

# 30-MINUTE SPLIT WORKOUT (5X WEEK)

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Check out [article](#) for more info

Several studies have shown that training for thirty minutes a day, five times weekly, is enough to keep you sturdy and functional. It also helps build mass and increase strength.

But if you're not sure how to design the best 30-minute workout routine, then this article is for you.

In this article, I've shared the most effective 30-minute weekly workout routine.

I've designed two workout plans, one for training at home and the other for [exercising at the gym](#).

These programs are suitable for men and women both. Depending on where you exercise, you can follow one of them to train in an organized manner and maintain and enhance your overall fitness.

## At The Gym

If you're looking for a gym workout program that includes five half-an-hour sessions, this program is for you.

It includes various exercises so you can train your entire muscle group and level up your fitness.

Here is the schedule. You can make changes according to your needs.

- **Monday** – Chest and Triceps
- **Tuesday** – Quads and Calves
- **Wednesday** – Back and Biceps
- **Thursday** – OFF
- **Friday** – Hamstrings and Glutes
- **Saturday** – Shoulder and Core

- **Sunday – OFF**

**Day 1 – Monday (Chest and Triceps)**

Exercise	Reps	Sets
Incline Dumbbell Bench Press	10-12	4
Seated Pec Deck Fly	10-12	4
Parallel Bar Dips	8-10	3
Treadmill	5-min	1

**Day 2 – Tuesday (Quads and Calves)**

Exercise	Reps	Sets
Front Dumbbell Squat	10-12	3
Dumbbell Lunges	10/leg	2
Machine Leg Press	10-12	3
Standing Calf Raises	10-12	3

**Day 3 – Wednesday (Back and Biceps)**

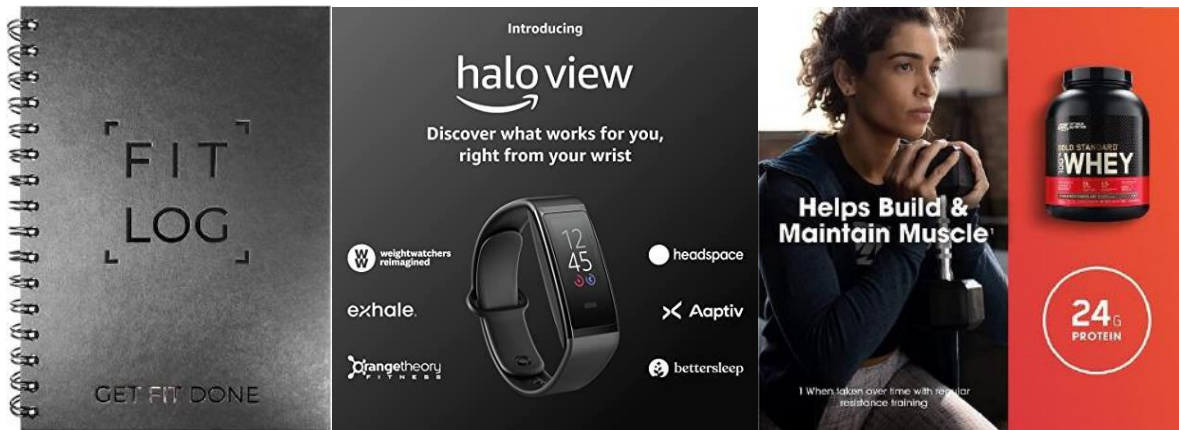
Exercise	Reps	Sets
Front Lat Pulldown	10-12	3
Seated Cable Rowing	10-12	3
One-arm Dumbbell Row	10/arm	2
Barbell Curl	10-12	3
Treadmill	5-min	1

**Day 4 – Friday (Hamstrings and Glutes)**

Exercise	Reps	Sets
Romanian Deadlift	8-10	3
Machine Leg Curl	10-12	3
Barbell Hip Thrust	10-12	2
Glute Kickback	10/leg	2
Bicycling	5-min	1

**Day 5 – Saturday (Shoulder and Core)**

Exercise	Reps	Sets
Military/DB Overhead Press	10-12	3
Lateral Dumbbell Raises	10-12	3
Rear Delt Dumbbell Raises	10-12	3
Half Kneeling DB/KB Low to High Chop	10/side	2
Hanging Knee Raises	10-12	2
Front Front Plank	1-min	1



## At Home with No Equipment

From the upper to the lower body, you can do myriad [exercises to improve your overall fitness without equipment](#).

