WC
FITNESS

TOP 10 WORKOUTS.

10 workouts. 15–30 minutes. Minimal equipment. Train anywhere.

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Ten workouts for when the clock is tight.

Every one of these runs 15–30 minutes with one kettlebell, a pair of dumbbells, or nothing at all. Pick one by how much time you have and what's in reach. Do the 5-minute warm-up first.

#	Workout	Time	Equipment
1	The 555	20 min	Kettlebell
2	Dumbbell Complex	20 min	Dumbbells
3	Swing Ladder	15 min	Kettlebell
4	Bodyweight Grinder	20 min	None
5	Push / Pull EMOM	20 min	Dumbbells
6	Leg Day Express	25 min	KB or DB
7	Core Crusher	15 min	KB or DB
8	The Hotel Room	20 min	None
9	Chipper	25–30 min	Kettlebell
10	Full Body Density	30 min	Dumbbells

Warm-up (5 min): 2 rounds of 10 bodyweight squats, 10 arm circles each way, 5 inchworms, 10 hip bridges, 20-second plank.

Scaling: ranges are built in. Low end if you're coming back, high end if you're already training. If form breaks, drop the weight first.

WORKOUT 1 · 20 MIN · KETTLEBELL

The 555

5 movements, 5 reps each, 5 rounds. Rest 60 seconds between rounds.

#	Movement	Reps
1	Kettlebell swing	5
2	Goblet squat	5
3	Single-arm row	5 per side
4	Single-arm press	5 per side
5	Reverse lunge	5 per side

WORKOUT 2 · 20 MIN · DUMBBELLS

Dumbbell Complex

Use a pair of dumbbells, one in each hand. Both arms work together on every rep, so reps are not per side. Don't set the dumbbells down until the round is done. 4–6 rounds, 90 seconds rest.

#	Movement	Reps
1	Romanian deadlift	8
2	Bent-over row	8
3	Hang clean	6
4	Front squat	6
5	Push press	6

WORKOUT 3 · 15 MIN · KETTLEBELL

Swing Ladder

Every minute on the minute for 15 minutes: do your swings at the top of the minute, rest whatever's left. Add 2 swings each minute.

Min	Movement	Reps
1	Swings	6–10
2	Swings	8–12
3	Swings	10–14
4	Swings	12–16
5	Swings	14–18
6–15	Keep adding 2 each minute	Up to your max

When you can't finish a minute's swings with time to rest, stop climbing and hold that number for the rest of the 15 minutes.

WORKOUT 4 · 20 MIN · NO EQUIPMENT

Bodyweight Grinder

20-minute AMRAP (as many rounds as possible):

#	Movement	Reps
1	Push-ups	10–15
2	Air squats	15–20
3	Reverse lunges	10 per side
4	Plank shoulder taps	20 total
5	Burpees	5–10

WORKOUT 5 · 20 MIN · DUMBBELLS

Push / Pull EMOM

20 minutes, alternating each minute. Rest whatever's left in the minute.

#	Movement	Reps
Odd	Push-ups	8–15
Even	Dumbbell bent-over rows	8–12

WORKOUT 6 · 25 MIN · KB OR DB

Leg Day Express

4 rounds, 60–90 seconds rest:

#	Movement	Reps
1	Goblet squat	10–15
2	Single-leg Romanian deadlift	8 per side
3	Lateral lunge	8 per side
4	Glute bridge (weight on hips)	15–20

WORKOUT 7 · 15 MIN · KB OR DB

Core Crusher

3 rounds, 30 seconds rest between movements:

#	Movement	Reps
1	Dead bug	10 per side
2	Russian twist	20 total
3	Suitcase hold	30–45 sec per side
4	Hollow hold	20–30 sec
5	Weighted sit-up	10–15

WORKOUT 8 · 20 MIN · NO EQUIPMENT

The Hotel Room

No equipment, small space. 5 rounds for time:

#	Movement	Reps
1	Burpees	10
2	Jump squats	15
3	Push-ups	15
4	Sit-ups	20

WORKOUT 9 · 25–30 MIN · KETTLEBELL

Chipper

One pass, top to bottom, as fast as you can with good form.

#	Movement	Reps
1	Swings	50
2	Goblet squats	40
3	Push-ups	30
4	Alternating reverse lunges	10 per side
5	Kettlebell clean and press	10 per side

Scale down by halving every number.

WORKOUT 10 · 30 MIN · DUMBBELLS

Full Body Density

Three 8-minute blocks, 2 minutes rest between. In each block, cycle through the pair for as many rounds as you can.

#	Movement	Reps
A	Dumbbell thruster + renegade row	8, then 6 per side
B	Reverse lunge + push-up	8 per side + 10
C	Romanian deadlift + farmer carry	10 + 30–40 sec

READY FOR MORE?

Ten workouts get you moving. A plan gets you results.

30-Minute Strong, $44.99 each — an 8-week plan in three editions: **Kettlebell**, **Dumbbell**, and **Bodyweight**. Same style as the free Starter Week, about 30 minutes a session, with an editable tracker. Get all three for $99.99.

1:1 Coaching — programming built around your schedule, your equipment, and your nutrition, with weekly check-ins. Spots are limited.

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