

MHCOACHING



30 MINUTE

TRAINING

FOR GROWTH



**BUILD YOUR PHYSIQUE
WITH JUST 3X HALF HOUR
SESSIONS PER WEEK!**



**YOU DON'T NEED MORE TIME
JUST MORE INTENSITY!**

THE 3 X 30 METHOD



What If You Could Finally Get in Shape... Without Sacrificing Your Time, Business or Sanity?

Let's be honest.

You've built success in nearly every area of your life...

Except this one.

Not because you're lazy.

Not because you don't know what to do.

But because the fitness industry keeps selling you solutions that don't fit your lifestyle.

You don't have 90 minutes a day to spend in the gym.

You don't want to count every calorie.

And you're not interested in turning into a full-time
"fitness guy."

But you're also tired of:

Carrying extra weight that doesn't reflect your standards

Feeling sluggish, stiff, or "off" despite everything else being on point

Looking successful on the outside, but knowing you could be sharper

This isn't about abs.

It's about alignment.

*Getting your body to match the mindset and drive you already
operate with.*

That's exactly why i created this...

The 3 x 30 Method:

The Busy Man's Shortcut to Getting Lean, Strong & Fit — in Just 90 Minutes a Week

No fluff.

No extremes.

Just three strategic 30-minute sessions designed for high performers who want maximum return on effort.

Let's stop pretending you need more time. You don't.

You just need a smarter approach — one that respects your reality, but still gets serious results.



THE SPLIT.

S1: UPPER

Focusing on heavy pressing and rowing for chest, shoulders and back

S2: LOWER

Focusing on heavy squats and leg presses to drive up overall leg strength and stability

S3: UPPER

The 2nd upper session will focus on more pulling than pushing and will add in more arm-focused work

To maximise time in the gym, the workouts will be very **low volume** but **high intensity**, meaning all sets will be taken to absolute muscular failure, with a strong emphasis on consistent tracking and progressing of lifts

Drop sets and supersets will also be used in order to cover more ground while spending very little time on exercises

Lets get into it then...

SESSION 1: UPPER

1: PEC DEC OR CABLE FLY (*warmup*)

2 SETS OF 15 WITH 60 SECS REST IN BETWEEN. USE MODERATE WEIGHT, NOT TO FAILURE

2: INCLINE DUMBBELL OR BARBELL PRESS

PERFORM 2-3 WARMUP SETS OF 5 OR 6 REPS, WORKING UP TO YOUR MAIN SET - THEN JUST HIT 1 SET TO FAILURE AIMING FOR 8-10 REPS

3: MACHINE PRESS OR FLAT SMITH PRESS

HIT 1-2 WARMUP SETS OF 3-5 REPS, THEN SMASH OUT 1 HEAVY SET TO FAILURE AIMING FOR 6-8 REPS, FOLLOWED BY A DOUBLE DROPSET

4: BARBELL ROW

JUST 1 WARMUP SET OF 8-10 SHOULD BE ENOUGH, THEN HIT 2 WORKING SETS ON HERE OF 8-10 REPS WITH 90 SECS REST BETWEEN THEM

5: LAT PULLDOWN SUPERSET WITH TRICEP DIPS

STRAIGHT IN FOR 2 WORKING SETS. 1ST SET OF LAT PD AIM TO FAIL AT 8-10 REPS, THEN REP OUT YOUR DIPS TO FAILURE STRAIGHT AFTER. WAIT 2 MINS THEN GO AGAIN BUT LOWER THE WEIGHT, AIMING FOR 12-15 ON THE PULLDOWNS

SESSION 2: LOWER

1: SEATED HAMSTRING CURLS OR LAYING HAM CURLS

HIT 2-3 WARMUP SETS OF 8 THEN SMASH OUT 1 HEAVY WORK SET TO FAILURE, AIMING FOR 8-10 REPS FOLLOWED BY A DROPSET

2: LEG EXTENSION

START ON A MODERATE WEIGHT FOR 10, UP THE WEIGHT BY A SMALL AMOUNT AND REP OUT 10 MORE, KEEP DOING THIS UNTIL YOU CAN NO LONGER GET 10, THEN LOWER IT BY 25%, GO TO FAILURE AND LOWER AGAIN AND GO TO FAILURE AGAIN

3: BARBELL SQUATS OR MACHINE ALTERNATIVE

2-3 WARMUP SETS OF 5 THEN HIT 1 HEAVY WORKING SET OF 10-12. DEPTH AND CONTROL IS KEY HERE.

