



Growth Explosion: The 30-10-30 Technique - Bigger Stronger Leaner - COMMUNITY - T NATION  
Bigger Stronger Leaner articles Ellington\_Darden June 21, 2019, 6:00am 1 A Once-a-Week Workout  
Plan for Fast Gains Three young athletes gained 14 pounds in 14 days using a new training technique.  
Here's exactly how they did it. 14 DAYS, 14 POUNDS



🔥🔥🔥 BUY STEROIDS ONLINE 🔥🔥🔥

## 30/30/30 Morning Routine: Steps, Benefits, Risks - Health

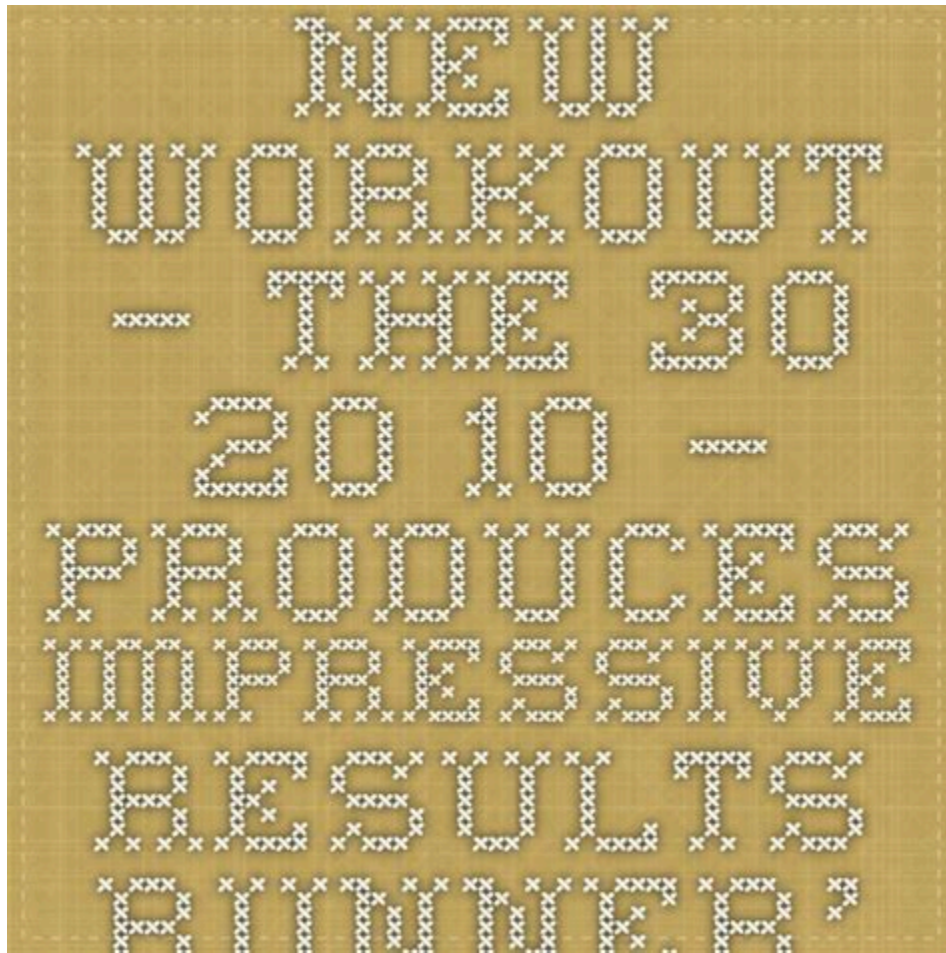
# The Best MORNING ROUTINE Ideas



kalynbrooke.com

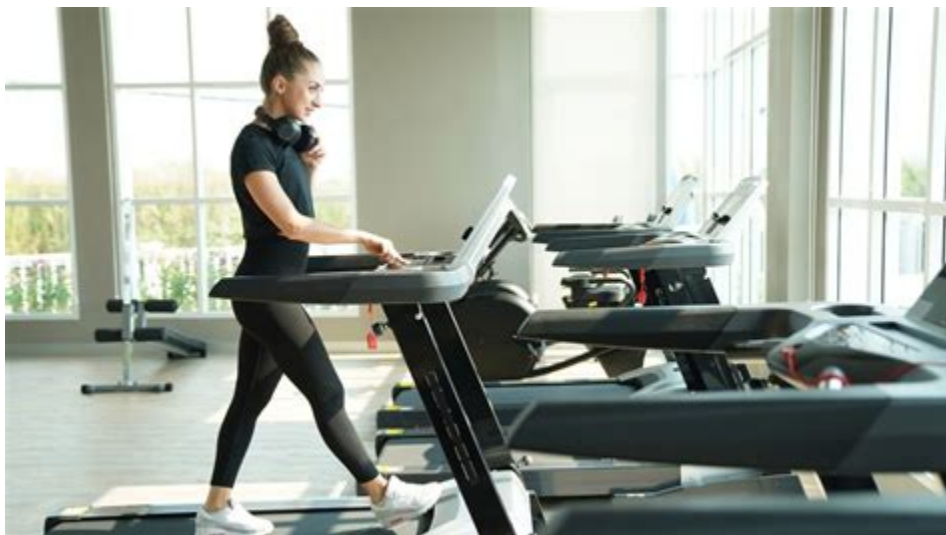
Katie, 30, a former D1 lacrosse player, is a fitness instructor, . The challenge features six exclusive follow-along video workouts ranging from 10 to 30 minutes, with four of the workouts .

## **New Workout—The 30-20-10—Produces Impressive Results**



Start by walking for 30 minutes at 3 miles per hour, with no incline. As you progress, slowly increase the incline. Try intervals. Split the workout into three 10-minute sections. Walk for 8 .

