

Gym Workout Calendar

Thirty days on the gym floor, with a clear plan before you walk in

30 DAYS

Complete daily guidance

15-30 MINUTES

Focused, repeatable sessions

BASIC EQUIPMENT

Use familiar, manageable loads

YOUR MONTH AT A GLANCE

Machine Full Body · Cardio Machine · Mobility & Stretch · Machine Lower Body · Complete Rest · Machine Upper Body · Active Recovery · Cardio Intervals · Full Body + Dumbbells · Lower Body + Dumbbells

START HERE

A month of gym sessions built on machines and light dumbbells, so nothing depends on advanced technique or a spotter. Each day names the stations to visit and the order to visit them in, which keeps a session under thirty minutes even when the gym is busy.

WHO THIS IS FOR

Adults with access to a standard gym who feel unsure what to do once they are there, and who want machine-based sessions with a simple, repeatable structure.

EQUIPMENT

Gym access with common machines - leg press, seated row, lat pulldown, chest press, cable column - and light dumbbells, plus a treadmill, bike, or rower. Home alternative: replace each machine with the bodyweight version listed in the modifications section.

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

- Warm up for five minutes on a bike or treadmill before every session.
- Pick a weight that lets you finish every repetition in control and leaves two repetitions in reserve.
- If a machine is taken, do the next exercise and come back.
- Keep the rest days as written.

FIVE-MINUTE WARM-UP

3 minutes	Easy bike, treadmill walk, or rower	Settle into an easy rhythm
1 minute	Arm circles, shoulder rolls, wall slides	Loosen the upper body
1 minute	Bodyweight squats and hip hinges	Move the hips comfortably
Half load	One light set of the first exercise of the day	Keep the depth pain-free

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 Machine Full Body RPE 4/10	2 Cardio Machine RPE 4/10	3 Mobility & Stretch RPE 2/10	4 Machine Lower Body RPE 5/10	5 Complete Rest RPE 1/10
6 Machine Upper Body RPE 5/10	7 Active Recovery RPE 2/10	8 Machine Full Body RPE 5/10	9 Cardio Intervals RPE 5/10	10 Mobility & Stretch RPE 2/10
11 Machine Lower Body RPE 5/10	12 Complete Rest RPE 1/10	13 Machine Upper Body RPE 5/10	14 Active Recovery RPE 2/10	15 Full Body + Dumbbells RPE 6/10
16 Cardio Intervals RPE 6/10	17 Mobility & Stretch RPE 2/10	18 Lower Body + Dumbbells RPE 6/10	19 Complete Rest RPE 1/10	20 Upper Body + Core RPE 6/10
21 Active Recovery RPE 2/10	22 Full Body + Dumbbells RPE 6/10	23 Cardio Intervals RPE 6/10	24 Mobility & Stretch RPE 2/10	25 Lower Body + Dumbbells RPE 6/10
26 Complete Rest RPE 1/10	27 Upper Body + Core RPE 6/10	28 Active Recovery RPE 2/10	29 Gym Benchmark RPE 6/10	30 Reflect & Restore RPE 2/10

Days 1-6

Complete session details

1

Machine Full Body

Exercises

Leg press; chest press machine; seated row; cable or dumbbell curl

Dose

2 x 12; 2 x 12; 2 x 12; 2 x 12

Rest

60 sec between sets

Intensity

Easy-moderate · RPE 4/10

2

Cardio Machine

Exercises

Treadmill walk, bike, or rower at a talkable pace

Dose

20 min steady

Rest

Pause as needed

Intensity

Easy-moderate · RPE 4/10

3

Mobility & Stretch

Exercises

Cat-cow; hip openers; thoracic rotations on a bench; hamstring and calf stretch

Dose

45 sec each; 2 passes

Rest

15 sec between moves

Intensity

Very easy · RPE 2/10

4

Machine Lower Body

Exercises

Leg press; seated leg curl; seated leg extension; standing calf raise

Dose

2 x 12; 2 x 12; 2 x 12; 2 x 15

Rest

60 sec between sets

Intensity

Moderate · RPE 5/10

5

Complete Rest

Exercises

No planned exercise; optional short walk

Dose

No structured workout

Rest

Full recovery day

Intensity

Rest · RPE 1/10

6

Machine Upper Body

Exercises

Lat pulldown; chest press machine; seated row; cable triceps pushdown

Dose

2 x 12; 2 x 12; 2 x 12; 2 x 12

Rest

60 sec between sets

Intensity

Moderate · RPE 5/10

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4 / 11

Days 7-12

Complete session details

Active Recovery

Exercises Easy treadmill walk; full-body stretch; slow breathing

7

Dose
15 min walk + 5 min stretch

Rest
Pause freely

Intensity
Very easy · RPE 2/10

Machine Full Body

Exercises Leg press; chest press machine; seated row; cable or dumbbell curl

8

Dose
3 x 12; 3 x 12; 3 x 12; 2 x 12

Rest
60 sec between sets

Intensity
Moderate · RPE 5/10

Cardio Intervals

Exercises Bike or treadmill with faster sections

9

Dose
22 min total; 5 x 60 sec faster

Rest
90 sec easy after each effort

Intensity
Moderate · RPE 5/10

Mobility & Stretch

Exercises Cat-cow; hip openers; thoracic rotations on a bench; hamstring and calf stretch

