

30-Day Fitness Calendar

A balanced month of strength, cardio, mobility, and recovery

30 DAYS

Complete daily guidance

15–30 MIN

Beginner-friendly sessions

NO EQUIPMENT

Simple options included

YOUR MONTH AT A GLANCE

Full-Body Foundations · Steady Cardio · Mobility Reset · Lower-Body Basics · Core Stability · Active Recovery · Complete Rest · Upper Body & Posture · ...

30-Day Fitness Calendar

START HERE

Build a steady exercise rhythm with short, practical sessions that alternate total-body strength, accessible cardio, core work, mobility, and full recovery.

WHO THIS IS FOR

Beginner adults who want a clear 30-day routine without equipment or complicated setup.

EQUIPMENT

No equipment required. Optional: a chair, exercise mat, and two water bottles for light resistance.

INTENSITY GUIDE

RPE 1–2 Rest or very easy movement

RPE 3–4 Easy; conversation feels natural

RPE 5–6 Moderate; working but controlled

HOW TO USE THE CALENDAR

- 1 Follow the numbered days in order; do not double up after a missed session.
- 2 Complete the five-minute warm-up before training and cool down gradually.
- 3 Use the listed RPE as a ceiling. Slow down, shorten the session, or stop when needed.
- 4 Tick each day on the overview and note energy or technique.
- 5 Keep recovery days. Progress only when the current version feels controlled.

FIVE-MINUTE WARM-UP

- 1 min** Easy march or step-touch
- 1 min** Shoulder rolls and arm circles
- 1 min** Hip hinges and gentle squats
- 1 min** Alternating heel digs
- 1 min** Gradually faster march

BEFORE EACH SESSION

☐ Clear the floor

☐ Stable chair or wall

☐ Water within reach

☐ Pain-free starting position

THREE-MINUTE COOL-DOWN

1 min

Slow the march until breathing settles.

1 min

Stretch calves, chest, and hips gently.

1 min

Take slow breaths and note how the session felt.

30-Day Fitness Calendar

30-day calendar overview

Tick the box after each completed day

1 Full-Body Foundations RPE 4/10	2 Steady Cardio RPE 4/10	3 Mobility Reset RPE 2/10	4 Lower-Body Basics RPE 4/10	5 Core Stability RPE 5/10
6 Active Recovery RPE 2/10	7 Complete Rest RPE 1/10	8 Upper Body & Posture RPE 4/10	9 Steady Cardio RPE 4/10	10 Mobility Reset RPE 2/10
11 Full-Body Builder RPE 5/10	12 Core Stability RPE 5/10	13 Active Recovery RPE 2/10	14 Complete Rest RPE 1/10	15 Lower-Body Basics RPE 4/10
16 Low-Impact Intervals RPE 5/10	17 Mobility Reset RPE 2/10	18 Upper Body & Posture RPE 4/10	19 Core Stability RPE 5/10	20 Active Recovery RPE 2/10
21 Complete Rest RPE 1/10	22 Full-Body Foundations RPE 4/10	23 Low-Impact Intervals RPE 5/10	24 Mobility Reset RPE 2/10	25 Full-Body Builder RPE 5/10
26 Core Stability RPE 5/10	27 Active Recovery RPE 2/10	28 Complete Rest RPE 1/10	29 Celebration Circuit RPE 5/10	30 Month Review & Easy Walk RPE 2/10

Days 1–6

Complete session details

1	Full-Body Foundations Exercises Chair squats; wall push-ups; glute bridges; standing knee drives Dose 2 rounds: 8; 8; 10; 8/side Rest 45 sec between rounds Intensity Easy-moderate · RPE 4/10
2	Steady Cardio Exercises March in place; step-touch; heel digs; easy shadow boxing Dose 4 × 3 min, change move each minute Rest 30 sec between blocks Intensity Easy-moderate · RPE 4/10
3	Mobility Reset Exercises Shoulder rolls; cat-cow; hip circles; calf stretch; open-book rotations Dose 45 sec each; repeat once Rest 15 sec to change positions Intensity Very easy · RPE 2/10
4	Lower-Body Basics Exercises Chair squats; supported reverse lunges; calf raises; glute bridges Dose 2 rounds: 10; 6/side; 12; 10 Rest 45 sec between rounds Intensity Easy-moderate · RPE 4/10
5	Core Stability Exercises Dead bugs; bird dogs; standing side crunches; knee plank hold Dose 2 rounds: 6/side; 6/side; 10/side; 20 sec Rest 40 sec between rounds Intensity Moderate · RPE 5/10
6	Active Recovery Exercises Comfortable walk or march; full-body stretch; slow breathing Dose 12 min easy movement + 5 min stretch Rest Pause whenever needed Intensity Very easy · RPE 2/10

