

30 Day Home Workout Plan for Teenage Girls



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Summary

- **Program Duration:** 30 Days
- **Goal:** Improve Strength, Mobility, Endurance, and Shape
- **Target Gender:** Female
- **Prefer Age Group:** 13-19
- **Types of exercises include:** Bodyweight, Resistance Bands, and Dumbbells
- **Number of training days per week:** 4 days/week

- **Duration of one session:** 30 minutes
- **Best time to work out:** You can workout at any time of the day when you're energetic.

Okay, so here's the 30 days workout routine. You can make some changes based on your fitness level and the equipment you use. For example, you can repeat the bodyweight exercise circuit two to three times if you don't have bands and dumbbells.

Day 1

Round 1 – Bodyweight Exercises

- 10 [Half Burpees](#), 45-sec rest
- 15 [Kneeling Standard Push-ups](#), 45-sec rest
- 10 [Lying IYT Raises](#), 30-sec rest
- 20 [Standard Squats](#), 45-sec rest
- 20-sec [Mountain Climbers](#), 30-sec rest
- 30-sec [High Plank](#), 30-sec rest
- 20-sec High Side Plank on each side.

Round 2- Dumbbell Exercises

- [Dumbbell Sumo Squat](#): 3 x 10-12 reps, 2-min rest
- [Dumbbell Floor Press](#): 3 x 10-12 reps, 2-min rest
- [Dumbbell Overhead Press](#): 3 x 10-12 reps, 2-min rest

Note: If you don't have dumbbells, repeat the first round twice.

Day 2

Round 1 – Bodyweight Exercises

- 10 [Jump Squats](#), 30-sec rest
- 10 [Forward Lunges](#) on each side, 60-sec rest
- 10 [Floor Dips](#), 60-sec rest
- 10 [Superman Pull](#), 45-sec rest
- 10 [Kneeling Knuckle Push-ups](#), 45-sec rest
- 15 [Standing Calf Raises](#), 60-sec rest
- 10 [Glute Bridges](#), 60-sec rest

Round 2 – Resistance Band Exercises

- [Resistance Band Deadlift](#): 6 x 3 reps, 1-min rest

- [Band Good Morning](#): 6 x 3 reps, 1-min rest
- [Banded Seated Rowing](#): 10 x 3 reps, 1-min rest

Note: If you don't have bands, repeat the first round twice.

Day 3 – Rest

Day 4

Round 1 – Bodyweight Exercises

- 20-sec [High Knees](#), 40-sec rest
- 15 [Incline Pushups](#), 30-sec rest
- Wall Sit: 5 reps, 10 sec each rep
- 10 [Man Maker](#), 60-sec rest
- 20-sec Mountain Climbers, 30-sec rest
- 10 [Narrow Pushup on knees](#), 30-sec rest
- 20-sec High Side Plank on each side, 30-sec rest

Round 2 – Dumbbell Exercises

- [Dumbbell Front Lunges](#): 2 x 8-10 reps, 1-min rest
- [Dumbbell Lateral Raises](#): 3 x 10 reps, 2-min rest
- [Single-arm Dumbbell Row](#): 3 x 10 reps, 2-min rest

Note: If you don't have dumbbells, repeat the first round twice.

Day 5

Round 1 – Bodyweight Exercises

- 30-sec [Kneeling Jump](#), 45-sec rest
- 10 [Lateral Squats](#), 30-sec rest
- 10 [Kneeling Elbows Out Pushups](#), 30-sec rest
- 10 Floor IYT Raises, 30-sec rest
- 45-sec High Plank, 30-sec rest
- 10 [Split Jump Squats](#), 30-sec rest
- 10 [Reverse Lunges](#), 30-sec rest

Round 2 – Resistance Band Exercises

- [Banded Overhead Press](#): 6 x 3 reps, 1-min rest
- [Curtsy Lunge to Squat](#): 6 x 3 reps, 1-min rest
- [Banded Romanian Deadlift](#): 10 x 3 reps, 1-min rest

Note: If you don't have bands, repeat the first round twice.

