

The 15-Minute Muscle Size, Strength and Symmetry Workout Program

 musclesizeandstrength.com/the-15-minute-muscle-size-strength-and-symmetry-workout-program

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11 Weeks to Build Strength, Muscle & a Balanced Physique in Just 15 Minutes a Day

11 WEEKS • 4 PHASES • 77 GUIDED WORKOUTS • 15 MINUTES/DAY

Goal: Build muscle, strength, balance, stability, and a more proportional physique with short daily sessions.

Less time. Better structure. Stronger symmetry.

15 Symmetry is a fast, structured training program designed to build a balanced, athletic-looking physique without spending hours in the gym. Each 15-minute session targets a specific movement pattern or muscle group while reinforcing symmetry, stability, strength, and muscular development.

THE 11-WEEK ROADMAP

Phase	Weeks	Primary Goal
Phase 1 — Foundation	1–2	Learn movement, control & stability
Phase 2 — Build	3–5	Increase strength & muscle
Phase 3 — Sculpt	6–8	Improve muscular balance & definition
Phase 4 — Symmetry	9–11	Maximize proportion, control & conditioning

THE 15-MINUTE FORMAT

Every workout follows the same structure:

2 min — Warm-up

12 min — Main workout

1 min — Cool-down

Main workout

4 exercises × 3 rounds

Each exercise:

- **40 sec work**
- **20 sec transition/rest**
- Complete **3 rounds**
- Total = **12 minutes**

For exercises where reps make more sense, use the listed **rep target within the 40-second work period**.

This gives us **3 sets per exercise**.

PHASE 1 — FOUNDATION

Weeks 1–2

Goal: Technique, stability, mind-muscle connection and movement quality.

WEEK 1

DAY 1 — PUSH

Exercise	Target	Sets
Push-ups	8–15	3
Dumbbell floor press	10–12	3
Pike push-ups	6–10	3
Close-grip push-ups	6–12	3

Rest: 20 sec between exercises.

DAY 2 — PULL

Exercise	Target	Sets
One-arm dumbbell row	8–12/side	3
Bent-over dumbbell row	10–12	3
Reverse fly	10–15	3
Dumbbell curl	10–15	3

DAY 3 — LEGS

Exercise	Target	Sets
Bodyweight squat	12–20	3
Reverse lunge	8–12/side	3
Dumbbell Romanian deadlift	10–15	3
Calf raise	15–25	3

DAY 4 — CORE + STABILITY

Exercise	Target	Sets
Dead bug	8–12/side	3
Forearm plank	30–40 sec	3
Bird dog	8–12/side	3
Side plank	20–30 sec/side	3

DAY 5 — SHOULDERS + ARMS

Exercise	Target	Sets
Dumbbell shoulder press	8–12	3
Lateral raise	12–15	3
Dumbbell curl	10–15	3
Overhead triceps extension	10–15	3

DAY 6 — FULL BODY

Exercise	Target	Sets
Goblet squat	10–15	3
Push-up	8–15	3
Dumbbell row	10–12/side	3
Romanian deadlift	10–15	3

DAY 7 — SYMMETRY + MOBILITY

Low intensity

Exercise	Target	Sets
Glute bridge	15–20	3
Dead bug	8–12/side	3
Bird dog	8–12/side	3
Thoracic rotation	8–10/side	3

WEEK 2 — CONTROL

Same structure, but introduce **slower repetitions**.

Tempo: approximately **3 seconds down / 1 second up**.

