

Home Workout Calendar

Thirty space-friendly sessions designed for everyday living rooms

30 DAYS

Complete daily guidance

15–30 MIN

Beginner-friendly sessions

NO EQUIPMENT

Simple options included

YOUR MONTH AT A GLANCE

Living-Room Circuit · Quiet Cardio · Small-Space Mobility · Chair Strength · Floor-or-Standing Core · At-Home Recovery · Complete Rest · Home Upper Body · ...

Home Workout Calendar

START HERE

Train at home with quiet, low-impact moves and simple furniture-supported options. Each session fits a small clear floor area.

WHO THIS IS FOR

Beginner adults exercising at home who want minimal noise, minimal space, and no specialist equipment.

EQUIPMENT

A sturdy chair, wall, and clear floor space. Optional: towel, mat, backpack with a light load, or water bottles.

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 calendar overview

Tick the box after each completed day

1 Living-Room Circuit RPE 4/10 ☐	2 Quiet Cardio RPE 4/10 ☐	3 Small-Space Mobility RPE 2/10 ☐	4 Chair Strength RPE 4/10 ☐	5 Floor-or-Standing Core RPE 4/10 ☐
6 At-Home Recovery RPE 2/10 ☐	7 Complete Rest RPE 1/10 ☐	8 Home Upper Body RPE 4/10 ☐	9 Quiet Cardio RPE 4/10 ☐	10 Small-Space Mobility RPE 2/10 ☐
11 Home Lower Body RPE 4/10 ☐	12 Floor-or-Standing Core RPE 4/10 ☐	13 At-Home Recovery RPE 2/10 ☐	14 Complete Rest RPE 1/10 ☐	15 Home Circuit Plus RPE 5/10 ☐
16 Step-Up Alternative RPE 5/10 ☐	17 Small-Space Mobility RPE 2/10 ☐	18 Home Upper Body RPE 4/10 ☐	19 Home Core Plus RPE 5/10 ☐	20 At-Home Recovery RPE 2/10 ☐
21 Complete Rest RPE 1/10 ☐	22 Lower Body Plus RPE 5/10 ☐	23 Quiet Cardio RPE 4/10 ☐	24 Small-Space Mobility RPE 2/10 ☐	25 Home Circuit Plus RPE 5/10 ☐
26 Home Core Plus RPE 5/10 ☐	27 At-Home Recovery RPE 2/10 ☐	28 Complete Rest RPE 1/10 ☐	29 Favorite-Moves Circuit RPE 5/10 ☐	30 Home Routine Review RPE 2/10 ☐

Living-Room Circuit

1

Exercises Chair squats; wall push-ups; step-touch; standing knee drives

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

Rest
45 sec between rounds

Intensity
Easy-moderate · RPE 4/10

Quiet Cardio

2

Exercises Low march; step-touch; toe taps; controlled knee lifts

Dose
5 × 3 min; rotate every minute

Rest
30 sec between blocks

Intensity
Easy-moderate · RPE 4/10

Small-Space Mobility

3

Exercises Wall slides; hip circles; chair hip hinge; calf stretch; open-book turn

Dose
45 sec each; repeat once

Rest
15 sec transitions

Intensity
Very easy · RPE 2/10

Chair Strength

4

Exercises Sit-to-stands; seated knee extensions; chair-supported calf raises; seated marches

Dose
2 rounds: 10; 8/side; 12; 30 sec

Rest
45 sec between rounds

Intensity
Easy-moderate · RPE 4/10

Floor-or-Standing Core

5

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

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

Rest
45 sec between rounds

Intensity
Easy-moderate · RPE 4/10

At-Home Recovery

6

Exercises Walk around home; gentle wall stretch; slow breathing

Dose
12 min movement + 5 min stretch

Rest
Pause freely

Intensity
Very easy · RPE 2/10

Days 7–12

Complete session details

Complete Rest

7

Exercises No planned workout; tidy the exercise area for the next week

Dose
Recovery only

Rest
Full recovery day

Intensity
Rest · RPE 1/10

Home Upper Body

8

Exercises Counter push-ups; backpack rows; towel pull-aparts; wall angels

Dose
2 rounds: 8; 10; 12; 8

Rest
45 sec between rounds

Intensity
Easy-moderate · RPE 4/10

Quiet Cardio

9

Exercises Low march; step-touch; toe taps; controlled knee lifts

Dose
5 × 3 min; rotate every minute

Rest
30 sec between blocks

Intensity
Easy-moderate · RPE 4/10

Small-Space Mobility

10

Exercises Wall slides; hip circles; chair hip hinge; calf stretch; open-book turn

