



Why This Program Works

Most people fail to stay consistent because their workouts don't fit their lifestyle. This program is designed around real life. Quick, efficient 20–30 minute sessions that focus on compound movements to maximize results in minimal time.

By training consistently just five days a week, you'll build momentum, strength, and confidence that carries into every area of your life. It's not about doing more. It's about doing better, consistently.

Who It's For

This plan is for busy people who want to look, feel, and perform better. Without sacrificing family time. Whether you're juggling a career, kids' schedules, or just trying to get your energy back, this plan gives you the structure, accountability, and progress you've been missing. It's built to help you lose fat (requires proper nutrition), gain strength, and feel proud of your reflection again. While keeping up with your family and life's demands.

How to Use This Plan

You'll train 5 days per week with short, focused sessions lasting just 20–30 minutes. You'll rotate through lower body, upper body, and full body workouts that can be done with just a set of dumbbells, resistance bands, or bodyweight. Track your weights, reps, and how you feel each week. Do this by editing the PDF on your phone as you workout, or print the program sections and fill with a pencil! Your goal is steady improvement, *not perfection*. Repeat the same movements for 4-8 weeks, add a bit of weight or reps weekly, and watch your strength and confidence grow.

Pro Tip

Consistency beats perfection every time.
You don't need the perfect schedule, equipment, or motivation.
Just show up and give your best effort for 20–30 minutes.
One workout won't change your body, *but doing it consistently will change your life.*

Strong in 30 Consistency Blueprint

Program Details Overview:

Duration: 4-8 weeks

Frequency: 5 workouts per week (~30 min each)

Structure:

2 Week Split

Day 1 – Full Body Strength

Day 2 – Upper Body Push/Pull

Day 3 – Full Body Strength

Day 4 – Lower Body Strength and Conditioning

Day 5 – Full Body EMOM

Each day includes:

Warm-up (Reset + Readiness)

Main lifts (Resistance / Reactive)

Finisher (Resiliency or Recovery focus)

Day 1a – Full Body Strength

Warm-Up (3–5 min)
Deep Bodyweight Squat Holds x10
Glute Bridge Holds x10
Cat-Cow x5
Small to Big Arm Circles and Swings x10

Main Block A – Strength

Exercise	Sets	Reps	Weight	Notes
DB Goblet Squat	3	10–12		
DB RDL	3	10–12		
Incline Push-Up or DB Bench Press	3	10–12		

Block B – Core/Accessory

Exercise	Sets	Reps	Weight	Notes
DB Farmer’s Carry	3	30s		
Standing DB Curl + Press	3	10		

Day 2a – Upper Body Push/Pull

Warm-Up (3–5 min)
Band Pull-Aparts x15
Small to Big Arm Circles and Swings x10
4 Point Scap Push-Ups x10

Main Block A – Strength

Exercise	Sets	Reps	Weight	Notes
DB Bench Press	3	8-10 with 3s lowering phase		
DB Row Single Arm Row	3	8-10 with 2s hold at top		
DB Lateral Raise	3	10 with 3s lowering phase		

Block B – Finisher (2–3 rounds)

Exercise	Time/Reps/Distance	Weight	Notes
Farmer’s Carry	40 yds		
DB Goblet March	20-30s		
Band Pull-Apart or DB Bent Over Reverse Fly	12 – 15		

Day 3a – Full Body Strength

Warm-Up (3–5 min)
Band Pull-Aparts x15
Small to Big Arm Circles and Swings x10
4 Point T-Spine Twists x5 each side
Side Step into Squat x 5 each way

Main Block A – Strength

Exercise	Sets	Reps	Weight	Notes
Alternating Reverse Lunge	3	8/leg		
Dumbbell Romanian Deadlift	3		10	
Seated DB Overhead Press	3	10–12		

Block B – Core Finisher (2–3 rounds)

Exercise	Reps	Notes
V Sit Hold	10-30s	
Elbow Side Plank	20–30 sec/side	
Weighted Glute Bridge Hold	10 reps + 3s hold	

Day 4a – Lower Body Strength
and Conditioning

Warm-Up (3–5 min)
Hip Circles x10 each way
Glute Bridge x10
Deep Bodyweight Squat with Twist and Reach x10

Main Block A – Strength

Exercise	Sets	Reps	Weight	Notes
Step-Up (bench or box)	3	8–10/leg		
Dumbbell Sumo Squat	3	10–12		
Romanian Deadlift (Barbell or DB)	3	10		

Block B – Conditioning Finisher (2–3 rounds)

Circuit	Time/Reps	Notes
Jump Squats or DB Thrusters	30 sec	
Alternating Reverse Lunges	12/leg	
Jumping Jacks or Jog in Place	30 sec	

Day 5a – Total Body EMOM
(Every Minute on the Minute)

Warm-Up (3–5 min)
Bodyweight Squats x10
Jumping Jacks x30 sec
Arm Circles x10

Workout (20 minutes total)

Set a timer for 20 minutes.

Perform one exercise at the start of each minute, rest the remainder of the minute.

