

Beginner Workout Calendar

A gentle 30-day introduction to movement and exercise confidence

30 DAYS

Complete daily guidance

15–30 MIN

Beginner-friendly sessions

NO EQUIPMENT

Simple options included

YOUR MONTH AT A GLANCE

Starter Strength · Easy Walk · Gentle Mobility · Chair-Supported Legs · Complete Rest · Standing Core Basics · Easy Recovery · Starter Strength · ...

Beginner Workout Calendar

START HERE

Learn the basic movement patterns at a manageable pace. Extra recovery days and simple chair-supported options make it easier to stay consistent.

WHO THIS IS FOR

Adults starting exercise, returning after a long break, or preferring a deliberately gentle plan.

EQUIPMENT

A stable chair and wall space. Optional: a mat or folded towel for floor exercises.

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.

Beginner Workout Calendar

30-day calendar overview

Tick the box after each completed day

1 Starter Strength RPE 3/10	2 Easy Walk RPE 3/10	3 Gentle Mobility RPE 2/10	4 Chair-Supported Legs RPE 3/10	5 Complete Rest RPE 1/10
6 Standing Core Basics RPE 3/10	7 Easy Recovery RPE 2/10	8 Starter Strength RPE 3/10	9 Easy Walk RPE 3/10	10 Gentle Mobility RPE 2/10
11 Chair-Supported Legs RPE 3/10	12 Complete Rest RPE 1/10	13 Standing Core Basics RPE 3/10	14 Easy Recovery RPE 2/10	15 Upper-Body Basics RPE 4/10
16 Walk & Pickups RPE 4/10	17 Gentle Mobility RPE 2/10	18 Leg Strength Plus RPE 4/10	19 Complete Rest RPE 1/10	20 Core Control RPE 4/10
21 Easy Recovery RPE 2/10	22 Beginner Full Body RPE 4/10	23 Walk & Pickups RPE 4/10	24 Gentle Mobility RPE 2/10	25 Beginner Full Body RPE 4/10
26 Complete Rest RPE 1/10	27 Balance & Control RPE 3/10	28 Easy Recovery RPE 2/10	29 Confidence Circuit RPE 4/10	30 Reflect & Restore RPE 2/10

Beginner Workout Calendar

Days 1–6

Complete session details

Starter Strength

Exercises Sit-to-stands; wall push-ups; standing marches; heel raises

1

Dose

2 rounds: 6; 6; 30 sec; 8

Rest

60 sec between rounds

Intensity

Easy · RPE 3/10

Easy Walk

Exercises Comfortable walk or indoor march; shoulder rolls

2

Dose

10-15 min continuous or 3 × 5 min

Rest

1 min between blocks if split

Intensity

Easy · RPE 3/10

Gentle Mobility

Exercises Neck turns; shoulder circles; seated cat-cow; ankle circles; calf stretch

3

Dose

40 sec each; repeat once

Rest

15 sec between moves

Intensity

Very easy · RPE 2/10

Chair-Supported Legs

Exercises Sit-to-stands; supported side steps; heel raises; seated knee extensions

4

Dose

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

Rest

60 sec between rounds

Intensity

Easy · RPE 3/10

Complete Rest

Exercises No planned exercise; optional gentle shoulder and ankle circles

5

Dose

No structured workout

Rest

Full recovery day

Intensity

Rest · RPE 1/10

Standing Core Basics

Exercises Standing knee lifts; side bends; seated knee lifts; wall plank

6

Dose

2 rounds: 8/side; 8/side; 8/side; 20 sec

Rest

50 sec between rounds

Intensity

Easy · RPE 3/10

Beginner Workout Calendar

Days 7–12

Complete session details

Easy Recovery

Exercises 5-minute stroll; seated or standing stretch; slow breathing

7

Dose
10-15 min total

Rest
Pause freely

Intensity
Very easy · RPE 2/10

Starter Strength

Exercises Sit-to-stands; wall push-ups; standing marches; heel raises

8

Dose
2 rounds: 6; 6; 30 sec; 8

Rest
60 sec between rounds

Intensity
Easy · RPE 3/10

Easy Walk

Exercises Comfortable walk or indoor march; shoulder rolls

9

Dose
10-15 min continuous or 3 × 5 min

Rest
1 min between blocks if split

Intensity
Easy · RPE 3/10

Gentle Mobility

Exercises Neck turns; shoulder circles; seated cat-cow; ankle circles; calf stretch

10

Dose
40 sec each; repeat once

Rest
15 sec between moves

Intensity
Very easy · RPE 2/10

Chair-Supported Legs

Exercises Sit-to-stands; supported side steps; heel raises; seated knee extensions