Day 1 — Push

Exercise	Target	Sets
Tempo push-up	8–12	3
Dumbbell floor press	8–12	3
Pike push-up	6–10	3
Close-grip push-up	6–12	3

Day 2 — Pull

Exercise	Target	Sets
One-arm row	8–12/side	3
Chest-supported row	10–12	3
Reverse fly	12–15	3
Hammer curl	10–15	3

Day 3 — Legs

Exercise	Target	Sets
Tempo squat	10–15	3
Reverse lunge	8–10/side	3
Romanian deadlift	10–12	3
Calf raise	15–20	3

Day 4 — Core

Exercise	Target	Sets
Dead bug	10/side	3
Plank	30–40 sec	3
Bird dog	10/side	3
Side plank	20–30 sec/side	3

Day 5 — Shoulders + Arms

Exercise	Target	Sets
Shoulder press	8–12	3
Lateral raise	12–15	3
Ez Bar curl	10–12	3
Dumbbell Triceps extension	10–15/side	3

Day 6 — Full Body

Exercise	Target	Sets
Goblet squat	10–15	3
Push-up	8–15	3
One-arm row	8–12/side	3
RDL	10–15	3

Day 7 — SYMMETRY + MOBILITY

Exercise	Target	Sets
Single-leg glute bridge	8–12/side	3
Dead bug	10/side	3
Side plank	20–30 sec/side	3
Wall slides	10–15	3

PHASE 2 — BUILD

Weeks 3–5

Now we increase **resistance and difficulty**.

Progression rule

If you reach the **top of the rep range on all 3 sets with clean form**, increase the resistance slightly the next time.

WEEK 3

Day 1 — Push

Exercise	Target	Sets
Dumbbell bench press	8–12	3
Push-up	10–15	3
Dumbbell shoulder press	8–12	3
Close-grip push-up	8–12	3

Day 2 — Pull

Exercise	Target	Sets
One-arm dumbbell row	8–12/side	3
Dumbbell pullover	10–15	3
Reverse fly	12–15	3
Hammer curl	10–15	3

Day 3 — Legs

Exercise	Target	Sets
Goblet squat	8–12	3
Bulgarian split squat	8–10/side	3
RDL	8–12	3
Calf raise	15–25	3

Day 4 — Core

Exercise	Target	Sets
Weighted dead bug	8–12/side	3
Side plank	25–35 sec/side	3
Plank	40 sec	3
Slow mountain climber	10–15/side	3

Day 5 — Shoulders + Arms

Exercise	Target	Sets
Shoulder press	8–12	3
Lateral raise	12–15	3
Curl	10–15	3
Triceps extension	10–15	3

Day 6 — Full Body

Exercise	Target	Sets
Goblet squat	10–12	3
Dumbbell bench press	8–12	3
One-arm row	8–12/side	3
RDL	10–12	3

Day 7 — Symmetry + Mobility

Exercise	Target	Sets
Single-leg glute bridge	10/side	3
Single-arm suitcase hold	30–40 sec/side	3
Bird dog	10/side	3
Side plank	25 sec/side	3

WEEK 4 — UNILATERAL BALANCE

The emphasis shifts toward **left/right symmetry**.

Day 1 — Push

Exercise	Target	Sets
Single-arm dumbbell press	8–12/side	3
Push-up	10–15	3
Half-kneeling shoulder press	8–12/side	3
Close-grip push-up	8–12	3

Day 2 — Pull

Exercise	Target	Sets
Single-arm row	10–12/side	3
Supported one-arm row	10/side	3
Single-arm reverse fly	10–15/side	3
Alternating curl	10–15/side	3

Day 3 — Legs

Exercise	Target	Sets
Split squat	8–12/side	3
Single-leg RDL	8–10/side	3
Goblet squat	10–15	3
Single-leg calf raise	12–20/side	3

Day 4 — Core

Exercise	Target	Sets
Dead bug	10/side	3
Side plank	25–35 sec/side	3
Bird dog	10/side	3
Bear plank	20–30 sec	3

Day 5 — Shoulders + Arms

Exercise	Target	Sets
Single-arm shoulder press	8–12/side	3
Lateral raise	12–15	3
Alternating curl	10–15	3
Single-arm triceps extension	10–15/side	3

Day 6 — Full Body

Exercise	Target	Sets
Split squat	8–10/side	3
Push-up	10–15	3
One-arm row	10/side	3
Single-leg RDL	8–10/side	3

Day 7 — SYMMETRY + MOBILITY

Exercise	Target	Sets
Single-leg bridge	10/side	3
Suitcase carry/hold	30 sec/side	3
Bird dog	10/side	3
Wall slide	12–15	3

WEEK 5 — STRENGTH

Increase **Resistance/Load** while staying inside the prescribed ranges.

