

FitWithGreg 30-Minute Endomorph Home Workout

Burn Fat and Protect Muscle

Goal: Fat loss with strength

Frequency: 4 days/week

Structure: 2 total-body strength circuits + 2 brisk walks or incline treadmill sessions

Equipment: Dumbbells + floor space

Duration: ~30 minutes

■ 30-Minute Circuit Template

Move from station to station with 30–45 seconds rest between exercises. Repeat the circuit 3 times for a complete 30-minute workout.

Exercise	Sets	Reps / Time	Notes
■ Goblet Squat	3	10	Controlled tempo, chest tall
■ Dumbbell Row	3	10	Squeeze shoulder blades together
■ Floor Press	3	10	Pause briefly at bottom, controlled push
■ Romanian Deadlift (RDL)	3	10	Maintain flat back, hinge at hips
■ Farmer Carry or Static Hold	3	30–45 sec	Tight core, steady steps

Training Notes:

- Perform two total-body circuit sessions per week.
- Add two brisk walks or incline treadmill sessions for active recovery.
- Keep pace moderate to brisk for 30–45 minutes.

Daily Activity: Keep steps between 8,000–12,000 per day on non-lifting days.

Nutrition Tips:

- Keep protein intake high to preserve lean muscle.
- Place most carbohydrates around your workouts.
- Focus on whole foods, hydration, and consistent sleep.