

# 30 Minute Gym Workout Plan for to Gain Muscle & Lose Weight

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Full URL: <https://thefitnessphantom.com/30-minute-gym-workout-for-beginners>

Whether you want to build muscle or lose weight, starting your fitness journey with a 30-minute gym workout can be the first great step.

To help you with the right program, I've designed a couple of workout routines, one for building muscles and the other for burning fat.

The muscle-building routine involves primarily resistance exercises, such as dumbbell presses, leg extensions, lat pull-downs, and biceps curls.

And the weight loss routine includes a combination of cardio and strength training.

These routines can help you improve your physical appearance, irrespective of gender.

# Muscle Building 30-Minute Workout for Beginners (Plan A)

This 30-minute beginner workout plan involves training six times weekly with two sessions for every muscle group.

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

## Monday – Quads, Chest, and Triceps

Exercises	Sets	Reps	Rest
Dumbbell Front Squat	3	15-20	2-minute
2A Seated Pec Fly	3	12-15	30-second
2B Leg Extension	3	15-20	30-second
Incline Machine Bench Press	3	12-15	2-minute
Triceps Bar Pushdown	3	15-20	90-second

## Tuesday – Back, Biceps, and Hamstrings

Exercise	Sets	Reps	Rest
<a href="#">Front Lat Pulldown</a>	3	12-15	2-minute
<a href="#">Seated Cable Rowing</a>	3	12-15	2-minute
<a href="#">Chest Supported DB Row</a>	3	10-12	2-minute
4A <a href="#">Alternating DB Curls</a>	3	8/arm	30-second
4B Seated Leg Curls	3	15-20	30-second

## Wednesday – Shoulder, Calves, and Abs

Exercise	Sets	Reps	Rest
<a href="#">Smith Overhead Press</a>	3	15-20	2-minute
Single-arm Cable Lateral Raises	3	12/side	45-second
Reverse Pec Deck Fly	3	15-20	2-minute
4A <a href="#">Calf Raises</a>	3	15-20	45-second
4B Cable Crunches	3	15-20	45-second

## Thursday – Quads, Chest, and Triceps

Exercises	Sets	Reps	Rest
<a href="#">Supported DB Lunges</a>	2	10/leg	30-second
Machine Leg Press	3	15-20	2-minute
Flat DB Bench Press	3	12-15	2-minute
<a href="#">High to Low Cable Fly</a>	3	15-20	2-minute
1-arm Overhead Triceps Extension	3	10/arm	30-second

## Friday – Back, Biceps, and Hamstrings

Exercise	Sets	Reps	Rest
Neutral Grip Pulldown	3	12-15	2-minute
Seated Machine Row	3	12-15	2-minute
Chin-ups (Neutral Grip)	3	Max	2-minute
4A Preacher Curls	3	12-15	30-second
4B <a href="#">DB Romanian Deadlift</a>	3	15-20	30-second

## Saturday – Shoulder, Calves, and Abs

Exercise	Sets	Reps	Rest
<a href="#">Dumbbell Push Press</a>	3	10-12	2-minute
<a href="#">Incline Prone Y Raises</a>	3	8-10	2-minute
Face Pull/ <a href="#">Shrug</a>	3	12-15	2-minute
4A Calf Raises	3	15-20	30-second
4B <a href="#">Hanging Knee Raises</a>	3	10/side	30-second

# 30 Minute Beginner Gym Workout for Weight Loss (Plan B)

This 30-minute workout routine involves performing cardio and strength exercises on alternate days and will help you burn significant calories and build quality muscle simultaneously.

This program doesn't directly increase fat loss but assists in losing weight if you consume [low-calorie meals](#) and move more.!

## Day 1 – Cardio

Exercise	Duration	Rest
Treadmill	10 minutes	2 minutes
Stationary Bicycling	5 minutes	2 minutes
<a href="#">Core Workout</a>	10 minutes	–

## Day 2 – Resistance Training

Exercise	Sets	Reps	Rest
1A Dumbbell Squat	2-3	15-20	1-minute
1B Push Press	2-3	10-12	1-minute
2A Front Lat Pulldown	2-3	15-20	1-minute
2B Incline Machine Bench Press	2-3	12-15	1-minute
3A Seated Cable Row	2-3	15-20	1-minute
3B Pec Deck Fly	2-3	12-15	1-minute

## Day 3 – Cardio

Exercise	Duration	Rest
Incline Treadmill Walk	15 minutes	2 minutes
Battle Rope	5 minutes	2 minutes
Jumping Rope	5 minutes	–

## Day 4 – Resistance Training

Exercise	Sets	Reps	Rest
1A Kettlebell Swings	2-3	15-20	1-minute
1B Leg Extension	2-3	15-20	1-minute
2A Single-arm Lateral Raises	2-3	10/side	1-minute
2B Seated Leg Curls	2-3	15-20	1-minute
3A Single-arm DB Row	2-3	10/side	1-minute
3B Reverse Pec Deck Fly	2-3	12-15	1-minute

## Day 5 – Cardio

Exercise	Duration	Rest
Incline Treadmill Walk	15 minutes	2 minutes
Battle Rope	5 minutes	2 minutes
Jumping Rope	5 minutes	–

## Day 6 – Resistance Training

Exercise	Sets	Reps	Rest
Landmine Squat	3	15-20	2-minute
Rack Pull	3	8-10	2-minute
3A Barbell Curls	3	12-15	45-second
3B Triceps Pushdown	3	12-15	45-second
Leg Press	3	15-20	2-minute

### Helpful Resources:

1. [70 Barbell Exercises by Muscle Group](#)
2. [Ultimate List of Dumbbell Exercises by Muscle Group](#)
3. [35 Best Smith Machine Exercises for Building Muscle](#)
4. [List of 55 Best Compound Exercises](#)
5. [The Ultimate List of Isolation Exercises](#)
6. [20 Best Dynamic Warm-Up Exercises](#)
7. [The Ultimate List of Functional Exercises](#)

“The reader does not steal, and the thief does not read.”