But to perform those exercises in an organized manner, you need a [well-structured workout program](#).

And for that, you can follow the below routine, which takes only 30 minutes of your time.

### Instructions to follow the workout:

- Perform each exercise for one minute at your desired intensity, including the rest time. For example, you can do exercises for 30-40 seconds, then take 20-30 seconds of rest and move to the next exercise.
- Perform three rounds with 2 minutes of rest in between.

### Monday

- Jumping Jacks
- Mountain Climber
- Pushups
- Squats
- Situps
- [Lying Prone IYT Raises](#)
- Pike/Diamond Pushup
- Flutter Kicks

## Tuesday

- Squat Jump
- Burpee
- [Floor Dips](#)
- [Oblique Crunches](#)
- Shoulder Taps
- [Frog Squats](#)
- [Knee Tap Push-Up](#)
- Forearm Front Plank (Standard Plank)

## Wednesday

- High Knees
- Mountain Climber
- Glute Bridge
- [Superman Pull](#)
- [Dive-Bomber Push-Up](#)
- Flutter Kicks
- Jumping Lunges
- Side Plank

## Friday

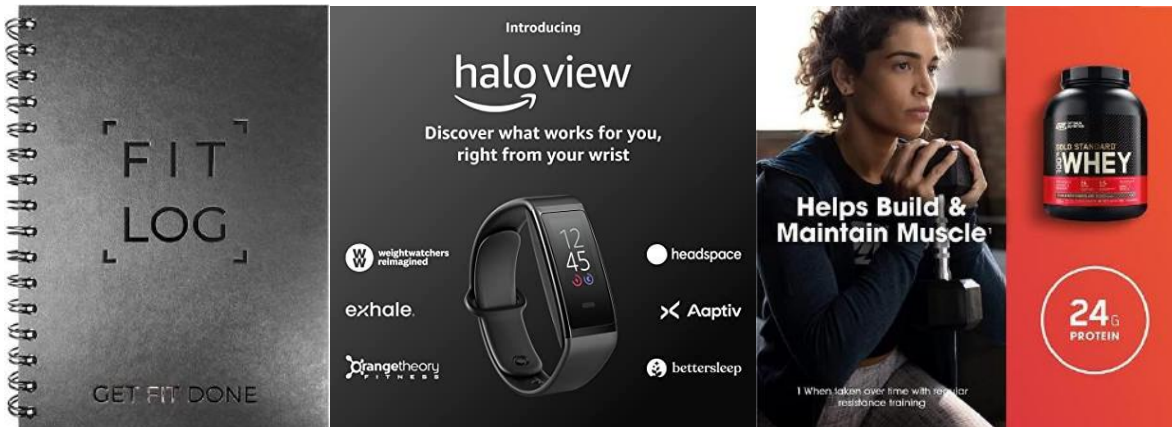
- [Back and Forth Lunges](#)
- Pike Pushups
- Situps
- [Triceps Extension](#)
- Sumo Squats
- Alternate Heel Taps
- Single-Leg Glute Kickback
- Shoulder Taps

## Saturday

- Grappler pushup
- Pop Squats
- [Archer Push-up](#)
- Lying Leg Raises
- [Lying Y Raises](#)

- Mountain Climber
- Flutter Kicks
- Superman Pull

## Instructions for Following the Workout Program



### 1. Intensity for HIIT exercises

During high-intensity interval training, perform exercises at 75-90 percent of your maximum heart rate. To calculate the maximum heart rate (MHR), subtract your age from 220. For example, if you're 30, your MHR would be (220-30) 190.

