

# Thirty Minute Workouts

A stale fitness program is like a stale pair of old shoes -- you know how they'll feel and you once loved using them, but you just don't want to go near them anymore. We all need a little variety in our workouts. In fact, an excessively repetitive workout program is a major cause of fitness burnout.

If you're looking to mix things up a little bit, try one of these 30-minute options created by SparkPeople Coach Joe D. They should each be preceded and followed by at least a little stretching and warmup. The only equipment you'll need for most of these exercises are small dumbbells, an inflatable swiss ball or resistance bands. Many are simple "body weight" exercises with no need for equipment at all.

We recommend a low impact exercise for all warm-ups – bike, elliptical machine, rowing machine, walk (gradually picking up the pace to a fast walk).

Upper and lower body exercises perform 10-15 reps – Core exercises perform 10-30 reps.

## 30 Minute Workout fro Home, Gym, or Office

### Beginner

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#### Workout 1

Warm-up 10 minutes

Stretch 5 minutes

#### Circuit 1x

- Step-ups (aerobic) 20 sec
- Rows (sitting) w/ dumbbells
- Lumbar extension
- Squats w/ Swiss ball
- Reverse flies w/ Swiss ball & dumbbells
- Plank hold
- Hamstring flexion w/ Swiss ball
- Crunches w/ Swiss ball
- Modified push-ups
- Biceps curl

Cool down 5-10 minutes

Stretch 5 minutes

#### Workout 2

Warm-up 10 minutes

Stretch 5 minutes

#### Circuit 1x

- Step-ups 20 seconds
- Leg lifts
- Dumbbell oblique
- Dumbbell lateral deltoid raise
- Modified lunge
- Roman dead lifts with dumbbells
- One arm row with bench
- Lower abdominal medicine ball twist \*
- Calf extensions
- Chest press with dumbbells
- \*You can use any type of ball

Cool down 5-10 minutes

Stretch 5 minutes

## Intermediate

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### Workout 3

Warm-up 10 minutes  
Stretch 5 minutes

#### Circuit 1x

- Jump rope 100x
- Push-ups with Swiss ball
- Elbow to knee crunch
- Body weight squats 25x
- Step-ups 30 seconds
- Plank hold
- Hamstring flexion with Swiss ball
- Triceps kick back
- Prone row external rotation
- Bicep curl
- Abductors with resistance band 45 degrees
- Jump rope 100x

Cool down 5-10 minutes  
Stretch 5 minutes

### Workout 4

Warm-up 10 minutes  
Stretch 5 minutes

#### Circuit 1x

- Step-ups 30 seconds
- Ball walk with Swiss ball
- Bicycle crunch
- Forward lunge
- Jumping jacks 30 seconds
- Reverse flies
- Lower back lift with Swiss ball
- One leg Swiss ball squat
- Jump rope 100x
- Shoulder press with Swiss ball and dumbbells
- Adductors with resistance band (standing)
- Calf extension one leg

Cool down 5-10 minutes  
Stretch 5 minutes

## Advanced

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### Workout 5

Warm-up 10 minutes  
Stretch 5 minutes

#### Circuit 1x

- Jump rope 250x
- Push-ups with Swiss ball
- Triceps kick back
- Kneeling roll-out
- Bicycle crunch
- Squat with calf raise and dumbbell press
- Step-ups 30 seconds
- Prone row external rotation
- Biceps curl
- Jackknife
- Lower back lift with Swiss ball
- Lunge with dumbbell press (forward)
- One leg Swiss ball squat (lateral)
- Reverse flies
- Push-ups with Swiss ball

Cool down 5-10 minutes  
Stretch 5 minutes

### Workout 6

Warm-up 10 minutes  
Stretch 5 minutes

#### Circuit 1x

- Jump rope 200x
- Lunge with dumbbell press (forward)
- Jackknife
- Chest press with Swiss ball and dumbbells
- Step-ups 30-45 seconds
- Hamstring flexion with Swiss ball (one leg)
- Plank hold
- One arm rows with Swiss ball
- Wall sit with bicep curls
- Triceps extension with Swiss ball and dumbbells

Cool down 5-10 minutes  
Stretch 5 minutes