

OVERLOAD30

PROGRESSIVE OVERLOAD TRAINING PROGRAM

NOURISH **MOVE** LOVE

OVERLOAD 30

WELCOME & PREFACE

Hello and Welcome to Overload 30!

This is your new go-to strength program to build real muscle and break through fitness plateaus. I'm so excited to sweat with you through these 10 challenging workouts!

Why I Created Overload 30:

After a decade of filming and sharing workouts online, I've learned that **the basic lifts are the ones that get the best results**. Squats, deadlifts, chest presses, back rows — these push-and-pull staples are the foundation of functional strength and muscle growth.

Overload 30 is back to basics, classic strength training with an NML twist (to keep things fun and interesting). Unlike traditional bodybuilding programs that focus exclusively on aesthetic muscle growth, Overload 30 will push you to functionally train in multiple planes of motion, improve your balance and stability, and increase your mobility, all while building muscle like never before. And it's all done in a realistic, 30-minutes a day!

Why Overload 30 Works:

This isn't random workouts slapped together — this program is built on science-backed principles:

- ✓ **Split Training:** Focus on specific muscle groups for targeted strength and hypertrophy
- ✓ **3 Sets Per Move:** Increases training volume to stimulate growth
- ✓ **2-Minute HIIT Finishers:** Boost calorie burn and metabolic impact
- ✓ **Functional Training:** Strength that supports your daily movement
- ✓ **30-Minute Format:** Easy to fit into real life — and stick with consistently



How To Use This Program:

1. Follow the Calendar: Overload 30 is a 2-week progressive split training program with 10 workouts. The workouts build on each other and are strategically scheduled to target specific muscle groups.

Week 1 = Days 1-5

Week 2 = Days 6-10

TRAINER NOTES:

- While I follow a Monday–Friday training split and rest on weekends, you can schedule this however works best for your lifestyle. Don't skip rest days — plan them in! Recovery is where growth happens.
- Add a week 3 or 4 if you need more time to work through the program. The point is to follow the workout calendar.
- I know we say this is a 2-week program, but really it's meant to be a 4-6 week program where you REPEAT the full 2-week block 2–3 times to complete a full 4-6 week program. The best way to see results is to repeat the program!

2. Watch the Daily Videos: Each day has a full-length, follow-along YouTube workout video with coaching cues, form tips, and motivation. These are your virtual personal training sessions—press play, and follow my lead.

3. Track Your Progress: Download and print the Workout Tracker PDF and write down:

- Weights used
- Reps and sets completed
- Notes on form, difficulty, or modifications

Why it matters: What gets tracked, gets improved. Use this to stay accountable and watch yourself rise.

4. How to Choose the Right Weights:

Beginners: Start with 5–10% of your body weight per dumbbell. That's about 8–15 lbs if you weigh 150 lbs. Increase gradually as your form and confidence improve.

Intermediate/Advanced: You should be able to perform the reps with good form, but the last 2-3 reps of each set should feel very challenging to complete, that's your sweet spot.

5. Repeat and Uplevel: Each time you return to a workout, aim to:

- Lift heavier weights
- Improve form or increase range of motion
- Reduce modifications (push-ups on toes instead of knees)

Additional Trainer Tips

- 1. Train With Intensity:** Don't just go through the motions. Push yourself—especially during the last 2–3 reps of each set, which should feel challenging but doable with good form.
- 2. Don't Skip the Warm-Up or Cool Down:** Each video includes dynamic warm-ups and cooldowns to improve mobility, reduce injury risk, and enhance recovery. Don't skip them—they're part of your performance gains.
- 3. Fuel Your Training:** Strength training demands fuel. Make sure you're eating enough protein and calories to support muscle recovery and growth. Hydrate, rest, and prioritize sleep.

You're here because you're ready to show up and get stronger — not just for the workout, but for everything life throws at you.

Now grab your tracker, hit 'play' and let's do this — one rep at a time. Holy Bananas it's gonna be fun!

A handwritten signature in grey ink that reads "Lindsey". To the left of the name is a simple heart symbol drawn with the same ink.