### **I did the 12-3-30 treadmill workout for a month - Tom's Guide**



Stretch: 5-8 rounds World's Greatest Stretch. WORKOUT: Set a timer for 30 second intervals. You will work for 30 seconds then rest for 30 seconds before moving on to the next exercise. Go through the circuit, resting 30 seconds between moves. Do not rest extra between rounds although beginners can rest 1 minute if needed between rounds.

## Does the 30-30-30 Routine Work for Weight Loss? | Lifehacker

# HOW TO INVEST TIME



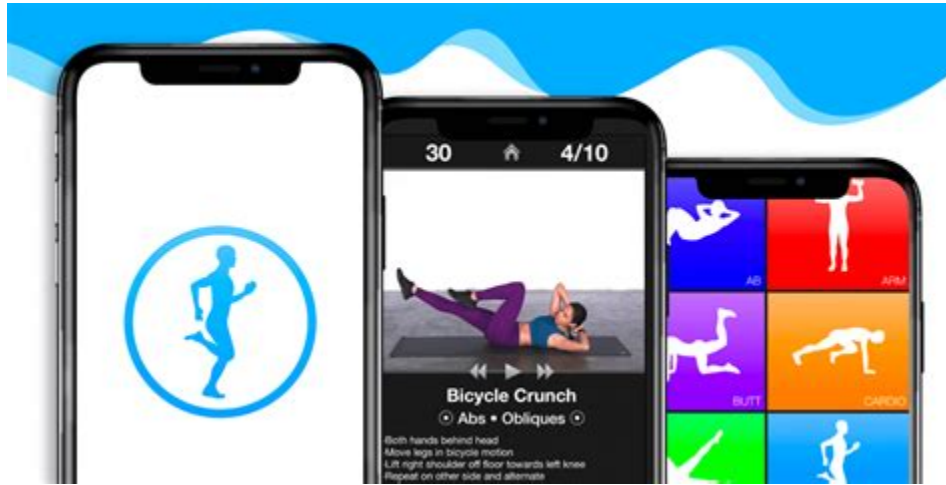
1. Wait for inspiration
2. Non-educational TV
3. Do everything yourself
4. Be a perfectionist
5. Not knowing your priorities
6. Multitasking
7. Don't learn
8. Wing it
9. Learn everything on your own
10. Worry about opinions



