

FitWithGreg 30-Minute Ectomorph Home Workout

Feel Better. Live Longer.

Goal: Build size & strength

Frequency: 3 days/week (+1 optional arm & calves day)

Equipment: Dumbbells + floor space

Duration: ~30 minutes

■ Full Body A

Exercise	Sets	Reps	Rest	Notes
■ Goblet Squat	4	8–12	75–90s	3-sec lowering tempo
■ One-Arm Dumbbell Row	4	8–12/side	60–75s	Keep chest supported
■ Dumbbell Floor or Bench Press	4	8–12	60–75s	Squeeze chest at top
■ Romanian Deadlift	3	8–10	75s	Control descent (3 sec down)
■ Superset: Curl + Overhead Triceps Extension	2	12–15	30s	Slow tempo; short rest

■ Optional Arm & Calves Day

Exercise	Sets	Reps	Rest
■ Seated/Standing Calf Raise	3	15–20	45s
■ Concentration Curl	3	12–15	30s
■ Overhead DB Triceps Extension	3	12–15	30s
■ Farmer's Hold	2	30–45s	—

Tempo & Intensity: 3 seconds down, 1 second up. Progress by adding reps, load, or slowing tempo.

Recovery: Walk on rest days, keep cardio light. Aim for 7–8 hours of sleep nightly.

Nutrition Tips:

- Eat a small calorie surplus (250–500 above maintenance)
- Protein: 0.8–1g per lb bodyweight
- Hydrate 3–4L/day
- Focus on whole foods and recovery.

Recommended Space-Saving Equipment:

[Best Adjustable Dumbbells for Small Spaces](#)
[Best Weight Benches for Home Gyms \(2025\)](#)