

30-DAY STRENGTH PLAN

Get Stronger in Just 30 Days

A simple, progressive plan for beginners and early intermediates: three full-body workouts a week, at the gym or at home with dumbbells.

YOUR 30 DAYS AT A GLANCE

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	A	●	B	●	A	●	●
WEEK 2	B	●	A	●	B	●	●
WEEK 3	A	●	B	●	A	●	●
WEEK 4	B	●	A	●	B	●	●
FINISH	29	30					



Workout A or B



Walk or rest



Day 29: check-in workout



Day 30: rest and plan

3x

full-body workouts a week

45-60

minutes each, warm-up included

Gym or home

every workout works with just dumbbells

START HERE

How to use this plan

For the next 30 days you'll do three full-body workouts a week, alternating **Workout A** and **Workout B**. Each week asks a little more of you than the last. Follow the tables, write down what you lift, and add weight when the rules say so.



Your week



Train on three days with a rest day between them, like Monday, Wednesday and Friday. Alternate A and B: **A-B-A** one week, **B-A-B** the next. On the other days, walk, stretch or rest.



What you need

- At the gym:** dumbbells, a flat bench and a lat pulldown machine. A barbell and squat rack are optional.
- At home:** a pair of adjustable dumbbells (or two or three pairs), a sturdy bench or chair and a mat. A resistance band with a door anchor helps for one exercise.
- Time:** 45–60 minutes per workout, warm-up included.



How hard? Count the reps left in the tank

Every set has an effort target: how many more good reps you could have done when you stop. If the table says **3**, end the set when you could still do about 3 more with clean form. For holds and carries, it's seconds: stop while you could still hold good form about 10 seconds longer.



Find your starting weights

- Start lighter than you think.** Do the warm-up, then your first work set.
- Check the tank.** More than 5 reps left? Go up a step for the next set. Fewer than 2? Go down.
- Write it down.** The weight that hits the target is your starting point next time.

Week 1 is meant to feel easy. That's on purpose: you're learning the moves.



Log every set

Use the log on page 8 or a notes app. For each exercise, write the weight, the reps for each set and roughly how many you had left in the tank.

Your log tells you when to add weight. Without it, you're guessing.

Using kilograms? 5 lb is about 2.5 kg.



Your month at a glance

sets × reps, then reps left in the tank

	WEEK 1 • LEARN		WEEK 2 • BUILD		WEEK 3 • HEAVIER		WEEK 4 • FINISH	
Main lifts squat, bench press, Romanian deadlift, overhead press	2 × 8–10	3–4	3 × 8–10	3	3 × 6–8	2	4 × 6–8	2
Everything else rows, pulldowns, bridges, split squats, core	2 sets	3–4	3 sets	3	3 sets	2	3 sets	1–2

THE RULES

How you'll get stronger

This plan uses **double progression**, a simple and widely used way to keep getting stronger: first you add reps, then you add weight.



1. Hit the top of the range? Add weight.

When every set reaches the top of the rep range with the target reps still in the tank, go heavier next time: about **5–10 lb** on squats and Romanian deadlifts, **2.5–5 lb** (or the next dumbbell) on presses and rows. Then build back up from the bottom of the range.



2. Short of the range? Keep the weight.

If you can't reach the bottom of the range, or you had less in the tank than the target, use the same weight next time. If that happens two workouts in a row, drop about 10% and build back up.



3. Jump too big? Earn it with reps.

Dumbbells often go up 5 lb at a time, which is a big jump on presses. Stay at your weight and add a rep or two past the range, or lower each rep over 3 seconds. Move up when every set is solid.



4. Form first, always.

Every rep should look like the first one. If your form slips, the set is over, even if the table says you have reps left. Clean reps are the ones that build strength.