1. Take action
2. Educational videos
3. Automate and delegate
4. Perfectionist when it matters
5. Knowing your priorities
6. Focus on one thing at a time
7. Books, courses, mentors
8. Make a good strategy
9. Network and ask for help
10. Focus on yourself

One workout, 10 negative exercises, and the deepest pump you've ever felt — followed by two days of brutal soreness, then long-lasting growth. . Keep track of the time. Your goal is to do the entire NExT Arm Workout in 15 minutes or less. 30-10-30 Close-grip bench press - no rest; 10-30 Standing triceps extension two dumbbells - no rest .

## The best workout apps in 2023, tried and tested - CNN



Courtney Southwick Published on November 27, 2023 Medically reviewed by Kayla Girgen, RD  
Mavocado / Getty Images There are tons of weight loss tricks out there, and most of them, unfortunately,.

### Tip: 30-10-30 for Big Legs - T NATION



A forum thread where users discuss the 30-10-30 training method, a full-body workout designed by Dr. Ellington Darden. The thread includes comments from users who tried it, their opinions, and some links to related resources.

## Anyone tried 30-10-30 training? - AnabolicMinds



TikTok loves a pithy rule for weight loss, and the latest to make the rounds is a 30-30-30 morning routine (no relation to the 12-3-30 treadmill workout). And as a routine, it's not bad .

## Growth Explosion: The 30-10-30 Technique: A Once-a-Week Workout Plan .



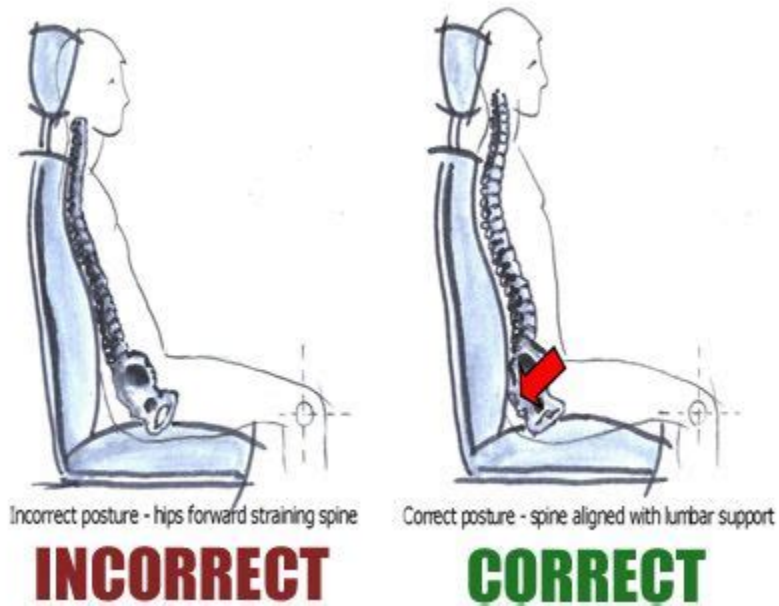
The secret...a NEW ADVANCED training method. Y'all know that I love advanced training - heck I created Advanced THT with 9 x Advanced Methods to force new growth. The best results from this training has been 5lbs muscle gains (and 10lbs fat loss) in just 8 weeks - incredible!

### **30/10/30 or 30/30/30 for Muscle Mass - T NATION**



The exercises that made up his 14 workouts are listed in the 30-10-30 plan. Each workout required Tyler to move quickly between exercises — usually in 20 seconds or less. We pushed the workout pace hard enough for true metabolic conditioning, while building muscle. The average time per workout was 12:32 minutes.

## 14LBS MUSCLE IN 14 DAYS. 30-10-30 WORKOUT | MuscleHack by Mark McManus



The new workout is called "30-20-10 training" (or 10-20-30). Veteran runners who followed the training for just 7 weeks improved their 5K times by four percent, dropping from 23:03 to 22:16.