Day 1 — Push

Exercise	Target	Sets
Dumbbell bench press	6–10	3
Weighted push-up	8–12	3
Shoulder press	6–10	3
Close-grip push-up	8–12	3

Day 2 — Pull

Exercise	Target	Sets
Single-arm row	8–10/side	3
Dumbbell row	8–12	3
Reverse fly	10–15	3
Hammer curl	8–12	3

Day 3 — Legs

Exercise	Target	Sets
Goblet squat	8–12	3
Bulgarian split squat	8–10/side	3
RDL	8–12	3
Calf raise	15–20	3

Day 4 — Core

Exercise	Target	Sets
Weighted Dead bug	8–10/side	3
Plank	40–50 sec	3
Side plank	30 sec/side	3
Slow mountain climber	10–15/side	3

Day 5 — Shoulders + Arms

Exercise	Target	Sets
Shoulder press	6–10	3
Lateral raise	12–15	3
Curl	8–12	3
Triceps extension	8–12	3

Day 6 — Full Body

Exercise	Target	Sets
Goblet squat	8–12	3
Dumbbell bench press	8–10	3
One-arm row	8–10/side	3
RDL	8–12	3

Day 7 — SYMMETRY + MOBILITY

Exercise	Target	Sets
Single-leg bridge	10–12/side	3
Suitcase carry/hold	40 sec/side	3
Bird dog	10/side	3
Side plank	30 sec/side	3

PHASE 3 — SCULPT

Weeks 6–8

Now we emphasize **muscle tension, volume and control**.

Use approximately **45 sec work / 15 sec transition**.

You would do:

1. **Exercise 1:** 45 sec continuously → 15 sec rest
2. **Exercise 2:** 45 sec → 15 sec rest
3. **Exercise 3:** 45 sec → 15 sec rest
4. **Exercise 4:** 45 sec → 15 sec rest
5. Repeat the entire sequence **3 times**

WEEK 6

Day 1 — Chest/Triceps

- Dumbbell bench press
- Push-ups
- Dumbbell fly
- Close-grip push-ups

Exercise 45 sec continuously, Rest 15 sec between each exercise & complete 3 Total Rounds.

Day 2 — Back/Biceps

- One-arm row
- Dumbbell pullover
- Reverse fly
- Hammer curl

Exercise 45 sec continuously, Rest 15 sec between each exercise & complete 3 Total Rounds.

Day 3 — Legs

- Goblet squat
- Reverse lunge
- RDL
- Calf raise

Exercise 45 sec continuously, Rest 15 sec between each exercise & complete 3 Total Rounds.

Day 4 — Core

- Dead bug

- Plank
- Side plank
- Mountain climber

Exercise 45 sec continuously, Rest 15 sec between each exercise & complete 3 Total Rounds.

Day 5 — Delts/Arms

- Shoulder press
- Lateral raise
- Curl
- Triceps extension

Exercise 45 sec continuously, Rest 15 sec between each exercise & complete 3 Total Rounds.

Day 6 — Full Body

- Squat
- Push-up
- Row
- RDL

Exercise 45 sec continuously, Rest 15 sec between each exercise & complete 3 Total Rounds.

Day 7 — Symmetry

- Single-leg bridge
- Single-arm hold
- Bird dog
- Side plank

Exercise 45 sec continuously, Rest 15 sec between each exercise & complete 3 Total Rounds.

WEEK 7 — TEMPO

Use 3-second eccentric (Lowering part of the rep) reps.

