

30 Minute Gym Workout for Beginners to Lose Weight

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If you want to lose weight and build muscles at the same time but don't have enough time to lift weight and burn calories, then you can try this 30 minute beginner gym workout routine.

I've included both aerobic and strength training in this workout plan so you can burn significant calories in a quick time as well as build quality muscles.

Although exercises are not enough to lose fats. But they help you improve your fitness level and body composition over time.¹ (You can incorporate these [low calories foods](#) in your diet to speed up weight loss)

Schedule

- Day 1 – Cardio
- Day 2 – Resistance Training
- Day 3 – Cardio
- Day 4 – Resistance Training
- Day 5 – Cardio
- Day 6 – Resistance Training
- Day 7 – OFF

Day 1 – Cardio

Exercise	Duration	Rest
Treadmill	10 minutes	2 minutes
Stationary Bicycling	5 minutes	2 minutes
Core Workout	10 minutes	–

Day 2 – Resistance Training

Exercise	Reps	Rest
Smith Machine Back Squat	15 x 3	2 min
Front Lat Pulldown	12 x 3	2 min
Rack Pull	10 x 3	2 min

Standing Military Press	12 x 3	2 min
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Day 3 – Cardio

Exercise	Duration	Rest
Treadmill	8 minutes	2 minutes
HIIT	20 minutes	–

Day 4 – Resistance Training

Exercise	Reps	Rest
Smith Machine Bench Press	15 x 3	2 min
Dumbbell Lateral Raises	12 x 3	2 min
Bent Over Barbell Row	10 x 3	2 min
Dumbbell Step up	12 x 3	2 min

Day 5 – Cardio

Exercise	Duration	Rest
Treadmill	10 minutes	2 minutes
Battle Rope	30-sec x 2	1 minute
HIIT	15 minutes	–

Day 6 – Resistance Training

Exercise	Reps	Rest
Barbell Push Press	10 x 3	2 min
Barbell Squat	12 x 3	2 min
One-arm Dumbbell Row	10 x 3	2 min
Cable Facepull	12 x 3	2 min

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