



3 EXERCISE
30-DAY ROUTINE



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3 EXERCISE 30-DAY KICK-START WORKOUT CHALLENGE

BEGINNER -

- 10 Pull Ups
- 25 Push ups
- 25 Bodyweight Squats

INTERMEDIATE -

- 25 Pull Ups
- 50 Push Ups
- 50 Bodyweight Squats

ADVANCED -

- 50 Pull Ups
- 100 Push Ups
- 100 Bodyweight Squats

Every day for 30 days, except take a day off when you really need it (like once a week on Sundays) and if your joints are hurting.

You can do everything in one workout, but it's recommended to spread the sets throughout the day (grease the groove method) to stay fresh. **Staying fresh is the key.**

This is a simple, but highly effective training routine that only features 3 exercises. Moreover, the routine can be done at home or in a gym - anywhere you like.

The only equipment you need is a pull up bar - [you can get really cheap pull ups bars from Amazon](#) or from any bigger store that has a gym equipment section.

Pull up bar is one of the best investments you can do for your health and fitness which is why we highly recommend purchasing one.

Pull up bar is a must-have tool, because otherwise it's very difficult to train the back muscles without having access to heavy barbells or cable machines.

THIS WORKOUT ROUTINE ONLY FEATURES THREE EXERCISES:

1. Pull up

2. Push up

3. Bodyweight Squat

The routine is for beginners to get started on their journey to transform their bodies and enhance their lives.

The routine takes care of all the big muscle groups and ensures your chest, back, arms and legs grow in size and strength to a great degree.

It's meant to kick-start your fitness for the first 30 days of training, after that it's recommended to add rowing exercises, something to press overhead and hip hinge exercises.

Visit our website <http://www.VahvaFitness.com> for more additional information regarding working out and fitness.

Even the more advanced lifters can see great results following this routine.

1. BASIC PULL UP



Basic pull is called the king of upper body exercises and for a good reason: no pulling exercise is equally effective to build functional strength and enormous muscles as the pull up.

Start from straight arms and pull as high as you can. Lower yourself down with control.

Pick the grip width and the grip you feel the most comfortable with. Supinated (underhand) grip will train more the biceps, whereas the pronated (overhand) grip will train more the back muscles.

Pull ups will add size and strength to forearms, biceps, posterior deltoids and the entire upper back.

If you cannot perform a single repetition, [then please watch this video](#) and [read this article](#) to get your first pull up. Instead of doing full reps, you can do just assisted pull ups or pull up negatives (lowering down portion of the repetition).

2. PUSH UP



Regular push up is a great way to train the chest muscles, triceps and anterior deltoids.

Start from straight arms and keep your lowerback flat (avoid arching). Lower yourself down as low as you feel comfortable with and then push yourself up.

Your arms should go 45 degree angle to the sides.

If you cannot do a basic push up, then work on incline push ups (push ups against a table or a wall, or do them on your knees).

3. SQUAT



Bodyweight squats will get your lower body ready for life.

Aim to go as low as you humanly can and then push yourself up.

The basic squat will train all the muscles of the lower body.

If you want to improve your squat mobility without stretching, [read this article about it.](#)

30-DAY GREASE THE GROOVE METHOD

The grease the groove method is a method that will work incredibly well even on the intermediate/advanced lifters! You can expect to build muscle and strength in just 30 days.

Grease the groove means doing the exercises frequently throughout the day without going to failure.

For example, you take the three exercises and set goals to do:

- 50 repetitions of pull ups per day.
- 100 repetitions of push ups per day
- 100 repetitions of squats per day.

Instead of doing them all in just one workout, you spread the sets throughout the day. You can do 5 repetitions of pull ups in the morning, 5 after lunch, and the rest you can spread the rest of the day.

The goal is to stay away from muscle failure and keep your body fresh.

THIS IS HOW IT WORKS:

You take the challenge of doing 50 reps of pull ups, 100 reps of push ups and 100 reps of squats **per day for 30 days straight.** You only take Sunday off if you need to, or a couple days off if you feel like your joints are hurting.

With every set you do only 50% of the maximum repetitions. This means, if you can do 10 reps of pull ups, you do only 5 per set.

You spread the sets throughout the day. You can have **hours** between sets. Don't worry about rest times or anything, your only goal is to complete the repetitions during the entire day.

Then do the same to push ups and squats: get 100 repetitions per day.

After 30 days you should be a new person with newly found strength and muscle. Just don't continue the method for longer than 30 days because it will be physically demanding to continue this for longer than 30 days.

5 EXERCISE MISTAKES FOR BEGINNERS TO AVOID

1. FOCUSING ON QUANTITY OVER QUALITY

This is by far the biggest mistake - people focus on quantity over quality, when quality should always come first. 5 properly done repetitions are more effective and better than 15 repetitions that were half-assed!

2. USING BAD FORM

The properly done repetition of a pull up, a push up or a squat with a good range of motion is the key to developing strength and size. Moreover, bad form can cause injuries and imbalances in the body.

3. NOT TAKING ENOUGH REST

Fatigue masks fitness. For general fitness, the key to optimal performance is to take 1-3 minutes of rest between sets and to avoid overtraining. If you follow our routines, you should be okay.

Sometimes you pull a muscle in a gym or something bad happens. When it does, the workout is over, not when the sets are done!

4. NOT BEING CONSISTENT ENOUGH

Effort in the gym + consistency are the keys to transforming your body. Only by sticking to your training routine and having discipline to do it even when you don't feel like it, is the only way to truly see great results.

5. NOT FOLLOWING PROGRESSIVE OVERLOAD

The only way to grow is to do exercises which are difficult for you. When you grow stronger, the exercises should get heavier and harder, because your body gets used to the stress.

This means, you cant forever do 10 repetitions of push ups and expect to see results - you need to increase the repetitions, decrease the rest times or increase the resistance by adding weight or trying a harder push up variation.

IN CLOSING

These workout routines should kick-start your fitness.

After 30 days, enjoy the results and hopefully you'll continue to transform your body.

After 30 days you can pick a more advanced routine or continue honing these 3 exercises even further.

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Visit our website and YouTube page for more information. We have new videos and articles every week:

[**http://www.VahvaFitness.com**](http://www.VahvaFitness.com)

[YouTube Page](#)

NOTICE

The information in this book is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The author advises readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training, and fitness. The exercise and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your doctor. As with all exercise and dietary programs, you should get your doctor's approval before beginning.

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