts and splits produced almost similar results when training each muscle group twice per week. So, total body workout training is an excellent way to build strength, muscle and endurance, especially for those who have limited time.

## I'm a beginner; can I do this?

Yes! Whether you're a male or female, the full body workout routine is suitable for all fitness enthusiasts, from beginners to intermediate. I've included primarily fundamental muscle and strength building exercises, so even if you're starting your workout journey, you can begin with this 30-minute gym workout plan.

## Can I use this plan to lose weight?

No. I've created this workout plan to build muscle. However, if you want to increase your fat loss, you can combine this thirty-minute strength workout with thirty minutes of cardio.

## Some exercises are challenging; what should I do?

You can adjust the plan according to your need. For example, you can replace exercises, increase or decrease reps, sets, rest time, and overall workout duration.

# Instructions to Follow this PPL Workout Plan Effectively

1. **Progressive Overload:** It's best to increase the loads, the number of reps, and sets gradually to scale your fitness level and progressively increase strength and build muscles.
2. **Pre-Workout Meal:** For an effective training session, you should have your meal 30 minutes to 2 hours before the training, depending on what kind of food you consume.
3. **Post-Workout Meal:** It's good to have some [high-protein foods](#) and supplements after the workout to rebuild muscle and increase mass. I suggest consuming 40-50 grams of protein and one gram of carbs per kg of your body weight for optimal results (it is only an example, a nutritionist can help you better in this case).

4. **Cardio:** It's best to include cardiovascular exercises to build endurance and tone muscles. For example, you run on the treadmill, use a stationary bicycle, and other equipment to perform aerobic training.
5. **Adjustment:** You can include and exclude some exercises from this program as well as adjust the rest and workout duration, depending on your fitness level.
6. **Add a variety of exercises:** It's best to include a variety of exercises in your program to make it enjoyable and effective. You can integrate various exercises from the [list of PPL workouts](#).
7. **Train when you feel energetic:** It is best to work out when you feel physically and mentally active to give your best.
8. **Keep going:** Repeating the same thing for a considerable period can be boring, but you must be disciplined to accomplish the best result.
9. **Affirmation:** Imagine and affirm that you have an incredible physique, as it can help you train consistently and achieve your fitness goal faster.
10. **Keep yourself hydrated:** Keeping yourself hydrated during the workout is crucial for an effective workout session. Research show that it helps prevents uneasiness and injuries and boosts performance.

### Recommended Supplements:

Pre-Workout	During Workout	Post Workout
<a href="#">Redcon1 Total War</a> Pre-Workout	<a href="#">BSN Amino X Muscle Recovery &amp; Endurance Powder</a>	<a href="#">Levels Grass Fed 100% Whey Protein, No Hormones</a>
<a href="#">Nutrigo Lab Strength (Strong VASCULAR Booster)</a>	<a href="#">XTEND Sport BCAA Powder Blue Raspberry Ice - Electrolyte Powder</a>	Orgain Organic Vegan Protein Powder
<a href="#">ZonePerfect Protein Bars</a>	<a href="#">KeyNutrients Electrolytes Powder</a>	<a href="#">Mass Extreme Pro Active Growth + Massive Testo Activator</a>

If the above workout plan helped you, kindly support my work buying through these affiliate links. You can also contribute through [PayPal](#).

**You can also try the following alternate workout programs:**

- [Hybrid Gym Workout Plan for Beginners](#)
- [Compound Workout Routine for Beginners](#)

### Helpful Resources:

- [20 Best Dumbbell Pull Exercises](#)
- [Dumbbell Push Exercises](#)
- [Top 10 Barbell Pull Exercises](#)
- [8 Best Barbell Push Exercises](#)
- [30+ Best Smith Machine Exercises](#)
- [13 Barbell Squat Variations](#)
- [Barbell Workouts For Mass Gain](#)
- [The Ultimate List of Isolation Exercises](#)

**I've also designed a customized [12-Week Detailed Workout plan](#) for serious fitness enthusiasts who want to put on muscles and increase strength.**

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