

30 Min Training Program (Gym Edition)

Name of Client			
Name of the Instructor/Trainer	Gromiko		
	Program start date		

Suggestions
Warm-Up before entering the gym
Suggestions
Super-Set: Perform the exercises according to its letter before resting.

Ex. Perform (A1 & A2) before resting
That is considered 1 set.
Circuit: Perform the exercise to its letter before resting
Ex. Perform (A1, A2 & A3) before resting
That is considered 1 set.

Upper Body Day						
Exercises	Sets	Reps	Rest	Super-Set	Duration	
Barbell Bench Press	2	6 to 8	2 to 2:30 mins	A1	1 month	
Dumbell Row	2	6 to 8	2 to 2:30 mins	A2	1 month	
Incline Bench Press	2	6 to 8	2 to 2:30 mins	B1	1 month	
Standing Dumbell Rear Delt Fly	2	6 to 8	2 to 2:30 mins	B2	1 month	
Dumbell Pec Fly	2	6 to 8	2 to 2:30 mins	C1	1 month	
Barbell or Dumbell Bent-Over Row	2	6 to 8	2 to 2:30 mins	C2	1 month	

Lower Body Day						
Exercises	Sets	Reps	Rest	Super-Set	Duration	
Barbell Squat	2	6 to 8	2 to 2:30 mins	None	1 month	
Barbell Deadlift	2	6 to 8	2 to 2:30 mins	None	1 month	
Stationary Lunges (6 to 8 each leg)	2	6 to 8	2 to 2:30 mins	A1	1 month	
Dumbell Glute Bridges	2	6 to 8	2 to 2:30 mins	A2	1 month	
Dumbell Lateral Lunges (6 to 8 each leg)	2	6 to 8	2 to 2:30 mins	None	1 month	
Dumbell Globlet Squat	2	6 to 8	2 to 2:30 mins	None	1 month	

Full Body						
Exercises	Sets	Reps	Rest	Circuit	Duration	
Ez Bar or Dumbell Overhead Shoulder Press	2	6 to 8	2 to 2:30 mins	A1	1 month	
Ez Bar or Dumbell Bicep Curl	2	6 to 8	2 to 2:30 mins	A2	1 month	
Leg Extension Machine	2	6 to 8	2 to 2:30 mins	A3	1 month	
Seated Arnold Shoulder Press	2	6 to 8	2 to 2:30 mins	B1	1 month	
Dumbell Hammer Curls	2	6 to 8	2 to 2:30 mins	B2	1 month	
Dumbell Romanian Deadlift	2	6 to 8	2 to 2:30 mins	B3	1 month	