OVERLOAD 30

PROGRAM SCHEDULE

DATES: _____

DAY 01	DAY 02	DAY 03	DAY 04	DAY 05
LEGS & GLUTES SUPERSETS	PUSH DAY TRISSETS	GLUTES & HAMMIES CIRCUITS	PULL DAY TRISSETS	FULL BODY TRISSETS
DAY 06	DAY 07	DAY 08	DAY 09	DAY 10
QUADS & GLUTES TRISSETS	PUSH DAY STRIP SETS	GLUTES & HAMMIES SUPERSETS	PULL DAY STRIP SETS	FULL BODY CIRCUITS

DATES: _____

DAY 01	DAY 02	DAY 03	DAY 04	DAY 05
LEGS & GLUTES SUPERSETS	PUSH DAY TRISSETS	GLUTES & HAMMIES CIRCUITS	PULL DAY TRISSETS	FULL BODY TRISSETS
DAY 06	DAY 07	DAY 08	DAY 09	DAY 10
QUADS & GLUTES TRISSETS	PUSH DAY STRIP SETS	GLUTES & HAMMIES SUPERSETS	PULL DAY STRIP SETS	FULL BODY CIRCUITS

OVERLOAD 30

WORKSHEET | DAY ONE : LEG DAY

DATE: _____

DATE: _____

BUY-IN

Squat Clean + Squat Thruster

W _____ R _____

W _____ R _____

SUPERSET ONE

Eccentric Squat

W _____ R _____

W _____ R _____

Staggered Squat

W _____ R _____

W _____ R _____

SUPERSET TWO

Reverse Lunge

W _____ R _____

W _____ R _____

Curtsy Lunge

W _____ R _____

W _____ R _____

SUPERSET THREE

Sumo Squat

W _____ R _____

W _____ R _____

Lateral Squat

W _____ R _____

W _____ R _____

NOTES:

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WORKSHEET | DAY TWO : PUSH ARMS & ABS

DATE: _____

DATE: _____

BUY-IN

Push Up

R _____

R _____

TRISSET ONE

Chest Press

W _____ R _____

W _____ R _____

Chest Fly

W _____ R _____

W _____ R _____

TRISSET TWO

Arnold Press

W _____ R _____

W _____ R _____

Lateral Raise

W _____ R _____

W _____ R _____

TRISSET THREE

Overhead Tricep Extension

W _____ R _____

W _____ R _____

Tricep Dip/Tricep Kickback

W _____ R _____

W _____ R _____

NOTES:

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WORKSHEET | DAY THREE : GLUTES & HAMMIES

DATE: _____

DATE: _____

BUY-IN

Deadlift & Clean

W _____ R _____

W _____ R _____

CIRCUIT ONE

Deadlift

W _____ R _____

W _____ R _____

Deadlift & Clean Squat

W _____ R _____

W _____ R _____

Glute-Biased Squat

W _____ R _____

W _____ R _____

CIRCUIT TWO

Staggered Deadlift

W _____ R _____

W _____ R _____

Split Lunge & Split Deadlift

W _____ R _____

W _____ R _____

Dumbbell Snatch

W _____ R _____

W _____ R _____

NOTES:

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WORKSHEET | DAY FOUR : PULL ARMS & ABS

DATE: _____

DATE: _____

BUY-IN

Pull Up/Dumbbell Pullover

W _____ R _____

W _____ R _____

TRISSET ONE

Flip Grip Bicep Curl

W _____ R _____

W _____ R _____

Single Arm Concentration Curl

W _____ R _____

W _____ R _____

TRISSET TWO

Back Row

W _____ R _____

W _____ R _____

Single Arm Back Fly

W _____ R _____

W _____ R _____

TRISSET THREE

Goblet Curl

W _____ R _____

W _____ R _____

Pull Up/Dumbbell Pullover

W _____ R _____

W _____ R _____

NOTES:

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WORKSHEET | DAY FIVE : FULL BODY & ABS

