

# 30 MINUTE STRENGTH & INTERVAL WORKOUT



Ready to stack on the challenge? This week's workout by [CG Trainer R.C. Calvo](#) blends strength and high-energy intervals for the ultimate test of grit and endurance. You'll power through fast-paced EMOM stacks, heavy dumbbell strength sets, and just enough running to keep your heart pumping. Every round adds a little more pressure—so dig deep, hold it together, and push until the very last rep!

**[CLICK HERE FOR A QUICK WARM-UP VIDEO](#)**

## ROUND 1: Interval Stack

### 4 Minutes with 100m run

Set an EMOM timer to go off every minute for 4 minutes. Perform each exercise at the beginning of each minute listed. Any remaining time is rest. For example, if it takes 15 seconds to complete the first exercise, you have a 45 second break. When minute 2 starts, complete the first exercise and the second exercise, then you have a break. Continue until complete.

**Minute 1:** 6 Push Ups with 10 m run

**Minute 2:** 6 Push Ups with 10 m run + 8 Squat Jacks

**Minute 3:** 6 Push Ups with 10 m run + 8 Squat Jacks + 10 Shoulder Taps

**Minute 4:** 6 Push Ups with 10 m run + 8 Squat Jacks + 10 Shoulder Taps + 12 Ground to Overhead

Complete the round with a 100 m run

## ROUND 2: Strength Stack

Use the heaviest dumbbells you have. You will repeat each exercise a total of 3 times, stacking 2 reps each time until we reach 10. The farmers carry between each exercise is 10 steps.

6 - Dumbbell Chest Press

Farmers Carry 10 Steps

6 - Dumbbell Bent Over Row

Farmers Carry 10 Steps

6 -Dumbbell Overhead Press

Farmers Carry 10 Steps

6 -Dumbbell Deadlift (RDL)

Farmers Carry back to Start Point

Now repeat all exercises and add two. The second set will be at 8 reps with the same farmers carry. The third set will be 10 reps with the same farmers carry.

After you're done, take a slight break and then fire the engine back up with a REPEAT of Round 1!

*Have questions on the workout or movements? Message your Trainer in the CG app!*