Day 6 – Rest

Day 7- Rest

Day 8

Round 1 – Bodyweight Exercises

- 20-sec Jumping Jacks, 30-sec rest
- 15 [Sumo Squats](#), 30-sec rest
- 10 Glute Bridges, 30-sec rest
- 15 Floor Dips, 30-sec rest
- 12 [Alternate Heel Touch Crunches](#), 30-sec rest
- 15 Standing Calf Raises, 30-sec rest
- 12 Superman Pull, 45-sec rest
- 10 [Kneeling Diamond Pushups](#), 30-sec rest

Round 2- Dumbbell Exercises

- Dumbbell Floor Press: 10 x 3 reps, 2-min rest
- [One-arm Dumbbell Overhead Tricep Extension](#): 10 x 3 reps, 1-min rest
- Bent-over Dumbbell Row: 10 x 3 reps, 2-min rest
- [Alternate Dumbbell Bicep Curl](#): 10 x 3 reps, 2-min rest

Note: If you don't have dumbbells, repeat the first round twice.

Day 9

Round 1 – Bodyweight Exercises

- 10 [Bodyweight Man Makers](#), 40-sec rest
- 12 Incline Pushups, 30-sec rest
- 10 [Split Jump Squats](#), 45-sec rest
- 10 [Tricep Extension Pushups on Knees](#), 30-sec rest
- 20-sec Mountain Climbers, 30-sec rest
- Squat Hold: 5 reps of 10 seconds each with 15 seconds of rest
- 45-sec Forearm Plank, 30-sec rest

Round 2 – Resistance Band Exercises

- [Resistance Band Push-up](#): 10 x 3 reps, 2-min rest
- [Curtsy Lunge to Squat](#): 10 x 3 reps, 2-min rest
- [Banded Seated Rowing](#): 10 x 3 reps, 2-min rest
- [Standing Oblique Crunch](#): 10 x 3 reps, 2-min rest

Note: If you don't have bands, repeat the first round twice.

Day 10 – OFF

Day 11

Round 1 – Bodyweight Exercises

- 10 Half Burpees, 30-sec rest
- 10 Floor IYT Raises, 30-sec rest
- 10 Forward Lunges, 30-sec rest
- 30-sec Jumping Jacks, 30-sec rest
- 10 Kneeling Elbows Out Pushup, 45-sec rest
- 15 Standard Squats, 45-sec rest
- 15-sec Flutter Kicks, 30-sec rest
- 10 [Single-leg Deadlift](#), 30-sec rest

Round 2- Dumbbell Exercises

- Dumbbell Pullover: 10 x 3 reps, 2-min rest
- Dumbbell Lateral Raises: 10 x 3 reps, 2-min rest
- One-arm Dumbbell Row: 10 x 3 reps, 2-min rest
- Dumbbell Glute Bridge: 10 x 3 reps, 2-min rest

Day 12

Round 1 – Bodyweight Exercises

- 10 Jump Squats, 30-sec rest
- 10 Superman Pull, 30-sec rest
- 12 Floor Dips, 30-sec rest
- 45-sec Forearm Plank, 30-sec rest
- 10 Bodyweight Man Makers, 45-sec rest
- 10 Glute Kickbacks, 30-sec rest
- 10 Leg Raises, 30-sec rest

Round 2 – Resistance Band Exercises

- Resistance Band Squat: 10 x 3 reps, 2-min rest

- Resistance Band Deadlift: 10 x 3 reps, 2-min rest
- Resistance Band Good Morning: 10 x 3 reps, 2-min rest
- Resistance Band Overhead Tricep Extension: 10 x 3 reps, 2-min rest
- Resistance Band Alternate Bicep Curl: 10 x 3 reps, 2-min rest

Day 13 – OFF

Day 14 – OFF

Day 15

Round 1 – Bodyweight Exercises

- 15 Incline Pushups, 30-sec rest
- 10 Tricep Pushup on Knees, 30-sec rest
- 30-sec Mountain Climbers, 45-sec rest
- 10 Split Jump Squats, 45-sec rest
- 15 Reverse Crunches, 45-sec rest
- 15-sec Forearm Side Plank each side, 30-sec rest
- 15 Standing Calf Raises, 30-sec rest
- 10 Glute Bridges, 30-sec rest

Round 2 – Resistance Band Exercises

- Banded Seated Rowing: 10 x 3 reps, 1-min rest
- Curtsy Lunge to Squat: 6 x 3 reps, 1-min rest