# 30-10-30 HIT Full body workout 1- 3 Day a week Muscle Mass routine



## FULL BODY WORKOUT

FOLLOW @MUSCLEMORPH\_

BARBELL BENCH PRESS	BARBELL SQUAT	BENT OVER ROW	Z-BAR CURLS
			
3 SETS, 10 -12 REPS	2 SETS, 10-12 REPS	2 SETS, 12 REPS	2 SETS, 15 REPS
PULLDOWNS	MILITARY PRESS	LEG RAISES	CALF RAISES
			
2 SETS, 12 REPS	2 SETS, 12 REPS	2 SETS, 15 REPS	2 SETS X 20 REPS

Learn how to get intensely fit in less time with a 30-second negative and 10 regular reps of six exercises, according to metabolic conditioning expert Ellington Darden, PhD. This technique packs on muscle, strength, and cardiovascular endurance in less than 13 minutes.

**What is the 30-30-30 method for weight loss — and is it safe?**



Weight: 143.5  
Waist: 36.75 in  
Hips: 39 in  
Arms: 11.5 in  
Thighs: 22.5 in  
Chest: 40.5 in

Weight: 132.5  
Waist: 31 in  
Hips: 37.25 in  
Arms: 10 in  
Thighs: 20 in  
Chest: 38 in

Other workout apps we tested Centr \$30 per month or \$180 per . Nike Training Club has a fair number of workouts — many as short as 10 minutes — and a number of workout programs ranging from .

## Denise And Katie Austin's Weekly Workout Plan For 2024

### 7-DAY SPLIT TRAINING

**INSTRUCTIONS:**  
Click the **bold text** on each day to access the full workout + guided video on [nourishmoveandlove.com](http://nourishmoveandlove.com). And be sure to tag @nourishmoveandlove on social!

### Weekly Workout Plan

01	02	03	04	05	06	07
30-MINUTE	30-MINUTE	10-MINUTE	30-MINUTE	25-MINUTE	20-MINUTE	10-MINUTE
<b>Leg Day Strength</b>	<b>Upper Body Push</b> (Chest, Shoulders, Triceps)	<b>Full Body Stretch</b> <i>or optional</i> 30-MINUTE <b>Yoga Sculpt</b>	<b>Lower Body</b> (Glutes, Quads, Hamstrings, Thighs)	<b>Back Workout</b> <i>and</i> 5-MINUTE <b>Abs</b>	<b>Full Body HIIT</b> <i>and</i> 10-MINUTE <b>Barre Core</b>	<b>Full Body Stretch</b> <i>or optional</i> 10-MINUTE <b>Foam Roll</b>

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A new weight loss and exercise regimen called the 30-30-30 rule has gone viral for its supposed fast track to weight loss and blood sugar control. The method involves a person consuming 30 grams .

### The 30-Second Trick That Packs on Muscle, According to an Exercise .



The 12-3-30 workout involves walking at an incline, which has been proven to provide benefits like

increased weight loss (Giraldo credits it for helping her lose 30 pounds), as you'll burn.