EXAMPLE: DUMBBELL BENCH PRESS, 3 SETS OF 8–10

WORKOUT	WEIGHT	REPS	NEXT TIME
1	25 lb	8, 8, 8	Same weight
2	25 lb	10, 9, 9	Same weight
3	25 lb	10, 10, 10	Go up to 30 lb
4	30 lb	8, 8, 7	Same weight, build up



Weeks 3 and 4: heavier sets

The four main lifts (squat, bench press, Romanian deadlift and overhead press) move to **6–8 reps**. Start them about 5–10% heavier than your last Week 2 weights, then keep following the rules.

EVERY WORKOUT

Warm-up: about 8 minutes



1. Get warm

3–5 minutes of brisk walking, cycling, rowing or marching in place. You want to feel warm, not tired.



2. Move

- 10 bodyweight squats
- 10 hip hinges (hands on hips, push them back)
- 5 reverse lunges each leg
- 10 arm circles each way
- 10 glute bridges



3. Ramp up

Before your first exercise: **8 easy reps** at about half your work weight, then **4–5 reps** at about three-quarters. Before the next main lift, one light set of 6–8 is plenty.

THE PLAN

Weeks 1 and 2

WEEK
1

DAYS 1–7

Learn the moves

Two sets of everything, 3–4 reps left in the tank. Find your starting weights.

MON
A
Day 1

TUE
walk
2

WED
B
Day 3

THU
walk
4

FRI
A
Day 5

SAT
walk
6

SUN
rest
7

A Workout A

MON · FRI

EXERCISE	SETS × REPS	REST	IN TANK
Goblet squat or barbell back squat	2 × 8–10	2 min	3–4
Dumbbell bench press Home: push-up or floor press	2 × 8–10	2 min	3–4
One-arm dumbbell row each side	2 × 10–12	90 s	3–4
Glute bridge	2 × 12–15	60 s	3–4
Plank	2 × 20–30 s	60 s	10 s

B Workout B

WED

EXERCISE	SETS × REPS	REST	IN TANK
Romanian deadlift dumbbells or barbell	2 × 8–10	2 min	3–4
Dumbbell overhead press	2 × 8–10	2 min	3–4
Lat pulldown Home: bent-over row	2 × 10–12	90 s	3–4
Split squat each leg	2 × 8–10	90 s	3–4
Farmer carry	2 × 30 s	60 s	10 s

WEEK
2

DAYS 8–14

Build the base

Add a third set. Same reps, a little more effort: 3 left in the tank.

MON
B
Day 8

TUE
walk
9

WED
A
Day 10

THU
walk
11

FRI
B
Day 12

SAT
walk
13

SUN
rest
14

A Workout A

WED

EXERCISE	SETS × REPS	REST	IN TANK
Goblet squat or barbell back squat	3 × 8–10	2 min	3
Dumbbell bench press Home: push-up or floor press	3 × 8–10	2 min	3
One-arm dumbbell row each side	3 × 10–12	90 s	3
Glute bridge	3 × 12–15	60 s	3
Plank	3 × 25–35 s	60 s	10 s

B Workout B

MON · FRI

EXERCISE	SETS × REPS	REST	IN TANK
Romanian deadlift dumbbells or barbell	3 × 8–10	2 min	3
Dumbbell overhead press	3 × 8–10	2 min	3
Lat pulldown Home: bent-over row	3 × 10–12	90 s	3
Split squat each leg	3 × 8–10	90 s	3
Farmer carry	3 × 30–40 s	60 s	10 s

Reading the tables. 3 × 8–10 means 3 sets of 8 to 10 reps. **Rest** is the break between sets. **In tank** is how many good reps you should have left when you stop (for holds and carries, seconds). **Each side** means finish one side, then do the other.

Off days: a 20–30 minute walk is a great way to spend them. **Sore after Week 1?** That's normal for new lifters and usually fades within a few days. Gentle movement helps.

THE PLAN

Weeks 3 and 4, then the finish

WEEK
3

DAYS 15–21

Go heavier

Main lifts drop to 6–8 reps with more weight and longer rests. 2 left in the tank.