Day 1 — Push

Exercise	Target	Sets
Tempo bench press	8–10	3
Tempo push-up	8–12	3
Lateral raise	12–15	3
Close-grip push-up	8–12	3

Day 2 — Pull

Exercise	Target	Sets
Tempo one-arm row	8–10/side	3
Pullover	10–12	3
Reverse fly	12–15	3
Curl	10–12	3

Day 3 — Legs

Exercise	Target	Sets
Tempo goblet squat	8–12	3
Split squat	8–10/side	3
Tempo RDL	8–12	3
Calf raise	15–20	3

Day 4 — Core

Exercise	Target	Sets
Dead bug	10/side	3
Plank	40 sec	3
Side plank	30 sec/side	3
Bear plank	30 sec	3

Day 5 — Delts/Arms

Exercise	Target	Sets
Tempo shoulder press	8–10	3
Lateral raise	12–15	3
Curl	10–12	3
Triceps extension	10–12	3

Day 6 — Full Body

Exercise	Target	Sets
Goblet squat	10–12	3
Push-up	10–15	3
Row	10/side	3
RDL	10–12	3

Day 7 — SYMMETRY + MOBILITY

Exercise	Target	Sets
Single-leg bridge	12/side	3
Suitcase hold	40 sec/side	3
Bird dog	10/side	3
Wall slide	15	3

WEEK 8 — MUSCLE DENSITY

Reduce unnecessary rest while maintaining **good technique**.

HOW WEEK 8 WORKOUTS WORKS

2 MIN — WARM-UP

↓

12 MIN — WORKOUT

↓

1 MIN — COOL-DOWN

WORKOUT FORMAT

45 SEC WORK → 15 SEC REST

Complete **4 exercises × 3 rounds**.

Every exercise = 45 sec work + 15 sec rest. Complete all 4 exercises, then immediately start the next round.

WEEK 8 RULE

1. **Don't chase more reps. Chase better reps.**
2. If your form starts breaking before 45 seconds, **reduce the weight or slow down**.
3. **Week 8 = Quality + Density + Control.**

DAY 1 — PUSH

Chest • Shoulders • Triceps

Exercise	Work	Rest
Dumbbell Bench Press	45 sec	15 sec
Push-Ups	45 sec	15 sec
Dumbbell Shoulder Press	45 sec	15 sec
Close-Grip Push-Ups	45 sec	15 sec

COMPLETE TOTAL 3 ROUNDS

Focus: Controlled reps. Don't sacrifice form to get more repetitions.

DAY 2 — PULL

Back • Rear Delts • Biceps

Exercise	Work	Rest
One-Arm Dumbbell Row	45 sec	15 sec
Bent-Over Dumbbell Row	45 sec	15 sec
Dumbbell Reverse Fly	45 sec	15 sec
Hammer Curl	45 sec	15 sec

COMPLETE TOTAL 3 ROUNDS

Symmetry tip: Start every single-arm exercise with your weaker side.

DAY 3 — LEGS

Quads • Glutes • Hamstrings • Calves

Exercise	Work	Rest
Goblet Squat	45 sec	15 sec
Reverse Lunges	45 sec	15 sec
Romanian Deadlift	45 sec	15 sec
Standing Calf Raise	45 sec	15 sec

COMPLETE TOTAL 3 ROUNDS

Focus: Slow, controlled reps and full range of motion.

DAY 4 — CORE + STABILITY

Abs • Obliques • Stability

Exercise	Work	Rest
Dead Bug	45 sec	15 sec
Forearm Plank	45 sec	15 sec
Side Plank	45 sec	15 sec
Slow Mountain Climbers	45 sec	15 sec

COMPLETE TOTAL 3 ROUNDS

Side plank: Switch sides halfway through each 45-second interval.

Focus: Keep your core tight and movements controlled.

DAY 5 — SHOULDERS + ARMS

Delts • Biceps • Triceps

Exercise	Work	Rest
Dumbbell Shoulder Press	45 sec	15 sec
Dumbbell Lateral Raise	45 sec	15 sec
Dumbbell Curl	45 sec	15 sec
Overhead Triceps Extension	45 sec	15 sec

COMPLETE TOTAL 3 ROUNDS

Focus: Use a weight you can control for the entire 45 seconds.

