

FitWithGreg 30-Minute Mesomorph Home Workout

Stay Strong and Lean with Balance

Goal: Performance and shape

Frequency: 3–4 days/week

Structure: 2 strength days + 1–2 conditioning circuits

Equipment: Dumbbells + floor space

Duration: ~30 minutes

■ Strength Day A

Exercise	Sets	Reps	Notes
■ Split Squat	3	6–10	Keep chest tall, control descent
■ Dumbbell Row	3	6–10	Squeeze at top; hinge hips back
■ Dumbbell Press	3	6–10	Slow and steady, avoid lockout
■ Hip Hinge (RDL or Good Morning)	3	6–10	Maintain neutral spine
■ Plank	2	30–45 sec	Brace core, control breathing

■ Conditioning Circuit

Complete **3 rounds for quality**. Move smoothly, avoid failure, and leave 1–2 reps in reserve.

Exercise	Reps	Notes
■ Dumbbell Thrusters	10	Full squat + press overhead
■ Bent-Over Rows	10	Controlled pull, neutral spine
■ Push-Ups	10	Keep body straight, chest near floor
■ Reverse Lunges (per leg)	10	Step back, control balance
Rest 60 seconds between rounds	3 Rounds	Perform for quality, not failure

Coaching Tips:

- Focus on control over speed.
- Keep 1–2 reps in reserve each set.
- Maintain steady breathing and posture.
- Prioritize form over fatigue.

Recovery: Rest or light mobility work between sessions. Stay hydrated and sleep 7–8 hours nightly.