Days 7–12

Complete session details

Complete Rest

Exercises Normal daily movement only; optional gentle breathing

7

Dose

No structured workout

Rest

Full recovery day

Intensity

Rest · RPE 1/10

Upper Body & Posture

Exercises Wall push-ups; towel pull-aparts; wall angels; standing Y-raises

8

Dose

2 rounds: 8; 10; 8; 8

Rest

40 sec between rounds

Intensity

Easy-moderate · RPE 4/10

Steady Cardio

Exercises March in place; step-touch; heel digs; easy shadow boxing

9

Dose

4 × 3 min, change move each minute

Rest

30 sec between blocks

Intensity

Easy-moderate · RPE 4/10

Mobility Reset

Exercises Shoulder rolls; cat-cow; hip circles; calf stretch; open-book rotations

10

Dose

45 sec each; repeat once

Rest

15 sec to change positions

Intensity

Very easy · RPE 2/10

Full-Body Builder

Exercises Sit-to-stands; incline push-ups; reverse lunges to chair; bird dogs

11

Dose

2 rounds: 10; 8; 6/side; 8/side

Rest

45-60 sec between rounds

Intensity

Moderate · RPE 5/10

Core Stability

Exercises Dead bugs; bird dogs; standing side crunches; knee plank hold

12

Dose

2 rounds: 6/side; 6/side; 10/side; 20 sec

Rest

40 sec between rounds

Intensity

Moderate · RPE 5/10

Days 13–18

Complete session details

Active Recovery

Exercises Comfortable walk or march; full-body stretch; slow breathing

13

Dose
12 min easy movement + 5 min stretch

Rest
Pause whenever needed

Intensity
Very easy · RPE 2/10

Complete Rest

Exercises Normal daily movement only; optional gentle breathing

14

Dose
No structured workout

Rest
Full recovery day

Intensity
Rest · RPE 1/10

Lower-Body Basics

Exercises Chair squats; supported reverse lunges; calf raises; glute bridges

15

Dose
2 rounds: 10; 6/side; 12; 10

Rest
45 sec between rounds

Intensity
Easy-moderate · RPE 4/10

Low-Impact Intervals

Exercises Brisk march; side steps; knee lifts; easy march

16

Dose
8 rounds: 45 sec brisk + 45 sec easy

Rest
Easy phase is recovery

Intensity
Moderate · RPE 5/10

Mobility Reset

Exercises Shoulder rolls; cat-cow; hip circles; calf stretch; open-book rotations

17

Dose
45 sec each; repeat once

Rest
15 sec to change positions

Intensity
Very easy · RPE 2/10

Upper Body & Posture

Exercises Wall push-ups; towel pull-aparts; wall angels; standing Y-raises

18

Dose
2 rounds: 8; 10; 8; 8

Rest
40 sec between rounds

Intensity
Easy-moderate · RPE 4/10

Days 19–24

Complete session details

19	Core Stability Exercises Dead bugs; bird dogs; standing side crunches; knee plank hold Dose 2 rounds: 6/side; 6/side; 10/side; 20 sec Rest 40 sec between rounds Intensity Moderate · RPE 5/10
20	Active Recovery Exercises Comfortable walk or march; full-body stretch; slow breathing Dose 12 min easy movement + 5 min stretch Rest Pause whenever needed Intensity Very easy · RPE 2/10
21	Complete Rest Exercises Normal daily movement only; optional gentle breathing Dose No structured workout Rest Full recovery day Intensity Rest · RPE 1/10
22	Full-Body Foundations Exercises Chair squats; wall push-ups; glute bridges; standing knee drives Dose 2 rounds: 8; 8; 10; 8/side Rest 45 sec between rounds Intensity Easy-moderate · RPE 4/10
23	Low-Impact Intervals Exercises Brisk march; side steps; knee lifts; easy march Dose 8 rounds: 45 sec brisk + 45 sec easy Rest Easy phase is recovery Intensity Moderate · RPE 5/10
24	Mobility Reset Exercises Shoulder rolls; cat-cow; hip circles; calf stretch; open-book rotations Dose 45 sec each; repeat once Rest 15 sec to change positions Intensity Very easy · RPE 2/10

30-Day Fitness Calendar

Days 25–30

Complete session details

Full-Body Builder

Exercises Sit-to-stands; incline push-ups; reverse lunges to chair; bird dogs

25

Dose

2 rounds: 10; 8; 6/side; 8/side

Rest

45-60 sec between rounds

Intensity

Moderate · RPE 5/10

Core Stability

Exercises Dead bugs; bird dogs; standing side crunches; knee plank hold

26

Dose

2 rounds: 6/side; 6/side; 10/side; 20 sec

Rest

40 sec between rounds

Intensity

Moderate · RPE 5/10

Active Recovery

Exercises Comfortable walk or march; full-body stretch; slow breathing

27

Dose

12 min easy movement + 5 min stretch

Rest

Pause whenever needed

Intensity

Very easy · RPE 2/10

Complete Rest

Exercises Normal daily movement only; optional gentle breathing

28

Dose

No structured workout

Rest

Full recovery day

Intensity

Rest · RPE 1/10

Celebration Circuit

Exercises Chair squats; wall push-ups; step-touch; bird dogs

29

Dose

3 relaxed rounds: 10; 8; 60 sec; 8/side

Rest

60 sec between rounds

Intensity

Moderate · RPE 5/10

Month Review & Easy Walk

Exercises Comfortable walk; gentle stretch; complete the review prompts

30

Dose

15 min walk + 8 min mobility

Rest

As needed

Intensity

Very easy · RPE 2/10

Warm-up, modifications & progressions

WARM-UP BEFORE EVERY TRAINING DAY

Minute 1	Easy march	Raise body temperature without rushing.
Minute 2	Shoulders & arms	Roll shoulders, then make small-to-large arm circles.
Minute 3	Hips & knees	Practice shallow hip hinges and comfortable chair squats.
Minute 4	Ankles & calves	Alternate heel digs and slow calf raises.
Minute 5	Build the pace	March slightly faster while keeping breathing controlled.

BEGINNER MODIFICATIONS

- Reduce each set by 2–4 repetitions or each interval by 15–30 seconds.
- Use a wall or stable chair for balance during squats, lunges, and standing core work.
- Choose wall push-ups instead of incline or floor versions.
- Replace floor exercises with standing reaches, seated marches, or wall planks.
- Split one session into two shorter blocks on the same day.

OPTIONAL PROGRESSIONS

- Add one set only after completing every repetition with steady form.
- Add 1–2 repetitions per exercise while staying within the listed RPE range.
- Increase a cardio work interval by 10–15 seconds while keeping recovery unchanged.
- Use a slightly lower push-up surface or hold light water bottles when appropriate.
- Never progress pain. A harder version should feel challenging, not sharp or unstable.

SIMPLE MOVEMENT SUBSTITUTIONS

Floor core	Standing wall reaches or seated knee lifts
Lunges	Supported reverse toe taps or sit-to-stands
Brisk intervals	Comfortable marching with longer recovery

30-Day Fitness Calendar

Weekly review & recovery

WEEK 1 Which sessions felt most approachable?

What will make next week easier?

WEEK 2 Where did technique improve?

Did the recovery days feel sufficient?

WEEK 3 What changed in energy or confidence?

Which modification worked best?

WEEK 4 What routine is worth continuing?

Choose one realistic next-month goal.

RECOVERY CHECKLIST

☐ Sleep routine

☐ Regular meals

☐ Water available

☐ Gentle movement

☐ Rest day protected

☐ No sharp pain

30-Day Fitness Calendar

Finish safely. Keep moving forward.

SAFETY DISCLAIMER

This plan provides general fitness information, not medical advice. Consult a qualified health professional when appropriate. Stop for chest pain, faintness, unusual shortness of breath, or sharp or worsening pain. Results vary and no outcome is guaranteed. Use stable furniture, clear the floor, wear suitable footwear, and move within a comfortable range.

30-DAY COMPLETION RECORD

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

FINAL REFLECTION

The habit I am most proud of:

The movement I want to keep practicing:

My realistic next step:

Ready for your next calendar?

Get more printable fitness calendars at FitnessCalendars.com.