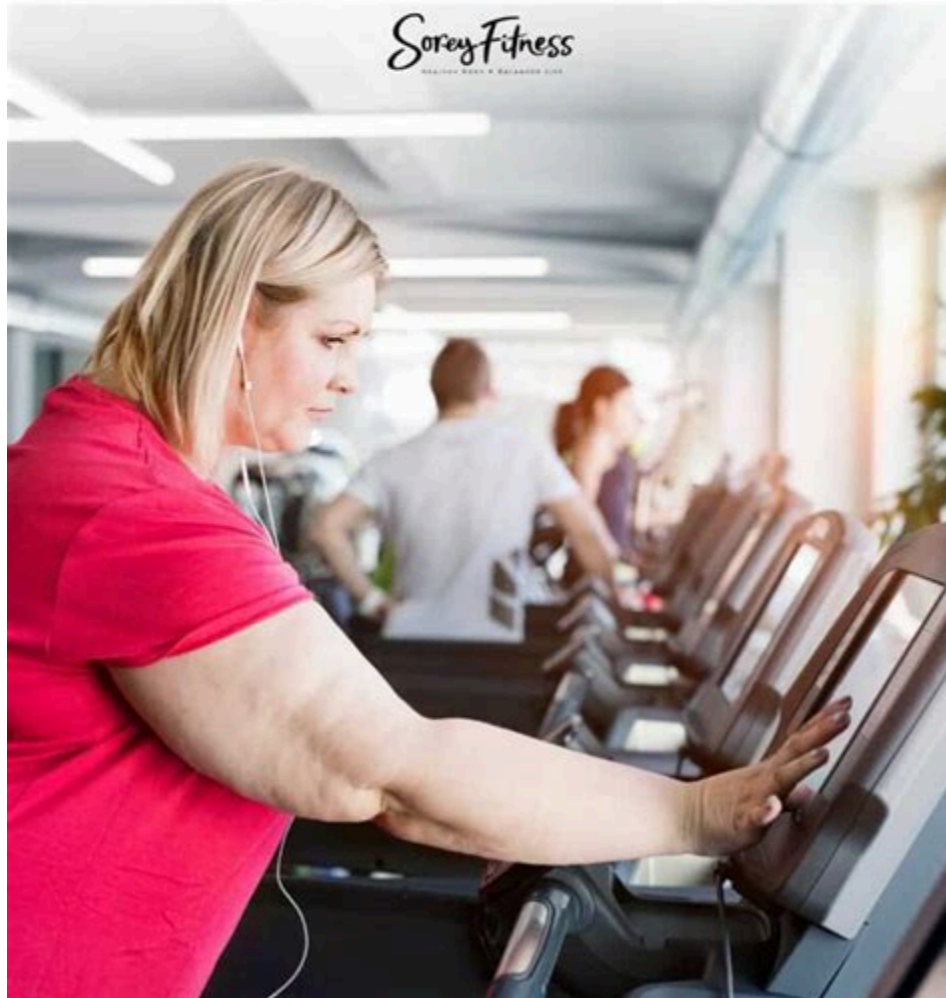
## **The 30/30 Cardio Workout | Redefining Strength**



Essentially, the 30/30/30 morning routine calls for consuming 30 grams of protein within the first 30 minutes of waking up. You'll then perform 30 minutes of steady-state cardio so your heart rate is below 135 bpm.