11

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

Rest
60 sec between rounds

Intensity
Easy · RPE 3/10

Complete Rest

Exercises No planned exercise; optional gentle shoulder and ankle circles

12

Dose
No structured workout

Rest
Full recovery day

Intensity
Rest · RPE 1/10

Days 13–18

Complete session details

Standing Core Basics

Exercises Standing knee lifts; side bends; seated knee lifts; wall plank

13

Dose

2 rounds: 8/side; 8/side; 8/side; 20 sec

Rest

50 sec between rounds

Intensity

Easy · RPE 3/10

Easy Recovery

Exercises 5-minute stroll; seated or standing stretch; slow breathing

14

Dose

10-15 min total

Rest

Pause freely

Intensity

Very easy · RPE 2/10

Upper-Body Basics

Exercises Wall push-ups; towel pull-aparts; wall slides; biceps squeeze

15

Dose

2 rounds: 8; 10; 8; 20 sec

Rest

50 sec between rounds

Intensity

Easy-moderate · RPE 4/10

Walk & Pickups

Exercises Comfortable walk with four slightly brisk sections

16

Dose

18 min total; 4 × 45 sec brisk

Rest

75 sec easy after each pickup

Intensity

Easy-moderate · RPE 4/10

Gentle Mobility

Exercises Neck turns; shoulder circles; seated cat-cow; ankle circles; calf stretch

17

Dose

40 sec each; repeat once

Rest

15 sec between moves

Intensity

Very easy · RPE 2/10

Leg Strength Plus

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

18

Dose

2 rounds: 10; 6/side; 12; 8

Rest

50 sec between rounds

Intensity

Easy-moderate · RPE 4/10

Days 19–24

Complete session details

Complete Rest

Exercises No planned exercise; optional gentle shoulder and ankle circles

19

Dose

No structured workout

Rest

Full recovery day

Intensity

Rest · RPE 1/10

Core Control

Exercises Bird dogs or standing reaches; dead bugs; side knee lifts; wall plank

20

Dose

2 rounds: 6/side; 6/side; 8/side; 25 sec

Rest

45 sec between rounds

Intensity

Easy-moderate · RPE 4/10

Easy Recovery

Exercises 5-minute stroll; seated or standing stretch; slow breathing

21

Dose

10-15 min total

Rest

Pause freely

Intensity

Very easy · RPE 2/10

Beginner Full Body

Exercises Chair squats; wall push-ups; step-touch; standing reaches

22

Dose

2 rounds: 10; 8; 45 sec; 8/side

Rest

50 sec between rounds

Intensity

Easy-moderate · RPE 4/10

Walk & Pickups

Exercises Comfortable walk with four slightly brisk sections

23

Dose

18 min total; 4 × 45 sec brisk

Rest

75 sec easy after each pickup

Intensity

Easy-moderate · RPE 4/10

Gentle Mobility

Exercises Neck turns; shoulder circles; seated cat-cow; ankle circles; calf stretch

24

Dose

40 sec each; repeat once

Rest

15 sec between moves

Intensity

Very easy · RPE 2/10

Beginner Workout Calendar

Days 25–30

Complete session details

Beginner Full Body

Exercises Chair squats; wall push-ups; step-touch; standing reaches

25

Dose

2 rounds: 10; 8; 45 sec; 8/side

Rest

50 sec between rounds

Intensity

Easy-moderate · RPE 4/10

Complete Rest

Exercises No planned exercise; optional gentle shoulder and ankle circles

26

Dose

No structured workout

Rest

Full recovery day

Intensity

Rest · RPE 1/10

Balance & Control

Exercises Tandem stance; supported single-leg stand; heel-to-toe walk; side steps

27

Dose

3 × 20 sec; 3 × 15 sec/side; 3 passes; 8/side

Rest

30 sec between drills

Intensity

Easy · RPE 3/10

Easy Recovery

Exercises 5-minute stroll; seated or standing stretch; slow breathing

28

Dose

10-15 min total

Rest

Pause freely

Intensity

Very easy · RPE 2/10

Confidence Circuit

Exercises Sit-to-stands; wall push-ups; marching; heel raises

29

Dose

3 comfortable rounds: 8; 8; 45 sec; 10

Rest

60 sec between rounds

Intensity

Easy-moderate · RPE 4/10

Reflect & Restore

Exercises Easy walk; favorite mobility moves; complete review

30

Dose

12 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

Beginner Workout 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

Beginner Workout 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](https://www.FitnessCalendars.com).