DATE: _____

DATE: _____

BUY-IN

Forearm Plank

TIME: _____

TIME: _____

STRENGTH

Squat & Rotational Clean

W _____ R _____

W _____ R _____

Bicep Curl & Shoulder Press

W _____ R _____

W _____ R _____

Front Lunge & 45° Lunge

W _____ R _____

W _____ R _____

Uneven Push Up & Beast Row

W _____ R _____

W _____ R _____

Kneeling Hinge Clean

W _____ R _____

W _____ R _____

Burpee

W _____ R _____

W _____ R _____

CORE

½ Kneeling to Side Plank

W _____ R _____

W _____ R _____

Alternating Get-Up

W _____ R _____

W _____ R _____

NOTES:

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WORKSHEET | DAY SIX : GLUTES & QUADS

DATE: _____

DATE: _____

BUY-IN

Step Up/Switch Stance Squat

W _____ R _____

W _____ R _____

CIRCUIT ONE

Heels Elevated Squat

W _____ R _____

W _____ R _____

Lateral Lunge

W _____ R _____

W _____ R _____

Lateral Step Up

W _____ R _____

W _____ R _____

CIRCUIT TWO

Deficit Lunge

W _____ R _____

W _____ R _____

Calf Raise

W _____ R _____

W _____ R _____

Walking Lunge

W _____ R _____

W _____ R _____

NOTES:

OVERLOAD 30

WORKSHEET | DAY SEVEN : UPPER BODY PUSH

DATE: _____

DATE: _____

BUY-IN

Front Raise & Standing Press

W _____ R _____

W _____ R _____

STRICT SET ONE

Narrow Chest Press

W _____ R _____

W _____ R _____

Rotational Chest Fly

W _____ R _____

W _____ R _____

STRICT SET TWO

Alternating Shoulder Press

W _____ R _____

W _____ R _____

½ Rainbow Front Raise

W _____ R _____

W _____ R _____

STRICT SET THREE

Straight Arm Press Back

W _____ R _____

W _____ R _____

Skull Crusher

W _____ R _____

W _____ R _____

NOTES:

OVERLOAD 30

WORKSHEET | DAY EIGHT : HAMMIES & GLUTES

DATE: _____

DATE: _____

BUY-IN

Hamstring Curl/Bridge

W _____ R _____

W _____ R _____

SUPERSET ONE

Sumo Deadlift

W _____ R _____

W _____ R _____

Sumo Deadlift & Clean Squat

W _____ R _____

W _____ R _____

SUPERSET TWO

Rear-Foot-Elevated Deadlift

W _____ R _____

W _____ R _____

Rear-Foot-Elevated Split Squat

W _____ R _____

W _____ R _____

Deadlift, Clean & Knee Drive

W _____ R _____

W _____ R _____

NOTES:

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WORKSHEET | DAY NINE : BACK & BICEPS

DATE: _____

DATE: _____

BUY-IN

Banded Face Pull

R _____

R _____

STRICT SET ONE

Pull Up/Single Arm Pullover

W _____ R _____

W _____ R _____

Plank & Single Arm Row

W _____ R _____

W _____ R _____

STRICT SET TWO

Supine Bicep Curl

W _____ R _____

W _____ R _____

Hammer Bicep Curl

W _____ R _____

W _____ R _____

STRICT SET THREE

Bird Dog Wide Row

W _____ R _____

W _____ R _____

Wide Bicep Curl

W _____ R _____

W _____ R _____

NOTES:

OVERLOAD 30

WORKSHEET | DAY TEN : FULL BODY & ABS

DATE: _____

DATE: _____

BUY-IN

Dumbbell Snatch

W _____ R _____

W _____ R _____

CIRCUIT ONE

Narrow to Wide Squat

W _____ R _____

W _____ R _____

Deadlift, Snatch & Press

W _____ R _____

W _____ R _____

Push Up & Copenhagen Plank

R _____

R _____

CIRCUIT TWO

Curtsy Lunge & Back Row

W _____ R _____

W _____ R _____

½ Kneeling Chop

W _____ R _____

W _____ R _____

Glute Bridge & Skull Crusher

W _____ R _____

W _____ R _____

NOTES: