

Custom Workout Schedule

A 30-day schedule with two tracks per session, so the plan fits your day

30 DAYS

Complete daily guidance

15-30 MINUTES

Focused, repeatable sessions

NO EQUIPMENT

Simple options included

YOUR MONTH AT A GLANCE

Lower Body - choose a track · Cardio - choose a track · Upper Body - choose a track · Mobility - choose a track · Complete Rest · Core - choose a track · Active Recovery · Track Check · Build Your Next Schedule

START HERE

Every training day offers the same slot with two ready-made options: Track A when you have space and energy, Track B when time or room is short. The structure of the month stays fixed, only the version of the session changes, so the schedule adapts without falling apart.

WHO THIS IS FOR

Adults with an irregular schedule - travel, shift work, small living spaces - who want a stable weekly shape and a legitimate shorter option instead of skipping.

EQUIPMENT

None required. Optional: a mat or towel, a stable chair, a step, and a backpack with books for a little added load on Track A.

INTENSITY GUIDE

RPE 1-2	Rest or very easy movement
RPE 3-4	Easy, conversation feels natural
RPE 5	Moderate, working but controlled
RPE 6	Challenging, never sharp or unstable

HOW TO USE THE CALENDAR

- Each day, choose Track A or Track B before you start and circle it on the page.
- Warm up for five minutes either way.
- Track B is a complete session, not a failure.
- Keep the rest days as written, and never combine both tracks in one day.

FIVE-MINUTE WARM-UP

1 minute	March or step-touch in place	Settle into an easy rhythm
1 minute	Arm circles, shoulder rolls, wall slides	Loosen the upper body
1 minute	Hip circles and easy hip hinges	Move the hips comfortably
1 minute	Half-depth squats and heel raises	Keep the depth pain-free
1 minute	Faster march with arm swings	Finish a little warmer

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 notice how the session felt.

30-day calendar overview

Tick the box for each completed day

1 Lower Body - choose a track RPE 4/10	2 Cardio - choose a track RPE 4/10	3 Upper Body - choose a track RPE 4/10	4 Mobility - choose a track RPE 2/10	5 Complete Rest RPE 1/10
6 Core - choose a track RPE 4/10	7 Active Recovery RPE 2/10	8 Lower Body - choose a track RPE 5/10	9 Cardio - choose a track RPE 5/10	10 Upper Body - choose a track RPE 5/10
11 Mobility - choose a track RPE 2/10	12 Complete Rest RPE 1/10	13 Core - choose a track RPE 5/10	14 Active Recovery RPE 2/10	15 Lower Body - choose a track RPE 6/10
16 Cardio - choose a track RPE 6/10	17 Upper Body - choose a track RPE 6/10	18 Mobility - choose a track RPE 2/10	19 Complete Rest RPE 1/10	20 Core - choose a track RPE 6/10
21 Active Recovery RPE 2/10	22 Lower Body - choose a track RPE 6/10	23 Cardio - choose a track RPE 6/10	24 Upper Body - choose a track RPE 6/10	25 Mobility - choose a track RPE 2/10
26 Complete Rest RPE 1/10	27 Core - choose a track RPE 6/10	28 Active Recovery RPE 2/10	29 Track Check RPE 6/10	30 Build Your Next Schedule RPE 2/10

Days 1-6

Complete session details

Lower Body - choose a track

Exercises A: squats; split squats; glute bridges; calf raises · B: squats; glute bridges; calf raises

1

Dose

A: 2 rounds 12; 8/side; 12; 15 · B: 2 rounds 12; 12; 15

Rest

60 sec between rounds

Intensity

Easy-moderate · RPE 4/10

Cardio - choose a track

Exercises A: 20 min brisk walk · B: 10 min indoor march with arm swings

2

Dose

A: 20 min · B: 10 min

Rest

Pause as needed

Intensity

Easy-moderate · RPE 4/10

Upper Body - choose a track

Exercises A: incline push-ups; towel rows; wall slides · B: wall push-ups; towel rows

3

Dose

A: 2 rounds 8; 10; 8 · B: 2 rounds 10; 10

Rest

60 sec between rounds

Intensity

Easy-moderate · RPE 4/10

Mobility - choose a track

Exercises A: full flow - cat-cow; hip openers; thoracic rotations; hamstring sweeps · B: cat-cow; hip openers