10

Dose
45 sec each; 2 passes

Rest
15 sec between moves

Intensity
Very easy · RPE 2/10

Machine Lower Body

Exercises Leg press; seated leg curl; seated leg extension; standing calf raise

11

Dose
3 x 12; 3 x 12; 3 x 12; 3 x 15

Rest
60 sec between sets

Intensity
Moderate · RPE 5/10

Complete Rest

Exercises No planned exercise; optional short walk

12

Dose
No structured workout

Rest
Full recovery day

Intensity
Rest · RPE 1/10

Days 13-18

Complete session details

Machine Upper Body

Exercises Lat pulldown; chest press machine; seated row; cable triceps pushdown

13

Dose
3 x 12; 3 x 12; 3 x 12; 2 x 12

Rest
60 sec between sets

Intensity
Moderate · RPE 5/10

Active Recovery

Exercises Easy treadmill walk; full-body stretch; slow breathing

14

Dose
15 min walk + 5 min stretch

Rest
Pause freely

Intensity
Very easy · RPE 2/10

Full Body + Dumbbells

Exercises Leg press; dumbbell goblet squat; chest press machine; seated row

15

Dose
3 x 10; 2 x 10; 3 x 10; 3 x 10

Rest
75 sec between sets

Intensity
Moderate · RPE 6/10

Cardio Intervals

Exercises Bike, rower, or treadmill with faster sections

16

Dose
24 min total; 6 x 60 sec faster

Rest
90 sec easy after each effort

Intensity
Moderate · RPE 6/10

Mobility & Stretch

Exercises Cat-cow; hip openers; thoracic rotations on a bench; hamstring and calf stretch

17

Dose
50 sec each; 2 passes

Rest
15 sec between moves

Intensity
Very easy · RPE 2/10

Lower Body + Dumbbells

Exercises Leg press; dumbbell split squat; seated leg curl; standing calf raise

18

Dose
3 x 10; 2 x 8/side; 3 x 12; 3 x 15

Rest
75 sec between sets

Intensity
Moderate · RPE 6/10

Days 19-24

Complete session details

Complete Rest

Exercises No planned exercise; optional short walk

19

Dose
No structured workout

Rest
Full recovery day

Intensity
Rest · RPE 1/10

Upper Body + Core

Exercises Lat pulldown; chest press machine; seated row; cable rotations; plank

20

Dose
3 x 10; 3 x 10; 3 x 10; 2 x 10/side; 3 x 25 sec

Rest
75 sec between sets

Intensity
Moderate · RPE 6/10

Active Recovery

Exercises Easy bike or treadmill walk; full-body stretch; slow breathing

21

Dose
18 min + 5 min stretch

Rest
Pause freely

Intensity
Very easy · RPE 2/10

Full Body + Dumbbells

Exercises Leg press; dumbbell goblet squat; chest press machine; seated row

22

Dose
3 x 10; 3 x 10; 3 x 10; 3 x 12

Rest
75 sec between sets

Intensity
Moderate · RPE 6/10

Cardio Intervals

Exercises Bike, rower, or treadmill with faster sections

23

Dose
25 min total; 7 x 60 sec faster

Rest
90 sec easy after each effort

Intensity
Moderate · RPE 6/10

Mobility & Stretch

Exercises Cat-cow; hip openers; thoracic rotations on a bench; hamstring and calf stretch

24

Dose
50 sec each; 2 passes

Rest
15 sec between moves

Intensity
Very easy · RPE 2/10

Days 25-30

Complete session details

25	Lower Body + Dumbbells Exercises Leg press; dumbbell split squat; seated leg curl; standing calf raise Dose 3 x 12; 3 x 8/side; 3 x 12; 3 x 18 Rest 75 sec between sets Intensity Moderate · RPE 6/10
26	Complete Rest Exercises No planned exercise; optional short walk Dose No structured workout Rest Full recovery day Intensity Rest · RPE 1/10
27	Upper Body + Core Exercises Lat pulldown; chest press machine; seated row; cable rotations; plank Dose 3 x 12; 3 x 12; 3 x 12; 2 x 12/side; 3 x 30 sec Rest 75 sec between sets Intensity Moderate · RPE 6/10
28	Active Recovery Exercises Easy bike or treadmill walk; full-body stretch; slow breathing Dose 18 min + 5 min stretch Rest Pause freely Intensity Very easy · RPE 2/10
29	Gym Benchmark Exercises Leg press; chest press machine; seated row - record weight used for 10 controlled reps Dose 2 x 10 each, recorded Rest 90 sec between sets Intensity Moderate · RPE 6/10
30	Reflect & Restore Exercises Easy cardio machine; mobility of your choice; monthly review Dose 15 min + 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 bike, treadmill walk, or rower	3 minutes	Raise body temperature without rushing
Minute 2	Arm circles, shoulder rolls, wall slides	1 minute	Free the shoulders and upper back
Minute 3	Bodyweight squats and hip hinges	1 minute	Prepare hips and comfortable depth
Minute 4	One light set of the first exercise of the day	as written, at half the working weight	Mobilise ankles and lower legs

BEGINNER MODIFICATIONS

- Use the lightest plate that still feels like work and stay there for two weeks.
- Drop to two sets on every exercise and keep the same days.
- Home alternative: leg press → bodyweight squats; chest press → incline push-ups; seated row → towel rows; lat pulldown → prone back extensions; leg curl → glute bridges; calf raise → standing calf raise.
- Replace dumbbell split squats with supported split squats holding a rack.
- Cut cardio to 12-15 minutes.

OPTIONAL PROGRESSIONS

- Add one set before adding weight.
- Increase load by the smallest available increment once all sets stay within the listed RPE.
- Slow the lowering phase to three seconds before increasing weight.
- Add one interval per week rather than lengthening every effort.
- Progress only after every repetition stays steady and pain-free.

PRACTICAL MOVEMENT SUBSTITUTIONS

Heavy load	Reduce weight and keep the same movement
Split squat	Use a supported reverse toe tap
Floor press	Use a machine or incline push-up

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. Ask gym staff to check machine setup if you are unsure. 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](#).