4: LEG PRESS

2 WARMUP SETS OF 10 THEN FOR YOUR WORKING SET, HIT SET AIMING TO PRETTY MUCH HIT FAILURE BETWEEN 15 AND 20 REPS. RACK IT AND REST FOR 30 SECS THEN GO AGAIN FOR AS MANY AS YOU CAN.

5: CALF PRESS

WHILE STILL ON THE LEG PRESS, USE THE SAME WEIGHT AND TRY PUMP OUT 50 REPS OF CALF PRESS, PAUSING AS FEW TIMES AS POSSIBLE

SESSION 3: UPPER

1: DEADLIFT

TAKE 3 WARMUP SETS OF 10, 5, 5 TO GET TO YOUR WORKING SET. THEN HIT 1 ALL OUT SET TO FAILURE, AIMING FOR 7-9 REPS. DON'T LET FORM GET SLOPPY

2: MACHINE ROW

HIT 1 WARMUP SET OF 6 THEN GUN FOR YOUR MAIN SET TO FAILURE, AIMING FOR 8-10 REPS, DROP THE WEIGHT BY 25-50% AND GO AGAIN WITH NO REST

3: SMITH SHOULDER PRESS OR SHOULDER PRESS MACHINE

1-2 WARMUP SETS OF 5 THEN GO TO FAILURE, AIMING FOR 12-15 REPS, PAUSE FOR 20 SECS REST THEN GO AGAIN TO FAILURE

4: ROPE EXTENSION *SUPERSET WITH* ROPE OVERHEAD EXTENSION

HIT 2 SETS TO FAILURE AIMING FOR 12-15 REPS ON BOTH EXERCISES

5: CABLE CURL *SUPERSET WITH* EZ BAR CURL

2 SETS TO FAILURE ON BOTH. AIM FOR 12-15 ON CABLES AND 8-10 ON EZ BAR

KEY POINTS

TRACK YOUR PROGRESS

ALWAYS MAKE NOTES OF YOUR REPS AND WEIGHT ON EACH EXERCISE. EVERY TIME YOU REPEAT A SESSION, AIM TO GET AT LEAST 1 MORE REP OR UP THE WEIGHT BY A SMALL AMOUNT

PUSH EVERY SET TO FAILURE

OTHER THAN SQUATS, BENCH AND LEG PRESS, YOU NEED TO ACTIVELY FAIL ON EVERY SET OR AT LEAST GET AS CLOSE TO IT AS POSSIBLE. ARE YOU STOPPING WHEN IT HURTS OR WHEN YOUR BODY PHYSICALLY WON'T GET ANYMORE

TEMPO IS KEY

MAKE SURE YOU ARE CONTROLLING EVERY REP, 2-3 SECS SLOW ON THE WAY DOWN, MICRO PAUSE, NO BOUNCE, THEN DRIVE BACK UP HARD

RECOVER AND HYDRATE!

IF YOU DON'T HAVE TIME TO EAT PRIOR TO THE SESSION, ALWAYS USE A CARB DRINK LIKE LUCOZADE OR CYCLIC DEXTRIN DURING THE SESSION, ALSO ADD EXTRA ELECTROLYTES FOR IMPROVED PERFORMANCE AND PUMPS. PRE WORKOUT IS ALSO ADVISABLE IF ENERGY IS LOW. POST WORKOUT TRY TO EAT OR HAVE A PROTEIN SHAKE WITHIN AN HOUR OF YOUR SESSION