4

Dose

A: 45 sec each, 2 passes · B: 45 sec each, 2 passes

Rest

15 sec between moves

Intensity

Very easy · RPE 2/10

Complete Rest

Exercises No planned exercise; optional short stroll

5

Dose

No structured workout

Rest

Full recovery day

Intensity

Rest · RPE 1/10

Core - choose a track

Exercises A: dead bugs; side plank; bird dogs · B: dead bugs; standing knee lifts

6

Dose

A: 2 rounds 8/side; 15 sec/side; 8/side · B: 2 rounds 10/side; 10/side

Rest

50 sec between rounds

Intensity

Easy-moderate · RPE 4/10

Days 7-12

Complete session details

Active Recovery

7

Exercises Easy walk; stretch of your choice; slow breathing

Dose
15 min walk + 5 min stretch

Rest
Pause freely

Intensity
Very easy · RPE 2/10

Lower Body - choose a track

8

Exercises A: squats; split squats; glute bridges; calf raises · B: squats; glute bridges; calf raises

Dose
A: 3 rounds 12; 8/side; 14; 15 · B: 2 rounds 14; 14; 18

Rest
60 sec between rounds

Intensity
Moderate · RPE 5/10

Cardio - choose a track

9

Exercises A: 22 min walk with 4 x 45 sec pickups · B: 12 min march with 4 x 30 sec pickups

Dose
A: 22 min · B: 12 min

Rest
90 sec easy after each pickup

Intensity
Moderate · RPE 5/10

Upper Body - choose a track

10

Exercises A: incline push-ups; towel rows; wall slides · B: wall push-ups; towel rows

Dose
A: 3 rounds 8; 12; 8 · B: 2 rounds 12; 12

Rest
60 sec between rounds

Intensity
Moderate · RPE 5/10

Mobility - choose a track

11

Exercises A: full flow - cat-cow; hip openers; thoracic rotations; hamstring sweeps · B: cat-cow; hip openers

Dose
A: 45 sec each, 2 passes · B: 45 sec each, 2 passes

Rest
15 sec between moves

Intensity
Very easy · RPE 2/10

Complete Rest

12

Exercises No planned exercise; optional short stroll

Dose
No structured workout

Rest
Full recovery day

Intensity
Rest · RPE 1/10

Days 13-18

[Complete session details](#)

Core - choose a track

13

Exercises A: dead bugs; side plank; bird dogs · B: dead bugs; standing knee lifts**Dose**

A: 3 rounds 8/side; 20 sec/side; 8/side · B: 2 rounds 12/side; 12/side

Rest

50 sec between rounds

Intensity

Moderate · RPE 5/10

Active Recovery

14

Exercises Easy walk; stretch of your choice; slow breathing**Dose**

15 min walk + 5 min stretch

Rest

Pause freely

Intensity

Very easy · RPE 2/10

Lower Body - choose a track

15

Exercises A: squats; split squats; hip hinges; wall sit · B: squats; glute bridges; wall sit**Dose**

A: 3 rounds 14; 10/side; 12; 30 sec · B: 3 rounds 14; 14; 25 sec

Rest

55 sec between rounds

Intensity

Moderate · RPE 6/10

Cardio - choose a track

16

Exercises A: 24 min walk with 5 x 45 sec pickups · B: 14 min march with 5 x 30 sec pickups**Dose**

A: 24 min · B: 14 min

Rest

90 sec easy after each pickup

Intensity

Moderate · RPE 6/10

Upper Body - choose a track

17

Exercises A: push-ups on floor or step; towel rows; wall slides · B: incline push-ups; towel rows**Dose**

A: 3 rounds 10; 12; 10 · B: 2 rounds 10; 14

Rest

55 sec between rounds

Intensity

Moderate · RPE 6/10

Mobility - choose a track

18

Exercises A: full flow plus calf and chest stretch · B: cat-cow; hip openers; calf stretch**Dose**

A: 50 sec each, 2 passes · B: 50 sec each, 2 passes

Rest

15 sec between moves

Intensity

Very easy · RPE 2/10

Days 19-24

[Complete session details](#)

Complete Rest

19

Exercises No planned exercise; optional short stroll**Dose**
No structured workout**Rest**
Full recovery day**Intensity**
Rest · RPE 1/10

