

3



**MINUTE
MUSCLE**

INTRODUCTION

Welcome to the '30 Minute Muscle' training programme, designed to help busy dads become **FITTER**, **LEANER** and **STRONGER** without disrupting their already busy schedule. You are no doubt reading this right now because you want to regain control of your health and fitness but have 1 serious hurdle preventing you starting, a lack of time! Well, I have some good news for you!

The MED (Minimum Effective Dose) for eliciting muscle development and increasing cardiovascular health is just 30 minutes, meaning you can achieve both with just 30-minute bouts of exercise. You no longer need to smash weights around for a full 60 minutes to achieve great results!

The programme is split into 3 phases, each having a slight increase in training volume and intensity. This ensures you keep challenging your body as you become fitter helping to prevent any progression plateaus. Each exercise also has a QR code next to it, here I will give you a full tutorial on how to perform that exercise safely and effectively.



KEY POINTS TO REMEMBER:

1 In your first week you will be working out which weights are best for you for each exercise, please don't push too much too quickly.

2 You need to keep track of your strength increase to ensure you are progressing with your training. Each exercise there will be a table and a little white box for you to record your weight lifted, or time taken for each set so please log this information.

3 Make sure you always complete the warmups, this is to ensure you don't cause an injury during your sessions.

4 Stick to the timings as closely as you can. We need to fit in as much as we can in the 30 minutes, so timing is important.

5 Enjoy yourself, this workout is designed to help you fall back in love with training, to ensure regular exercise becomes habitual.

I love hearing back from guys on all my programmes so let me know how you're doing at the following email address:

transform@busydadblueprint.com

Regards

Coach James

Warm Up



SCAN ME

90 degree rotator cuff warm up.
Complete 20 reps per side x2.

Main session.

Chest Press Machine

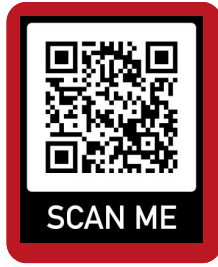
Sets	Reps	Week 1	Week 2	Week 3	Week 4	Rest
1	10					1 min
2	10					1 min
3	10					1 min
4	10					1 min



SCAN ME

Smith Shoulder Press

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Rest
1	10					1 min
2	10					1 min
3	10					1 min
4	10					1 min



Tricep Extension

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Rest
1	10					1 min
2	10					1 min
3	10					1 min
4	10					1 min



Rower 500m

Time

Week 1	Week 2	Week 3	Week 4

30 Minute Muscle

Phase 1
Session 2

PULL

Warm Up



90 degree rotator cuff warm up.
Complete 20 reps per side x2.

Main session.

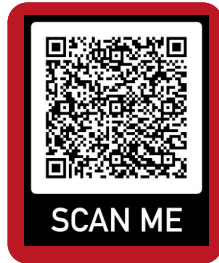
Lat Pulldown

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Rest
1	10					1 min
2	10					1 min
3	10					1 min
4	10					1 min



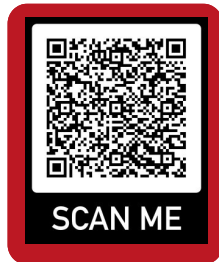
Seated Row

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Rest
1	10					1 min
2	10					1 min
3	10					1 min
4	10					1 min



Cable Bicep Curl

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Rest
1	10					1 min
2	10					1 min
3	10					1 min
4	10					1 min



Air bike Intervals.

Time Active	Rest	Repeat
30 seconds	30 seconds	5



30 Minute Muscle

Phase 1
Session 3

LOWER BODY

Warm Up

3x 20 body weight squats
30 second rest in-between.

Main session.

Leg Press

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Rest
1	10					1 min
2	10					1 min
3	10					1 min
4	10					1 min



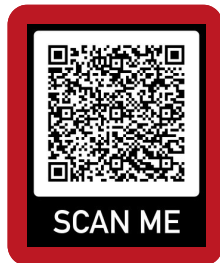
Kettlebell Squats

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Rest
1	10					1 min
2	10					1 min
3	10					1 min
4	10					1 min



Deadlift

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Rest
1	10					1 min
2	10					1 min
3	10					1 min
4	10					1 min



Battle Rope Quick Hands

Time Active	Rest	Repeat
30 seconds	30 seconds	5



30 Minute Muscle

Phase 2
Session 1

PUSH

Warm Up

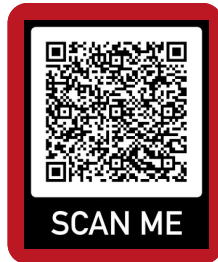


90 degree rotator cuff warm up.
Complete 20 reps per side x2.

Main session.

Dumbbell Chest Press

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Rest
1	12					1 min
2	10					1 min
3	8					1 min
4	8					1 min



Military Press

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Rest
1	12					1 min
2	10					1 min
3	8					1 min
4	8					1 min



Tricep Dips AMRAP (As many reps as possible)

Record number of reps in the white boxes.

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Rest
1	AMRAP					1 min
2	AMRAP					1 min
3	AMRAP					1 min
4	AMRAP					1 min



Bench Press

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Rest
1	12					1 min
2	10					1 min
3	8					1 min



30 Minute Muscle

Phase 2

Session 2

PULL

Warm Up



90 degree rotator cuff warm up.
Complete 20 reps per side x2.

Main session.