Round 3 – Dumbbell Exercises

- Dumbbell Floor Press: 3 x 10-12 reps, 2-min rest
- Dumbbell Overhead Press: 3 x 10-12 reps, 2-min rest
- Single-arm Dumbbell Row: 3 x 10 reps, 2-min rest

Day 16

Round 1 – Bodyweight Exercises

- 10 Half Burpees, 30-sec rest
- 10 Kneeling Archer push-ups 30-sec rest
- 10 Lateral Squats, 30-sec rest
- 10 Floor IYT Raises, 30-sec rest
- 30-sec Jumping Jacks, 45-sec rest
- 10 Kneeling Triangle Push-ups, 45-sec rest
- 10 Standard Squats, 45-sec rest

- 10 Reverse Lunges, 30-sec rest

Round 2 – Resistance Band Exercises

- Resistance Band Deadlift: 6 x 3 reps, 1-min rest
- Standing Side Bend with Band: 10 x 3 reps, 2-min rest

Round 3 – Dumbbell Exercises

- Dumbbell Lunges: 2 x 8-10 reps, 1-min rest
- Dumbbell Lateral Raises: 3 x 10 reps, 2-min rest
- Overhead Tricep Extension: 10 x 2 reps, 2-min rest
- Alternate Dumbbell Bicep Curl: 10 x 2 reps, 2-min rest

Day 17 – OFF

Day 18

Round 1 – Bodyweight Exercises

- 10 Superman Pull, 30-sec rest
- 10 Kneeling Elbows Out Push-ups, 30-sec rest
- 10 Split Jump Squat, 45-sec rest
- 10 Kneeling Knuckle Pushups, 30-sec rest
- Squat Hold: 5 reps of 10 seconds each with 15 seconds of rest
- 10 Crunches, 30-sec rest
- 60-sec Forearm Plank, 45-sec rest
- 10 Single-leg Deadlift, 30-sec rest

Round 2 – Resistance Band Exercises

- Resistance Band Pushup: 10 x 2 reps, 2-min rest
- Banded Romanian Deadlift: 10 x 3 reps, 1-min rest

Round 3 – Dumbbell Exercises

- Dumbbell Floor Press: 10 x 3 reps, 2-min rest
- Bent-over Dumbbell Row: 10 x 3 reps, 2-min rest
- Dumbbell Pullover: 10 x 3 reps, 2-min rest
- Dumbbell Glute Bridge: 10 x 3 reps, 2-min rest

Day 19

Round 1 – Bodyweight Exercises

- 15 Lying IYT Raises, 30-sec rest
- 10 Floor Dips, 30-sec rest
- 30-sec Mountain Climbers, 45-sec rest
- 10 Bodyweight Man Makers, 45-sec rest
- 60-sec Forearm Side Plank, 45-sec rest
- 10 [Kneeling archer push up](#), 30-sec rest
- 15 Standing Calf Raise, 30-sec rest
- 10 Glute Bridge, 30-sec rest

Round 2 – Resistance Band Exercises

- Resistance Band Squat: 10 x 3 reps, 2-min rest
- [Resistance Band Donkey Kick](#): 10 x 2 reps, 2-min rest

Round 3 – Dumbbell Exercises

- Dumbbell Arnold Press: 10 x 3 reps, 2-min rest
- Dumbbell Facepull: 10 x 2 reps, 2-min rest
- Triceps Kickback 10 x 3 reps, 2-min rest
- Hammer Curl: 10 x 3 reps, 2-min rest

Day 20 – OFF

Day 21 – OFF

Day 22

Round 1 – Bodyweight Exercises

- 10 Burpees, 45-sec rest
- 15 Standard Squat, 45-sec rest
- 30-sec Kneeling Jump, 45-sec rest
- 10 Kneeling Triangle Pushup, 45-sec rest
- 10 Reverse Lunges, 45-sec rest
- 10 [Shoulder Taps](#), 45-sec rest
- 10 Floor IYT Raises, 45-sec rest

Round 2 – Resistance Band Exercises

- Banded Front Raises: 10 x 2 reps, 1-min rest

- Banded Seated Rowing: 10 x 3 reps, 1-min rest
- Resistance Band Glute Kickback: 10 x 2 reps, 1-min rest