MON
A
Day 15

TUE
walk
16

WED
B
Day 17

THU
walk
18

FRI
A
Day 19

SAT
walk
20

SUN
rest
21

A Workout A

MON · FRI

EXERCISE	SETS × REPS	REST	IN TANK
Goblet squat or barbell back squat	3 × 6–8	2–3 min	2
Dumbbell bench press Home: push-up or floor press	3 × 6–8	2–3 min	2
One-arm dumbbell row each side	3 × 8–12	90 s	2
Glute bridge	3 × 10–15	60 s	2
Plank	3 × 30–40 s	60 s	10 s

B Workout B

WED

EXERCISE	SETS × REPS	REST	IN TANK
Romanian deadlift dumbbells or barbell	3 × 6–8	2–3 min	2
Dumbbell overhead press	3 × 6–8	2–3 min	2
Lat pulldown Home: bent-over row	3 × 8–12	90 s	2
Split squat	3 × 8–10 each leg	90 s	2
Farmer carry	3 × 40 s	60–90 s	10 s

WEEK
4

DAYS 22–28

Finish strong

A fourth set on the main lifts, still 2 in the tank. Push the rest a little closer: 1–2.

MON
B
Day 22

TUE
walk
23

WED
A
Day 24

THU
walk
25

FRI
B
Day 26

SAT
walk
27

SUN
rest
28

A Workout A

WED

EXERCISE	SETS × REPS	REST	IN TANK
Goblet squat or barbell back squat	4 × 6–8	2–3 min	2
Dumbbell bench press Home: push-up or floor press	4 × 6–8	2–3 min	2
One-arm dumbbell row each side	3 × 8–12	90 s	1–2
Glute bridge	3 × 10–15	60 s	1–2
Plank	3 × 30–45 s	60 s	10 s

B Workout B

MON · FRI

EXERCISE	SETS × REPS	REST	IN TANK
Romanian deadlift dumbbells or barbell	4 × 6–8	2–3 min	2
Dumbbell overhead press	4 × 6–8	2–3 min	2
Lat pulldown Home: bent-over row	3 × 8–12	90 s	1–2
Split squat	3 × 8–10 each leg	90 s	1–2
Farmer carry	3 × 40 s	90 s	10 s

29 Day 29 (Mon): check-in workout

Do Workout A with your Week 4 numbers, then compare each exercise in your log with Day 1. **Optional rep test:** after your work sets, take your Day 1 squat weight and do one set of as many good reps as you can, stopping with 1 left in the tank. On Day 1 you did 8–10.

30 Day 30 (Tue): rest and plan

Take the day off. Then keep going: run Weeks 3 and 4 again with your new weights. Feeling run down? Start with an easier week (2 sets, 3–4 left in the tank) and build back up.

EXERCISE GUIDE

Workout A: how to do each move


A1

Goblet squat

Gym & home

Gym option: barbell back squat, in a rack with the safety bars set just below your lowest point.

- 1 Hold one dumbbell upright against your chest. Feet about shoulder-width apart, toes turned out a little.
- 2 Sit down between your heels, chest up, knees moving in line with your toes.
- 3 Go as low as you can with a flat back, then push the floor away to stand.

EASIER Squat to a bench or box. **HARDER** Pause 2 seconds at the bottom.


A2

Dumbbell bench press

Gym, or home with a bench

No bench? Do push-ups (next card) or a dumbbell floor press: the same move, lying on the floor.

- 1 Lie on the bench, feet flat, shoulder blades squeezed together.
- 2 Lower the dumbbells to the sides of your chest, elbows about 45° from your body.
- 3 Press up until your arms are straight, then lower with control.

EASIER Lighter dumbbells, or the floor press. **HARDER** Lower over 3 seconds.


A2 • Home

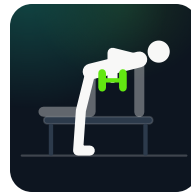
Push-up

Home or anywhere

Swap it in for the bench press. Pick a hand height that lets you hit the reps in the table.