Core - choose a track

20

Exercises A: dead bugs; side plank; bird dogs; hollow hold · B: dead bugs; side plank**Dose**
A: 3 rounds 10/side; 20 sec/side; 10/side; 20 sec · B:
2 rounds 12/side; 15 sec/side**Rest**
50 sec between rounds**Intensity**
Moderate · RPE 6/10

Active Recovery

21

Exercises Easy walk; stretch of your choice; slow breathing**Dose**
18 min walk + 5 min stretch**Rest**
Pause freely**Intensity**
Very easy · RPE 2/10

Lower Body - choose a track

22

Exercises A: squats; split squats; hip hinges; wall sit · B: squats; glute bridges; wall sit**Dose**
A: 3 rounds 16; 10/side; 14; 40 sec · B: 3 rounds 16;
16; 30 sec**Rest**
55 sec between rounds**Intensity**
Moderate · RPE 6/10

Cardio - choose a track

23

Exercises A: 25 min walk with 6 x 60 sec pickups · B: 15 min march with 6 x 30 sec pickups**Dose**
A: 25 min · B: 15 min**Rest**
90 sec easy after each pickup**Intensity**
Moderate · RPE 6/10

Upper Body - choose a track

24

Exercises A: push-ups on floor or step; towel rows; wall slides · B: incline push-ups; towel rows**Dose**
A: 3 rounds 12; 14; 10 · B: 3 rounds 10; 14**Rest**
55 sec between rounds**Intensity**
Moderate · RPE 6/10

Days 25-30

[Complete session details](#)

Mobility - choose a track

Exercises A: full flow plus calf and chest stretch · B: cat-cow; hip openers; calf stretch

25

Dose

A: 50 sec each, 2 passes · B: 50 sec each, 2 passes

Rest

15 sec between moves

Intensity

Very easy · RPE 2/10

Complete Rest

Exercises No planned exercise; optional short stroll

26

Dose

No structured workout

Rest

Full recovery day

Intensity

Rest · RPE 1/10

Core - choose a track

Exercises A: dead bugs; side plank; bird dogs; hollow hold · B: dead bugs; side plank

27

DoseA: 3 rounds 12/side; 25 sec/side; 10/side; 25 sec · B:
3 rounds 12/side; 15 sec/side**Rest**

50 sec between rounds

Intensity

Moderate · RPE 6/10

Active Recovery

Exercises Easy walk; stretch of your choice; slow breathing

28

Dose

18 min walk + 5 min stretch

Rest

Pause freely

Intensity

Very easy · RPE 2/10

Track Check

Exercises Squats; push-ups; glute bridges; plank - same track you used most

29

Dose

3 rounds: controlled reps for 40 sec each

Rest

60 sec between rounds

Intensity

Moderate · RPE 6/10

Build Your Next Schedule

Exercises Easy walk; mobility of your choice; write the next month's track pattern

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	March or step-touch in place	1 minute	Raise body temperature without rushing
Minute 2	Arm circles, shoulder rolls, wall slides	1 minute	Free the shoulders and upper back
Minute 3	Hip circles and easy hip hinges	1 minute	Prepare hips and comfortable depth
Minute 4	Half-depth squats and heel raises	1 minute	Mobilise ankles and lower legs
Minute 5	Faster march with arm swings	1 minute	Finish warmer while breathing steadily

BEGINNER MODIFICATIONS

- Use Track B for the whole first two weeks.
- Replace floor push-ups with incline or wall push-ups on either track.
- Hold a chair for balance during split squats.
- Reduce every round by 2 repetitions and keep the schedule intact.
- Shorten holds by 10 seconds.

OPTIONAL PROGRESSIONS

- Move one session per week from Track B to Track A.
- Add one round to Track A once the session stays within the listed RPE.
- Add a loaded backpack to squats and hip hinges only after four controlled sessions.
- Increase pickups by one before increasing total walk time.
- Progress only after every repetition stays steady and pain-free.

PRACTICAL MOVEMENT SUBSTITUTIONS

Floor work	Use a standing version or stable support
Lunges	Choose supported reverse toe taps or sit-to-stands
Brisk intervals	March comfortably with longer recovery

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

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.

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 practising:

My realistic next step:

Ready for your next calendar?

Get more printable fitness calendars at [FitnessCalendars.com](#).