

## 30 Minute Gym Workout for Beginners to Build Muscles

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If you want to put on some muscles and increase strength, you can do this 30 minute gym workout routine. It is excellent for beginners who have just joined the gym.

This workout won't make you big but will help you solidify your base and scale your fitness to the next level.

So, whether you're a man or lady, if you want to feel strong and look sturdy, try this workout for a couple of months.

### Schedule:

- **Monday:** Chest, Lateral Delt, and Triceps
- **Tuesday:** Back, Rear Delt, and Biceps
- **Wednesday:** Legs and Front Delt
- **Thursday:** OFF
- **Friday:** Chest, Triceps, and Lateral Delt
- **Saturday:** Back, Biceps, Rear Delt
- **Sunday:** OFF

### Monday: Chest, Triceps, and Lateral Delt

Exercise	Reps	Rest Between Sets
<a href="#">Smith Machine Flat Bench Press</a>	12 x 3	2 min
<a href="#">Incline Dumbbell Bench Press</a>	10 x 3	2 min
<a href="#">Pec Deck Fly</a>	10 x 2	2 min
<a href="#">Dumbbell Lateral Raise</a>	12 x 3	2 min
<a href="#">Rope Pushdown</a>	10 x 2	1-min

### Tuesday: Back, Rear Delt, and Biceps

Exercise	Reps	Rest
<a href="#">Front Lat Pulldown</a>	12 x 3	2 min
<a href="#">Seated Cable Rowing</a>	12 x 3	2 min
<a href="#">Bent-over Barbell Row</a>	10 x 3	2 min
<a href="#">Rear Delt Machine Fly</a>	10 x 3	90-sec

<a href="#">Alternate Dumbbell Curl</a>	10 x 2	1-min
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## Wednesday: Legs and Front Delt

Exercise	Reps	Rest
<a href="#">Smith Machine Back Squat</a>	12 x 3	2 min
<a href="#">Machine Leg Press</a>	12 x 3	2 min
<a href="#">Seated Leg Curl</a>	12 x 3	90-sec
<a href="#">Calf Raises</a>	10 x 2	1-min
<a href="#">Dumbbell Overhead Press</a>	12 x 3	2 min

## Friday: Chest, Lateral Delt, and Triceps

Exercise	Reps	Rest
Incline Dumbbell Chest Press	10 x 3	2 min
Pec Deck Fly	10 x 3	90-sec
Push-ups (on toes or knees)	10 x 2	2 min
<a href="#">Bent-arm Lateral Raises</a>	12 x 3	2 min
<a href="#">One-arm Overhead Tricep Extension</a>	10 x 2	1-min

## Saturday: Back, Biceps, Rear Delt

Exercise	Reps	Rest
Front Lat Pulldown	12 x 3	2 min
Seated Rowing	12 x 3	2 min
<a href="#">Rack Pull</a>	8 x 3	2 min
Cable Facepull	10 x 3	90-sec
Barbell Curl	10 x 2	1-min

### Related:

1. [Full Body Workout Routine For Beginners: 2, 3 & 4 Day Split](#)
2. [A Complete 4-Week Beginner Workout Routine](#)
3. [1 Hour Gym Workout For Beginners To Build Muscle](#)

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