Dose
45 sec each; repeat once

Rest
15 sec transitions

Intensity
Very easy · RPE 2/10

Home Lower Body

11

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

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

Rest
50 sec between rounds

Intensity
Easy-moderate · RPE 4/10

Floor-or-Standing Core

12

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

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

Rest
45 sec between rounds

Intensity
Easy-moderate · RPE 4/10

Days 13–18

Complete session details

At-Home Recovery

Exercises Walk around home; gentle wall stretch; slow breathing

13

Dose
12 min movement + 5 min stretch

Rest
Pause freely

Intensity
Very easy · RPE 2/10

Complete Rest

Exercises No planned workout; tidy the exercise area for the next week

14

Dose
Recovery only

Rest
Full recovery day

Intensity
Rest · RPE 1/10

Home Circuit Plus

Exercises Chair squats; incline push-ups; reverse taps; backpack rows

15

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

Rest
50 sec between rounds

Intensity
Moderate · RPE 5/10

Step-Up Alternative

Exercises Bottom-stair step-ups or low knee drives; side steps; heel digs

16

Dose
8 × 60 sec work + 30 sec easy

Rest
30 sec easy movement

Intensity
Moderate · RPE 5/10

Small-Space Mobility

Exercises Wall slides; hip circles; chair hip hinge; calf stretch; open-book turn

17

Dose
45 sec each; repeat once

Rest
15 sec transitions

Intensity
Very easy · RPE 2/10

Home Upper Body

Exercises Counter push-ups; backpack rows; towel pull-aparts; wall angels

18

Dose
2 rounds: 8; 10; 12; 8

Rest
45 sec between rounds

Intensity
Easy-moderate · RPE 4/10

Days 19–24

Complete session details

Home Core Plus

19

Exercises Bird dogs; dead bugs; slow mountain climbers to chair; knee plank

Dose
3 rounds: 8/side; 8/side; 10/side; 25 sec

Rest
45 sec between rounds

Intensity
Moderate · RPE 5/10

At-Home Recovery

20

Exercises Walk around home; gentle wall stretch; slow breathing

Dose
12 min movement + 5 min stretch

Rest
Pause freely

Intensity
Very easy · RPE 2/10

Complete Rest

21

Exercises No planned workout; tidy the exercise area for the next week

Dose
Recovery only

Rest
Full recovery day

Intensity
Rest · RPE 1/10

Lower Body Plus

22

Exercises Backpack squats or bodyweight; reverse lunges; bridges; calf raises

Dose
3 rounds: 10; 8/side; 12; 15

Rest
50 sec between rounds

Intensity
Moderate · RPE 5/10

Quiet Cardio

23

Exercises Low march; step-touch; toe taps; controlled knee lifts

Dose
5 × 3 min; rotate every minute

Rest
30 sec between blocks

Intensity
Easy-moderate · RPE 4/10

Small-Space Mobility

24

Exercises Wall slides; hip circles; chair hip hinge; calf stretch; open-book turn

Dose
45 sec each; repeat once

Rest
15 sec transitions

Intensity
Very easy · RPE 2/10

Days 25–30

Complete session details

Home Circuit Plus

25

Exercises Chair squats; incline push-ups; reverse taps; backpack rows

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

Rest
50 sec between rounds

Intensity
Moderate · RPE 5/10

Home Core Plus

26

Exercises Bird dogs; dead bugs; slow mountain climbers to chair; knee plank

Dose
3 rounds: 8/side; 8/side; 10/side; 25 sec

Rest
45 sec between rounds

Intensity
Moderate · RPE 5/10

At-Home Recovery

27

Exercises Walk around home; gentle wall stretch; slow breathing

Dose
12 min movement + 5 min stretch

Rest
Pause freely

Intensity
Very easy · RPE 2/10

Complete Rest

28

Exercises No planned workout; tidy the exercise area for the next week

Dose
Recovery only

Rest
Full recovery day

Intensity
Rest · RPE 1/10

Favorite-Moves Circuit

29

Exercises Choose four favorite strength/cardio moves from the month

Dose
3 rounds: 40 sec each move

Rest
20 sec between moves; 60 sec between rounds

Intensity
Moderate · RPE 5/10

Home Routine Review

30

Exercises Easy indoor walk; gentle stretch; note best space, time, and duration

Dose
12 min walk + 10 min review

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

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. 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](#).