- 1 Hands a bit wider than your shoulders, body straight from head to heels.
- 2 Lower until your chest is about a fist from the floor (or bench), elbows angled back.
- 3 Push the floor away, moving your hips and shoulders together.

EASIER Hands on a counter or bench. Higher is easier. **HARDER** Hands on the floor, then 3-second lowering.


A3

One-arm dumbbell row

Gym & home

At home: brace one hand on a sturdy chair or the arm of a couch.

- 1 Put one hand and knee on a bench, back flat, other foot on the floor.
- 2 Pull the dumbbell toward your hip, elbow close to your side.
- 3 Lower until your arm is straight. Keep your shoulders square; don't twist.

EASIER A lighter dumbbell. **HARDER** Pause 1 second at the top.


A4

Glute bridge

Gym & home

Gym option: barbell hip thrust, with your upper back on a bench.

- 1 Lie on your back, knees bent, feet flat and hip-width apart.
- 2 Push through your heels and squeeze your glutes to lift your hips until knees, hips and shoulders line up.
- 3 Keep your ribs down so your hips do the work, not your lower back.

EASIER A smaller lift. **HARDER** A dumbbell across your hips, or one leg.


A5

Plank

Gym & home

A hold: the table gives the time for each set.

- 1 Forearms on the floor, elbows under your shoulders.
- 2 Squeeze your glutes and brace your stomach, as if you're about to get poked.
- 3 Keep a straight line from head to heels. Stop when your hips sag or pike.

EASIER Knees down, or forearms on a bench. **HARDER** Lift one foot an inch for half the hold.

EXERCISE GUIDE

Workout B: how to do each move



B1

Romanian deadlift

 Gym & home

Use dumbbells or a barbell, whichever you have.

- 1 Stand tall, weights in front of your thighs, knees slightly bent.
- 2 Push your hips back and slide the weights down your legs, back flat, until you feel a strong stretch in your hamstrings.
- 3 Drive your hips forward to stand tall. Don't lean back at the top.

EASIER Stop when the weights reach your knees. **HARDER** Lower over 3 seconds.



B2

Dumbbell overhead press

 Gym & home

Seated or standing. Seated with back support is easier on your lower back.

- 1 Sit or stand tall with the dumbbells at shoulder height.
- 2 Brace your stomach and press straight up until your arms are straight, biceps by your ears.
- 3 Keep your ribs down so your lower back doesn't arch. Lower slowly.

EASIER Seated, with back support. **HARDER** Standing, glutes squeezed.



B3

Lat pulldown

 Gym

At home: a band pulldown or the bent-over row (next card).

- 1 Grip the bar a little wider than your shoulders, thighs snug under the pad.
- 2 Pull the bar to your upper chest, leading with your elbows, chest up.
- 3 Let the bar rise slowly until your arms are straight.

EASIER Lighter weight, smooth reps. **HARDER** Pause 1 second at your chest.



B3 • Home

Bent-over row

 Home

Have a band? Anchor it high in a door, kneel, and pull your hands down to your shoulders: a band pulldown.

- 1 Hold the dumbbells, soften your knees and hinge forward until your back is flat and about 45° to the floor.
- 2 Pull both dumbbells toward your lower ribs, squeezing your shoulder blades together.
- 3 Lower slowly. Keep your back flat for the whole set.

EASIER Lighter dumbbells. **HARDER** Pause 1 second at the top.



B4

Split squat

 Gym & home

Do all the reps on one leg, then switch.

- 1 Take a long stride, back heel up, dumbbells at your sides.
- 2 Drop straight down until your back knee is just above the floor, front knee over your foot.
- 3 Push through your front foot to rise. Keep your chest tall.

EASIER No weights; hold a wall or chair. **HARDER** Lower over 3 seconds.