Pull Ups (Or Lat Pulldown if there is no assisted Pull Up machine)

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Rest
1	12					1 min
2	10					1 min
3	8					1 min
4	8					1 min



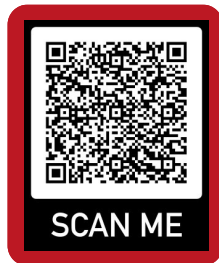
Seated Row

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Rest
1	12					1 min
2	10					1 min
3	8					1 min
4	8					1 min



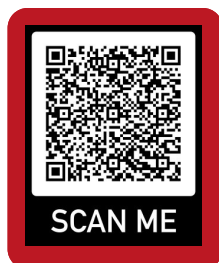
Bicep Preacher Curl

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Rest
1	12					1 min
2	10					1 min
3	10					1 min
4	10					1 min



Deadlift

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Rest
1	12					1 min
2	10					1 min
3	10					1 min



30 Minute Muscle

Phase 2

Session 3

LOWER BODY

Warm Up

3x 20 body weight squats
30 second rest in-between.

Main session.

Barbell Squats

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Rest
1	12					1 min
2	10					1 min
3	8					1 min
4	8					1 min



Lunge Walk

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Rest
1	12					1 min
2	10					1 min
3	8					1 min
4	8					1 min



Leg Press

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Rest
1	12					1 min
2	10					1 min
3	10					1 min
4	10					1 min



Calf Raise

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Rest
1	12					1 min
2	10					1 min
3	10					1 min



30 Minute Muscle

Phase 2
Session 4

CARDIO AND CORE

5 Minute Incline treadmill walk

	Week 1	Week 2	Week 3	Week 4
Speed				
Incline	10	10	10	10
Intensity	Moderate	Moderate	Moderate	Moderate

Air Bike Sprints

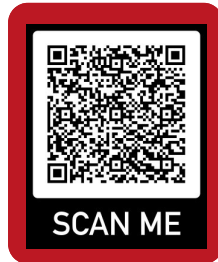
Time Active	Rest	Repeat
30 seconds	30 seconds	5



Battle rope quick hands

Time	Intensity	Rest
30 seconds	High	30 seconds

Repeat x2



Battle rope slams

Time	Intensity	Rest
30 seconds	High	30 seconds

Repeat x2



Core Circuit

30 seconds per exercise

Reverse Curls

Hip Raise

Plank Hold

Rest for 1 minute/ Repeat x3

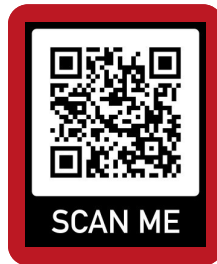
Reverse Curls



Hip Raise



Plank



30 Minute Muscle

Phase 3
Session 1

PUSH

Warm Up



90 degree rotator cuff warm up.
Complete 20 reps per side x2.

Main session.

Incline Dumbbell Press

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Rest
1	15					1 min
2	15					1 min
3	15					1 min
4	15					1 min



Dumbbell Shoulder Press

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Rest
1	15					1 min
2	15					1 min
3	15					1 min
4	15					1 min



Dumbbell Bicep Curl

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Rest
1	15					1 min
2	15					1 min
3	15					1 min
4	15					1 min



Battle Rope Slams
2x 40 second
Rest x 30 seconds inbetween

30 Minute Muscle

Phase 3
Session 2

PULL

Warm Up



90 degree rotator cuff warm up.
Complete 20 reps per side x2.

Main session.

Lat Pulldown

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Rest
1	15					1 min
2	15					1 min
3	15					1 min
4	15					1 min



Upright Row

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Rest
1	10					1 min
2	10					1 min
3	10					1 min
4	10					1 min



Skull Crusher

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Rest
1	15					1 min
2	15					1 min
3	15					1 min
4	15					1 min



Battle Rope Circles
2x 40 seconds
Rest x 30 seconds in between

30 Minute Muscle

Phase 3

Session 3

LOWER BODY

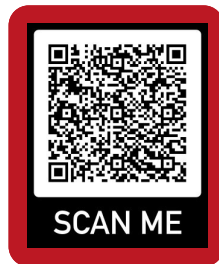
Warm Up

3x 20 body weight squats
30 second rest in-between.

Main session.

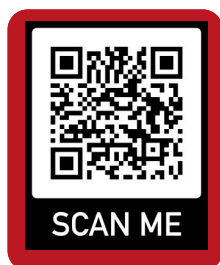
Leg Press

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Rest
1	20					1 min
2	20					1 min
3	20					1 min
4	20					1 min



Hip Thrust

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Rest
1	15					1 min
2	15					1 min
3	15					1 min
4	15					1 min



Romanian Deadlift (RDL)

Sets	Reps	Week 1	Week 2	Week 3	Week 4	Rest
1	10					1 min
2	10					1 min
3	10					1 min
4	10					1 min



2x 30 second treadmill sprint

For this you MUST KEEP THE TREADMILL TURNED OFF.

Incline	Intensity	Rest
TOP	Maximum	30 seconds

30 Minute Muscle

Phase 3

Session 4

CARDIO AND CORE

1000m Rower
(Record time below)

Week 9	Week 10	Week 11	Week 12

Farmers Walk
20m (10 steps one way, followed by 10 steps the other way)

Weight carried

Sets	Week 9	Week 10	Week 11	Week 12	Rest
1					1 min
2					1 min
3					1 min



Air Bike Sprints

Time Active	Rest	Repeat
40 seconds	30 seconds	5



Core Circuit

Hold each exercise for 30 seconds

Low Plank

High Plank

Press Ups

Low Plank

Do not put your knees down until you have finished the final exercise.

Rest for 1 minute/Repeat x2.