**Kick Your 12-3-30 Workout Up a Notch with These Variations - MSN**

# How to Modify The **12-3-30** **WORKOUT**



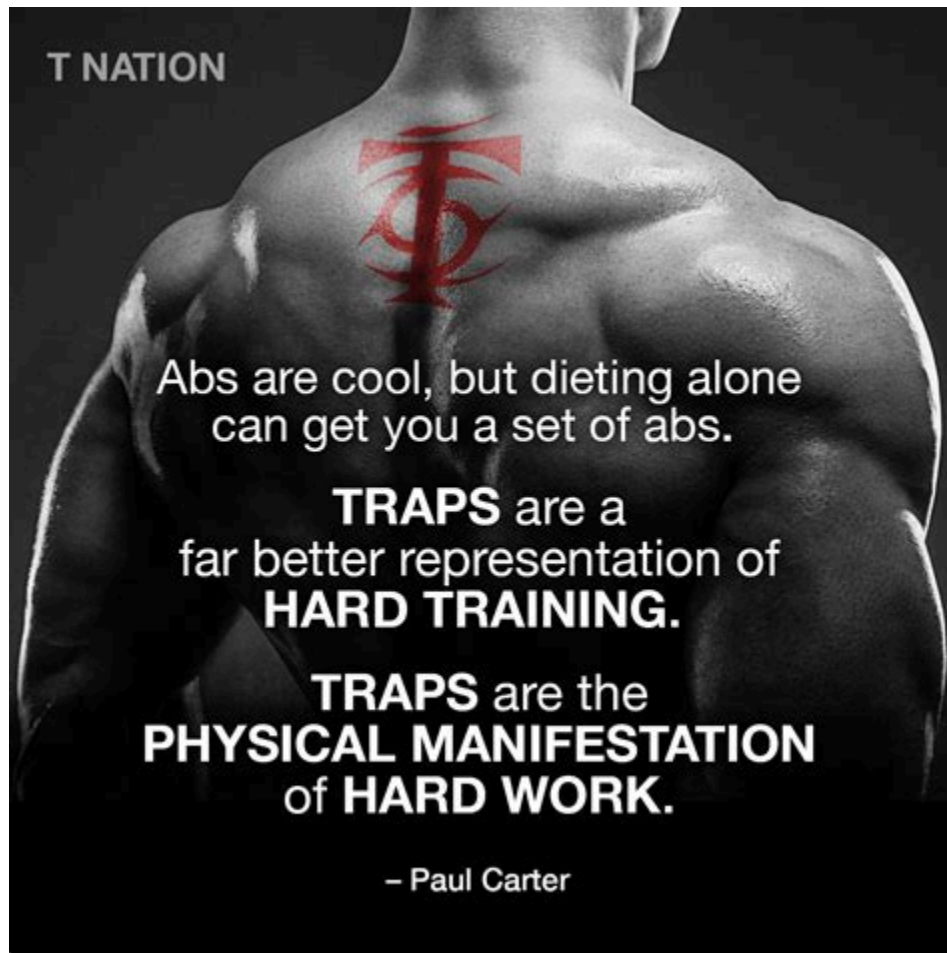
Jul 23, 2019 #1 GAIN 14LBS OF MUSCLE IN 14 DAYS by Mark McManus Ready For Gains? Targeted Hypertrophy Training (THT) T. H. T. TRAINING IS 100% FREE DOWNLOAD THE WORKOUT Can you build 14lbs of muscle in just 2 damn weeks?! Especially when we are told that we should only expect to build a few pounds of muscle per year (if we are natural).

## Chest, Shoulder, and Triceps Workout of the Day with 30-10-30 Cable .



But I will observe that the ratio of eccentric to concentric work is a lot higher with the 30/10/30 protocol. So....  $30/30/30 = 2:1$  negative to positive, 60 seconds total negative.  $30/10$  reps (@ 1/2 cadence)/30 =  $8:1$  negative to positive, 80 seconds total negative. 1 Like.

## 17 Pounds in 14 Workouts - T NATION



30-10-30 Cable Presses. Set 1 x 30-second eccentric + 10 reps + final 30-second eccentric with 90 pounds. Set 2 x 30-second eccentric + 10 reps + final 30-second eccentric with 90 pounds. There are only two sets here but with a significant emphasis on the eccentric on the first and last rep. Select a weight in which you can get 12-14 reps.

## Growth Explosion: The 30-10-30 Technique - T NATION



The Community Bigger Stronger Leaner Tip: 30-10-30 for Big Legs by Christian Thibaudeau | April 29, 2020 Tags Training People often overlook bodyweight exercises because they think they're not hard enough. But you CAN build muscle and strength using your own bodyweight, especially with this intensification method.