Minute	Exercise	Reps
1	Dumbbell Goblet Squat	10–12
2	Push-Ups (Knee or Incline)	10–12
3	Bent-Over Rows (Weighted Bar or DB)	10–12
4	DB or BW Reverse Lunges	8–10/leg
5	Plank Hold	30 sec

Repeat this 5-minute circuit 4 times (total = 20 min)

Day 1b – Full Body Strength

Warm-Up (3–5 min)
Deep Bodyweight Squat Holds x10
Glute Bridge Holds x10
Cat-Cow x5
Small to Big Arm Circles and Swings x10

Main Block A – Strength

Exercise	Sets	Reps	Weight	Notes
DB Sumo Squat	3	10–12		
DB Hip Thrust or Glute Bridge	3	10 with 5s hold		
Incline Push-Up or DB Floor Press	3	8-10 with 3s lowering phase		

Block B – Core/Accessory

Exercise	Sets	Reps	Weight	Notes
Elbow Plank	3	15-45s		
Weighted Side Steps	3	15 steps each way		

Day 2b – Upper Body Push/Pull

Warm-Up (3–5 min)
Band Pull-Aparts x15
Small to Big Arm Circles and Swings x10
4 Point Scap Push-Ups x10

Main Block A – Strength

Exercise	Sets	Reps	Weight	Notes
Plate/DB Overhead Raise	3	10–12		
DB Row Single Arm Row	3	10–12		
DB Lateral Raise	3	12–15		

Block B – Finisher (2–3 rounds)

Exercise	Time/Reps/Distance	Weight	Notes
Farmer’s Carry	40 yds		
Floor DB Overhead Tricep Extension	10 – 12		
Prone A and T Raises	10 each		

Day 3b – Full Body Strength

Warm-Up (3–5 min)
Band Pull-Aparts x15
Small to Big Arm Circles and Swings x10
4 Point T-Spine Twists x5 each side
Side Step into Squat x 5 each way

Main Block A – Strength

Exercise	Sets	Reps	Weight	Notes
DB Step Up or Stationary Split Squat	3	8/leg		
Weighted Glute Bridge	3	10 – 15		
Seated DB Overhead Press	3	10–12		

Block B – Core Finisher (2–3 rounds)

Exercise	Reps	Notes
Single Arm DB March in Place	30 sec/side	
Bear Plank	20–40 sec	
Deficit Calf Raises	10 – 15 reps	

Day 4b – Lower Body Strength
and Conditioning

Warm-Up (3–5 min)
Hip Circles x10 each way
Glute Bridge x10
Deep Bodyweight Squat with Twist and Reach x10

Main Block A – Strength

Exercise	Sets	Reps	Weight	Notes
Alternating Reverse Lunge (BW/DB)	3	8–10/leg		
DB Narrow Stance Goblet Squat	3	10–12		
Assisted SL RDL (BW/DB)	3	10		One hand on support (chair/bench/rack) other hand with DB

Block B – GPP Finisher (2–3 rounds)

Circuit	Time/Reps	Notes
Plank March	30 sec	Slow and controlled, not fast like a mountain climber
Ground to Overhead (Plate/DB)	12	
Jumping Jacks or Jog in Place	30 sec	

Day 5b – Total Body EMOM
(Every Minute on the Minute)

Warm-Up (3–5 min)
Bodyweight Squats x10
Jumping Jacks x30 sec
Arm Circles x10

Workout (20 minutes total)

Set a timer for 20 minutes.

Perform one exercise at the start of each minute, rest the remainder of the minute.

Minute	Exercise	Reps
1	Dumbbell Sumo Squat (hold DB’s at shoulders)	10–12
2	Plate Halos	8-- 10 each direction
3	A and T Raises	10 each
4	Cossack Squat Shifts	8–10/leg
5	Deadhang Hold (BW/foot supported)	15-30s

Repeat this 5-minute circuit 4 times (total = 20 min)

Progression Across 4 Weeks

Week	Focus	Adjustment
1	Learn movements, moderate effort	Focus on form and control. Take all strength movements slow.
2	Increase load slightly (RPE 7–8)	Add 5–10 lbs if possible
3	Add a round or set where possible	Slightly shorten rest
4	Push intensity	Add a round or set where possible

Terminology:

DB = Dumbbell

BW= Bodyweight

RPE= rate of perceived exertion/ your effort level (1=lowest effort, 10=highest effort)

SL= Single Leg

RDL= Romanian Deadlift



Transformation Essentials: Fat Loss Mini Guide

Nail Your Nutrition

Calories control fat loss. You don't have to eat perfectly — just consistently hit your targets.

Protein is priority. Aim for 0.8–1g per pound of body weight daily to support muscle and recovery.

Stick to mostly whole foods: lean proteins, rice, potatoes, oats, fruits, veggies, healthy fats.

Plan your meals ahead or use the meal plan provided to eliminate guesswork and stay on track.

Move With Purpose

Train hard 4–5 days/week with progressive resistance (lift heavier or with better control each week).

Include daily activity — aim for 8–10k steps or equivalent movement.

Optional cardio: 2–3 short LISS sessions per week if needed for extra calorie burn.

Stay Accountable

Track your workouts and log your meals — awareness drives results. Check in weekly (weight, photos, consistency) so adjustments can be made quickly.

Remember: consistency beats perfection. A 90% week executed well > a 100% perfect plan you can't sustain.

Optimize Recovery

Sleep 7–9 hours nightly — fat loss and performance rely on recovery.
Stay hydrated (at least half your body weight in ounces of water daily).
Manage stress — walks, sunlight, or journaling all help keep hormones balanced.

Mindset is the Multiplier

Think long-term. You're building habits that last beyond this program.
Focus on progress, not perfection. Small wins compound over time.
When motivation fades, we have to rely on discipline. That's where real transformation happens.

Remember:

Fat loss isn't magic. It's mastery of the basics, done consistently.
Stick to the plan. Track your wins. Adjust when needed.
You're not just losing weight... you're chasing the best version of yourself.