B5

Farmer carry

 Gym & home

At home: walk laps of a room or hallway.

- 1 Pick up heavy dumbbells with a flat back, like a deadlift.
- 2 Stand tall, shoulders down, and walk with short, steady steps.
- 3 Set them down with a flat back. Stop before your grip gives out.

EASIER Lighter, or a shorter walk. **HARDER** Heavier, or a longer walk.

Your 30-day log

For each exercise, write the weight and the reps of each set, like **30 × 10, 10, 9**. Circle it when every set hits the top of the range: that's your sign to go up next time. Print this page, or copy it into a notebook.

Workout A	Day 1 Date _____	Day 5 Date _____	Day 10 Date _____	Day 15 Date _____	Day 19 Date _____	Day 24 Date _____	Day 29 Date _____
Goblet squat							
Bench press or push-up							
One-arm row							
Glute bridge							
Plank seconds							

Workout B	Day 3 Date _____	Day 8 Date _____	Day 12 Date _____	Day 17 Date _____	Day 22 Date _____	Day 26 Date _____
Romanian deadlift						
Overhead press						
Lat pulldown or row						
Split squat						
Farmer carry weight, seconds						



Day 1 vs. Day 29

EXERCISE	DAY 1	DAY 29	CHANGE
Goblet squat	_____	_____	_____
Bench press / push-up	_____	_____	_____
One-arm row	_____	_____	_____
Rep test (Day 1 weight)	8-10	_____	_____



Notes

TRAIN SAFELY

Safety notes

Strength training is safe for most people when you start light and build up gradually. A few things are worth knowing before you begin.



Check with your doctor before you start if you:

- have a heart condition, high blood pressure or diabetes
- have had chest pain, dizziness or fainting
- have a joint, bone or back problem, or are recovering from an injury or surgery
- are pregnant or recently had a baby
- have another health condition or take medication and aren't sure exercise is right for you



Stop right away and get medical help if you have:

- chest pain, pressure or tightness
- shortness of breath that's unusual for the effort
- dizziness, or you feel faint or confused
- a racing or irregular heartbeat

Call 911 if symptoms are severe or don't go away quickly with rest.



Effort is good. Pain isn't.

Muscle burn during a set and soreness a day or two later are normal. Sharp or stabbing pain, joint pain, or pain that changes how you move are not. Stop that exercise and use the easier version next time. If it doesn't settle within a few days, see a doctor or physical therapist.



Lift smart

- Warm up every time.
- Use a weight you can control through the whole move.
- Brace before each rep and breathe out as you finish it. Don't hold your breath for long.
- Training alone? Use dumbbells, or a rack with the safety bars set.
- Clear the space around you and wear stable, flat shoes.



Recover well

- Sleep 7 or more hours a night.
- Eat some protein at every meal.
- Walk on your off days.
- Very sore or run down? Do the next workout lighter, or take an extra rest day. Then pick up where you left off.



Missed a workout?

Life happens. Pick up with the next workout in the plan, and don't try to squeeze two into one day. Missed a whole week? Repeat the last week you finished, then carry on.



Stuck on a weight?

Check your sleep and how much you're eating first. Then use rule 2: drop about 10% and build back up. Small jumps and patience win over forcing it.

This guide is general information, not medical advice. It can't take your health history into account. Use your judgment, and ask your doctor or another qualified professional if you're not sure this plan is right for you.

Want a plan built around **your week?**

This guide is the same for everyone who downloads it. Kiwi is an AI personal trainer app for iPhone and Android that builds a plan for you.



A weekly plan built around you

Kiwi builds a weekly strength plan around your goal, the days you can train, how long your sessions are and your equipment, at the gym or at home.



Your numbers, ready next time

Log your sets in the app, and it keeps your numbers for next time.



Ask your coach, any time

By text or voice: swap an exercise, change sets, reps or weights, shorten a session or move a workout, and your plan changes.



Video demos

Watch how the exercises are done.



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