



# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



Store



Workouts



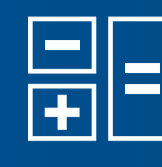
Diet Plans



Expert Guides



Videos



Tools

## SHAUN'S 30 MINUTE WORKOUT SPLIT ROUTINE

A 5 day muscle building split routine for those who are pressed for time. Each workout can be completed in 30 minutes.

Link to Workout: <https://www.muscleandstrength.com/workouts/shauns-30-minute-workout-split.html>

**Main Goal:** Build Muscle  
**Training Level:** Intermediate  
**Program Duration:** 8 Weeks  
**Days Per Week:** 5 Days

**Time Per Workout:** 30 Mins  
**Equipment:** Barbell, Cables, Dumbbells, EZ Bar, Machines  
**Author:** Shaun McEwan

### Monday

Exercise	Sets	Reps
<b>Legs</b>		
<a href="#">Squat</a>	5	8 - 10
<b>Superset</b>		
<a href="#">45 Degree Leg Press</a>	3	12
<a href="#">Leg Extension</a>	3	12
<a href="#">Stiff Leg Deadlift</a>	3	10
<a href="#">Leg Curl</a> (Drop Sets)	3	10

### Tuesday

Exercise	Sets	Reps
<b>Chest</b>		
<a href="#">Barbell Bench Press</a>	4	8 - 10
<b>Superset</b>		
<a href="#">Incline Dumbbell Bench Press</a>	4	10
<a href="#">Incline Dumbbell Flys</a>	4	10
<a href="#">Pec Dec</a> *	3	10
<b>Calves</b>		
<a href="#">Seated Calf Raise</a>	4	8 - 10

\*Pec Dec: The final set is a drop set.

### Wednesday

Exercise	Sets	Reps
<b>Shoulders</b>		
<a href="#">Seated Barbell Press</a>	4	10
<a href="#">Dumbbell Lateral Raise</a> *	3	10
<a href="#">Cable Reverse Fly</a>	3	10

\*Dumbbell Lateral Raise: The final set is a drop set.

### Thursday

Exercise	Sets	Reps
<b>Back</b>		
<a href="#">Lat Pull Downs</a>	4	10
<a href="#">Machine Row</a> (Low Rows)	4	10
<a href="#">Reverse Grip Lat Pull Downs</a> (Drop Sets)	3	10
<b>Superset</b>		
<a href="#">Barbell Shrug</a>	4	10
<a href="#">Bent Over Row</a>	4	10

### Friday

Exercise	Sets	Reps
<b>Arms</b>		
<a href="#">EZ Bar Skullcrushers</a>	3	10
<a href="#">Cable Tricep Extensions</a>	3	10
<a href="#">Reverse Grip Cable Tricep Extensions</a> (Drop Sets)	3	12
<b>Biceps</b>		
<a href="#">EZ Bar Preacher Curls</a>	4	10
<a href="#">Standing Hammer Curl</a> (Drop Sets)	3	10