### 2. How much weight should you lift during strength training?

Lift 50 to 60 percent of your one-rep max(1RM). Do not push yourself too hard to get the reps done. Train for fitness, not for competition. In other words, you can lift as heavy as possible as long as you like maintain proper form during exercises.

### 3. Interval Time Between Sets:

The interval time during HIIT would be less than 45 seconds and 2-3 minutes while performing weight training.

### 4. Train When You Feel Active

You can train at any time of the day but make sure you feel physically and mentally active to give your best effort during the training.

## 5. Keep Yourself Hydrated

Staying hydrated is crucial for an effective workout session. Studies show that exercising in a hydrated state helps prevent uneasiness and injuries and boosts performance.<sup>4</sup>

## 6. Progress Your Level

You should gradually increase the activity duration and reduce interval time as you progress during the program. It will help you achieve better results and take your fitness to the next level.

## 7. Pre-Workout Meal

The foundation of a good workout session begins with a couple of hours of training. For example, what you consume before the workout matter a lot.

For an effective training session, you should have your meal 30 minutes to 2 hours before the training, depending on what kind of food you consume.

## 8. Post Workout Meal

You had a great workout session at the gym, but it is time to maximize your results through a post-workout meal. Having some good foods and supplements after the training will enhance your result.

I suggest consuming at least 40-50 grams of protein and one gram of carbs per kg of your body weight for optimal results (it is only an example; a nutritionist can help you better in this case).

## 9. Warm-Up

The warm-up is a crucial part of any weight training routine as it increases blood flow and heart rate helps prevent injuries and improves performance.

You can use [cardio machines](#) or perform [bodyweight aerobic exercises](#) (not stretching), such as squat jump, burpees, and jumping jacks for 5 minutes to get ready.

## Recommended Supplements:

Pre-Workout	During Workout	Post Workout
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<a href="#">Redcon1 Total War Pre-Workout</a>	<a href="#">BSN Amino X Muscle Recovery &amp; Endurance Powder</a>	<a href="#">Levels Grass Fed 100% Whey Protein, No Hormones</a>
<a href="#">Nutrigo Lab Strength (Strong VASCULAR Booster)</a>	<a href="#">XTEND Sport BCAA Powder Blue Raspberry Ice - Electrolyte Powder</a>	<a href="#">Orgain Organic Vegan Protein Powder</a>
<a href="#">ZonePerfect Protein Bars</a>	<a href="#">KeyNutrients Electrolytes Powder</a>	<a href="#">Mass Extreme Pro Active Growth + Massive Testo Activator</a>

If the above workout plan helped you, kindly support my work buying through these affiliate

### Helpful Resources:

- [20 Best Dumbbell Pull Exercises](#)
- [Dumbbell Push Exercises](#)
- [Top 10 Barbell Pull Exercises](#)
- [8 Best Barbell Push Exercises](#)
- [13 Barbell Squat Variations](#)
- [Dumbbell Weight Loss Exercises](#)
- [The Ultimate List of Isolation Exercises](#)
- [Full Body Dumbbell Workout For Weight Loss](#)
- [The Ultimate HIIT Exercises List](#)

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Introducing  
**halo view**  
Discover what works for you,  
right from your wrist



weightwatchers reimagined  
exhale  
orange theory FITNESS

headspace  
Aaptiv  
bettersleep

The central section features a black smartwatch with a white display showing the time '12:45' and a heart rate icon. It is surrounded by logos for various fitness and wellness brands: WeightWatchers, Exhale, Orange Theory Fitness, Headspace, Aaptiv, and BetterSleep.

**Helps Build & Maintain Muscle**

1 When taken over time with regular resistance training

A woman with curly hair is shown in profile, wearing a dark blue long-sleeved shirt and lifting a dumbbell with her right hand. The background is a soft-focus indoor setting.

**24g PROTEIN**

A black plastic tub of whey protein supplement with a red label. The label includes the text 'WHEY' and '24g PROTEIN'. Below the tub, a white circle contains the text '24g PROTEIN'.