DAY 6 — FULL BODY

Strength • Coordination • Conditioning

Exercise	Work	Rest
Goblet Squat	45 sec	15 sec
Push-Ups	45 sec	15 sec
One-Arm Dumbbell Row	45 sec	15 sec
Romanian Deadlift	45 sec	15 sec

COMPLETE TOTAL 3 ROUNDS

Focus: Smooth transitions. Keep moving, but don't rush your reps.

DAY 7 — SYMMETRY + RECOVERY

Stability • Posture • Mobility

Lower intensity — focus on movement quality.

Exercise	Work	Rest
Single-Leg Glute Bridge	45 sec	15 sec
Bird Dog	45 sec	15 sec
Side Plank	45 sec	15 sec
Wall Slides	45 sec	15 sec

COMPLETE TOTAL 3 ROUNDS

Focus: Control, balance and mobility—not exhaustion.

YOUR 15-MINUTE TIMER

ROUND 1

45s WORK → 15s REST

45s WORK → 15s REST

45s WORK → 15s REST

45s WORK → 15s REST

ROUND 2

Repeat

ROUND 3

Repeat

 **12 minutes total**

Then finish with **1 minute of easy stretching/breathing.**

PHASE 4 — SYMMETRY

Weeks 9–11

This is where the program becomes most specific. The goal isn't simply getting tired.

The goal is making every side work evenly and improving proportional development.

WEEK 9 — WEAK-SIDE EMPHASIS

Day 1 — Push

Exercise	Target	Sets
Single-arm press	10/side	3
Push-up	12–15	3
Single-arm shoulder press	8–10/side	3
Close-grip push-up	10–12	3

Day 2 — Pull

Exercise	Target	Sets
One-arm row	10/side	3
Chest-supported row	10–12	3
Single-arm reverse fly	10/side	3
Alternating curl	10/side	3

Day 3 — Legs

Exercise	Target	Sets
Split squat	10/side	3
Single-leg RDL	8–10/side	3
Goblet squat	12–15	3
Single-leg calf raise	15/side	3

Day 4 — Core

Exercise	Target	Sets
Dead bug	10/side	3
Side plank	30 sec/side	3
Bird dog	10/side	3
Bear plank	30 sec	3

Day 5 — Shoulders/Arms

Exercise	Target	Sets
Single-arm shoulder press	10/side	3
Single-arm Lateral raise	15/side	3
Alternating curl	12/side	3
Single-arm triceps extension	10/side	3

Day 6 — Full Body

Exercise	Target	Sets
Split squat	10/side	3
Push-up	12–15	3
One-arm row	10/side	3
Single-leg RDL	8/side	3

Day 7 — Recovery & Symmetry

Exercise	Target	Sets
Single-leg bridge	12/side	3
Suitcase hold	40 sec/side	3
Bird dog	10/side	3
Side plank	30 sec/side	3

WEEK 10 — PEAK

Increase resistance where possible while maintaining **perfect form**.

Day 1 — Push

Exercise	Target	Sets
Dumbbell bench press	8–10	3
Weighted push-up	8–12	3
Shoulder press	8–10	3
Close-grip push-up	8–12	3

Day 2 — Pull

Exercise	Target	Sets
Heavy one-arm row	8–10/side	3
Dumbbell row	8–10	3
Reverse fly	12–15	3
Hammer curl	8–12	3

Day 3 — Legs

Exercise	Target	Sets
Goblet squat	8–10	3
Bulgarian split squat	8–10/side	3
RDL	8–10	3
Calf raise	15–20	3

Day 4 — Core

Exercise	Target	Sets
Weighted dead bug	10/side	3
Plank	45–60 sec	3
Side plank	30–40 sec/side	3
Slow mountain climber	12/side	3

Day 5 — Shoulders/Arms

Exercise	Target	Sets
Shoulder press	8–10	3
Lateral raise	12–15	3
Curl	8–12	3
Triceps extension	8–12	3

DAY 6 — FULL BODY

Exercise	Target	Sets
Goblet squat	10	3
Push-up	12	3
One-arm row	10/side	3
RDL	10	3

Day 7 — Recovery & Symmetry

Exercise	Target	Sets
Single-leg bridge	12/side	3
Suitcase hold	45 sec/side	3
Bird dog	12/side	3
Side plank	30 sec/side	3

WEEK 11 — THE SYMMETRY TEST

The final week isn't about destroying yourself.

