




# 30 DAY WORKOUT PLAN

**CMASG**  
FITNESS  
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This workout plan consists of 3 strength training days and 2 cardio days.

You will be using dumbbells and your body weight for the exercises.

You want to use a moderate to heavy weight. You should be able to get through the sets and reps with some challenge that you can push through.

Focus on proper form and technique each rep. If your form is failing you may need to decrease weight or rest more.

There will be links to videos for the exercises in the workout plan.

If you have any questions, feel free to shoot me a message and ask.

Let's get to it!

## MONDAY, WEDNESDAY, FRIDAY STRENGTH TRAINING

This workout consists of 7 exercises. You will do each exercise for 3 sets of 12 repetitions. Rest 30 seconds between sets. Perform the exercises in order doing all of the sets and reps of each exercise before moving to the next exercise. All of the exercises are the same each day except for the core exercise. You will do a different one each day.

Bench Press (3x12)

Bentover Row (3x12)

Squats (3x12)

Shoulder Press (3x12)

Bicep Hammer Curls (3x12)

Overhead Tricep Extension (3x12)

Core Exercise (3x12)

- Monday - Crunces
- Wednesday - Oblique Twists
- Friday - Leg Raises

**Exercise Video**

## TUESDAY, THURSDAY

### CARDIO TRAINING

This workout consists of 6 exercises performed in intervals. You will need a timer. You will do each exercise for 30 seconds with 15 seconds rest between exercises. Rest 1-2 minutes after completing all exercises. Repeat for 5 rounds.

30s Jumping Jacks

15s Rest

30s Bearstands

15s Rest

30s High Knees

15s Rest

30s Squat Thrust

15s Rest

30s Side Shuffle

15s Rest

30s Plank Jacks

1-2 minutes Rest

**Exercise Video**

## KEEP IT GOING!

Do this workout for 6 weeks, gradually progressing your intensity!

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