## 10-20-30 High Intensity Interval Training - Verywell Fit

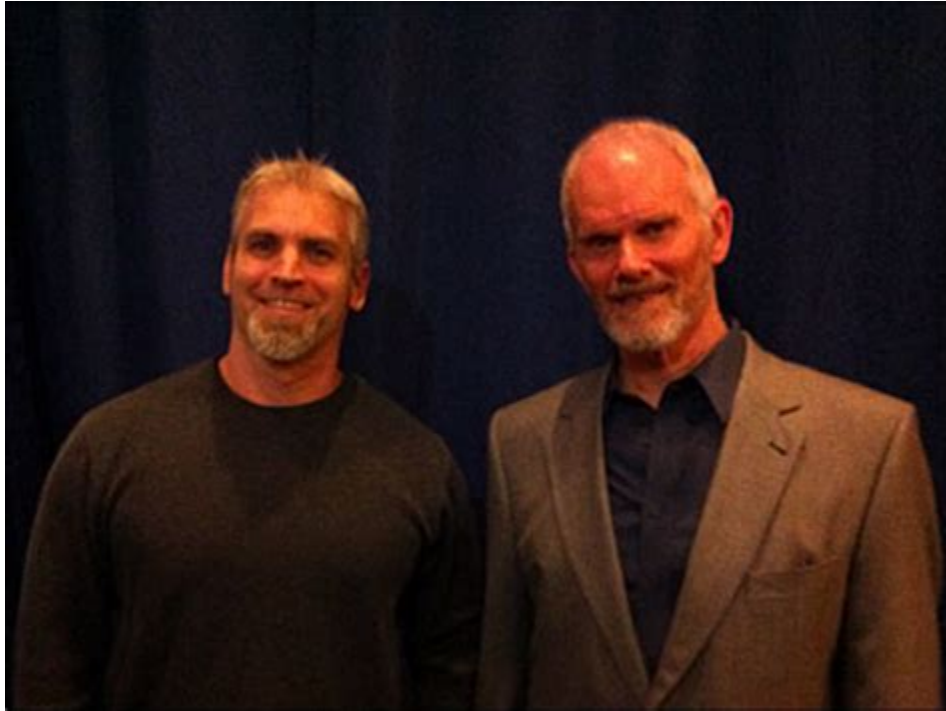
***Bicycling***

# RACE-WINNING INTERVALS

<b>Warmup</b>	<b>15 Minutes</b>	<b>RPE 1-2</b>	<b>Repeat x 3</b>
Fast Pedaling Drills	1 Minute	110-120 RPM	
Ride Easy	1 Minute	80 RPM	
<b>Ride Endurance Pace</b>	<b>5 Minutes</b>	<b>RPE 1-2</b>	
<b>Sprint</b>	<b>30 Seconds</b> <small>First 15 seconds out of saddle</small>	<b>RPE 8</b>	<b>Repeat x 5-8</b>
.....	.....	.....	
Threshold Pace	3 Minutes	RPE 5-6	
.....	.....	.....	
Out of Saddle Sprint	10 Seconds	RPE 8-9	
.....	.....	.....	
Spin Easy	5 Minutes	RPE 1-2	
<b>Cool Down</b>	<b>10 Minutes</b>	<b>RPE 1</b>	

How to Use 10-20-30 . This kind of training is just one more tool in your exercise toolbox to keep your workouts fresh and challenge yourself in new ways. To create your own 10-20-30 workout, take an activity or exercise and break it down into 3 different moves—easy, moderate, and high-intensity versions.

## Thoughts on Ellington Darden's 30/30/30 Protocol - Baye



Alternating side lunges: 30 seconds. Alternating shoulder taps: 30 seconds. Scissor kicks: 30 seconds. Squat jumps: 30 seconds. Rest: 60 seconds. Cool down: Perform a few of your favorite .

## The NExT Arm Experiment - T NATION



For the 30/30/30 overhead press, I plan to set the safety bars just below the bottom of my range of motion so I can squat under the barbell and stand up with it at the top of my range of motion to begin with the negative. For examples of how to do this with a few other exercises read Q&A: Negative-Emphasized Versus Negative-Only Training.

## People Swear by the 30/30/30 Morning Routine for Weight Loss



30-10-30 HIT Full body workout 1- 3 Day a week Muscle Mass routine DOWNLOADS/VIEWS: 4/5621 RATING: 76 (FROM 1 JEFIT MEMBERS) Bulking Advanced

**This 30-minute workout can be done from just about anywhere**



Give 30-10-30 a try, perhaps initially on just two exercises. Do them several times until you fully understand the technique. Then, commit to the 8-exercise routine for two weeks, and two more weeks, and a final two weeks. Yes, significant amounts of muscle can be stimulated and reinforced to grow by teenage boys who are serious about using 30 .

- <https://collectednotes.com/aas2024reviwer/sustanon-250-boldenone-500>
- <https://groups.google.com/g/aetheticaysulum/c/BahXcijiCb8>
- <https://publiclab.org/notes/print/46684>