It's about demonstrating what you've built.

DAY 1 — PUSH

Total 3 sets per exercise

- Push-ups — **maximum clean reps**
- Dumbbell press — **10–12**
- Shoulder press — **8–12**
- Close-grip push-ups — **maximum clean reps**

DAY 2 — PULL

Total 3 sets per exercise

- One-arm row — **10–12/side**
- Dumbbell row — **10–12**

- Reverse fly — **15**
- Hammer curl — **12**

DAY 3 — LEGS

Total 3 sets per exercise

- Goblet squat — **12–15**
- Split squat — **10/side**
- RDL — **10–12**
- Calf raise — **20**

DAY 4 — CORE

Total 3 sets per exercise

- Dead bug — **12/side**
- Plank — **45–60 sec**
- Side plank — **30–40 sec/side**
- Bird dog — **12/side**

DAY 5 — SHOULDERS + ARMS

Total 3 sets per exercise

- Shoulder press — **10**
- Lateral raise — **15**
- Curl — **12**
- Triceps extension — **12**

DAY 6 — FULL-BODY CHALLENGE

3 rounds

- 12 squats
- 10 push-ups
- 10 rows/side
- 10 RDLs
- 30-sec plank

Rest: 30 sec between rounds.

DAY 7 — SYMMETRY RESET

This is deliberately **easy**.

3 rounds:

- 10 single-leg glute bridges/side
- 10 bird dogs/side
- 30-sec side plank/side
- 10 thoracic rotations/side

Finish with **1 minute of relaxed breathing/mobility.**

HOW TO PROGRESS THROUGH THE 11 WEEKS

This is what makes the program an actual program rather than **77 random workouts.**

Weeks 1–2

Learn → Control

Don't chase weight.

Weeks 3–5

Build → Load

When you hit the top of the rep range with good form, increase resistance.

Weeks 6–8

Build → Tension

Use slower eccentrics, controlled reps and shorter transitions.

Weeks 9–10

Balance → Intensify

Prioritize unilateral exercises and bring the weaker side up to the stronger side.

Week 11

Demonstrate → Consolidate

Use your accumulated strength without sacrificing technique.

THE MOST IMPORTANT RULE

For unilateral movements:

Start with your weaker side. Match the stronger side to it. Never let the stronger side dictate the workload.

For example:

Left: 10 reps

Right: 10 reps

Not:

Left: 10

Right: 14 because you can.

That's one of the core principles that makes **15-Minute Symmetry** different from a generic 15-minute workout.

IMPORTANT DISCLAIMER

This workout program is provided for **general educational and fitness purposes only**. It is not medical advice, and it is not a substitute for evaluation or guidance from a qualified physician, physiotherapist, or certified fitness professional.

Before beginning this or any new exercise program, consider your current fitness level, training experience, and any existing limitations. If you have an injury, medical condition, persistent pain, or are unsure whether these exercises are appropriate for you, consult an appropriate healthcare professional first. **Stop exercising if you experience sharp pain, dizziness, chest pain, unusual shortness of breath, or other concerning symptoms.**

Exercise carries inherent risks, including muscle soreness, strains, sprains, and other injuries. Use appropriate technique, choose resistance you can control, and progress gradually. You are responsible for performing the exercises safely and within your individual capabilities.

About “Symmetry”

This program **does not guarantee a perfectly symmetrical body**. Genetics, skeletal structure, previous injuries, posture, training history, muscle insertions, and body-fat distribution can all influence how your physique looks and how symmetrical it appears.

The purpose of **15-Minute Symmetry** is to help develop **balanced movement, muscular development, strength, stability, coordination, and body awareness**. The

goal is not perfection—it is to build a stronger, more balanced physique through consistent training.

Individual results will vary based on factors including training consistency, nutrition, sleep, recovery, genetics, and starting fitness level.

Train smart. Progress gradually. Focus on quality over perfection.