Round 3 – Dumbbell Exercises

- Dumbbell Floor Press: 10 x 3 reps, 2-min rest
- [Bent-over Dumbbell Row](#): 10 x 3 reps, 2-min rest

Day 23

Round 1 – Bodyweight Exercises

- 10 Burpees, 45-sec rest
- 10 Shoulder Taps, 30-sec rest
- 10 Jump Squats, 45-sec rest
- 10 Superman Pull, 30-sec rest
- 10 Glute Bridge, 30-sec rest
- 60-sec Forearm Plank, 60-sec rest

Round 2 – Resistance Band Exercises

- Resistance Band Push-up: 10 x 2 reps, 2-min rest
- Banded Romanian Deadlift: 10 x 2 reps, 2-min rest

Round 3 – Dumbbell Exercises

- Dumbbell Overhead Press: 10 x 3 reps, 2-min rest
- Dumbbell Step-up: 10 x 3 reps, 2-min rest
- One-arm Dumbbell Row: 10 x 3 reps, 2-min rest

Day 24 – OFF

Day 25

Round 1 – Bodyweight Exercises

- 30-sec Mountain Climbers, 30-sec rest
- 15 Incline Pushup, 45-sec rest
- 10 Floor IYT Raises, 45-sec rest
- 10 Lateral Squat, 45-sec rest

Round 2 – Resistance Band Exercises

- Resistance Band Glute Kickback: 10 x 2 reps, 1-min rest
- Banded Squat Jacks: 10 x 2 reps, 1-min rest

Round 3 – Dumbbell Exercises

- Dumbbell Lateral Raises: 10 x 3 reps, 2-min rest
- Dumbbell Facepull: 10 x 3 reps, 2-min rest
- Dumbbell Romanian Deadlift: 10 x 3 reps, 2-min rest

Day 26

Round 1 – Bodyweight Exercises

- 10 Burpees, 60-sec rest
- 10 Standard Pushup, 45-sec rest
- 10 Forward Lunges, 45-sec rest
- 12 Floor Dips, 45-sec rest
- 10 Tabletop Crunches, 45-sec rest
- 60-sec Forearm Plank, 30-sec rest

Round 2 – Resistance Band Exercises

- Resistance Band Deadlift: 6 x 3 reps, 1-min rest
- Band Good Morning: 6 x 3 reps, 1-min rest

Round 3 – Dumbbell Exercises

- Dumbbell Overhead Tricep Extension: 10 x 3 reps, 2-min rest
- Dumbbell Bicep Curl: 10 x 3 reps, 2-min rest

Day 27 – OFF

Day 28 – OFF

Day 29

Round 1 – Bodyweight Exercises

- 10 Burpees, 30-sec rest
- 10 Floor IYT Raises, 30-sec rest
- 10 Forward Lunges, 30-sec rest

- 30-sec Jumping Jacks, 30-sec rest
- 15-sec Flutter Kicks, 30-sec rest

Round 2 – Resistance Band Exercises

- [Banded Overhead Press](#): 6 x 3 reps, 1-min rest
- [Curtsy Lunge to Squat](#): 6 x 3 reps, 1-min rest

Round 3 – Dumbbell Exercises

- Dumbbell Lunges: 2 x 8-10 reps, 1-min rest
- Dumbbell Lateral Raises: 3 x 10 reps, 2-min rest
- Single-arm Dumbbell Row: 3 x 10 reps, 2-min rest

Day 30

Round 1 – Bodyweight Exercises

- 10 Jump Squats, 30-sec rest
- 10 Superman Pull, 30-sec rest
- 12 Floor Dips, 30-sec rest
- 45-sec Forearm Plank, 30-sec rest
- 10 Leg Raises, 30-sec rest

Round 2 – Resistance Band Exercises

- Resistance Band Squat: 10 x 3 reps, 2-min rest
- Resistance Band Deadlift: 10 x 3 reps, 2-min rest

Round 3 – Dumbbell Exercises

- Dumbbell Floor Press: 3 x 10-12 reps, 2-min rest
- Dumbbell Overhead Press: 3 x 10-12 reps, 2-min rest
- Single-arm Dumbbell Row: 3 x 10 reps, 2-min rest

Related Program:

1. [10 Week Home Workout Plan With Free PDF](#)
2. [The Ultimate 5 Day Resistance Band Workout Routine](#)
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