

Monthly Fitness Calendar

A full month of training, organised in four themed weeks

30 DAYS

Complete daily guidance

15-30 MINUTES

Focused, repeatable sessions

NO EQUIPMENT

Simple options included

YOUR MONTH AT A GLANCE

Week 1 Foundation · Full Body · Week 1 Foundation · Walk · Week 1 Foundation · Mobility · Week 1 Foundation · Lower Body · Week 1 Foundation · Complete Rest · Week 1 Foundation · Upper & Core · Week 1 Foundation · Active Recovery · Week 2 Build · Full Body · Week 2 Build · Walk with Pickups · Week 2 Build · Mobility

START HERE

One month laid out as four blocks with a clear purpose each: build the base, add volume, meet a controlled challenge, then consolidate. Sessions stay short and equipment-free, and the last two days close the month with a benchmark and a review.

WHO THIS IS FOR

Adults who like to see a whole month on one page and want each week to have an identifiable purpose rather than a flat repetition of the same load.

EQUIPMENT

None. Optional: a mat or towel, a stable chair, and a step for elevated push-ups.

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

- Print the month, pin it somewhere visible, and tick each day as you go.
- Warm up for five minutes before every session.
- Week 3 is the busiest block and Week 4 deliberately lighter - resist swapping them.
- Keep every rest 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 Week 1 Foundation · Full Body RPE 4/10	2 Week 1 Foundation · Walk RPE 3/10	3 Week 1 Foundation · Mobility RPE 2/10	4 Week 1 Foundation · Lower Body RPE 4/10	5 Week 1 Foundation · Complete Rest RPE 1/10
6 Week 1 Foundation · Upper & Core RPE 4/10	7 Week 1 Foundation · Active Recovery RPE 2/10	8 Week 2 Build · Full Body RPE 5/10	9 Week 2 Build · Walk with Pickups RPE 5/10	10 Week 2 Build · Mobility RPE 2/10
11 Week 2 Build · Lower Body RPE 5/10	12 Week 2 Build · Complete Rest RPE 1/10	13 Week 2 Build · Upper & Core RPE 5/10	14 Week 2 Build · Active Recovery RPE 2/10	15 Week 3 Challenge · Full-Body Circuit RPE 6/10
16 Week 3 Challenge · Interval Walk RPE 6/10	17 Week 3 Challenge · Mobility RPE 2/10	18 Week 3 Challenge · Lower Body RPE 6/10	19 Week 3 Challenge · Complete Rest RPE 1/10	20 Week 3 Challenge · Upper & Core RPE 6/10
21 Week 3 Challenge · Active Recovery RPE 2/10	22 Week 4 Consolidate · Full Body RPE 5/10	23 Week 4 Consolidate · Steady Walk RPE 4/10	24 Week 4 Consolidate · Mobility RPE 2/10	25 Week 4 Consolidate · Lower Body RPE 5/10
26 Week 4 Consolidate · Complete Rest RPE 1/10	27 Week 4 Consolidate · Upper & Core RPE 5/10	28 Week 4 Consolidate · Active Recovery RPE 2/10	29 Month Benchmark RPE 6/10	30 Month Review & Restore RPE 2/10

Days 1-6

Complete session details

Week 1 Foundation • Full Body

Exercises Squats; incline push-ups; glute bridges; dead bugs

1

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

Rest
60 sec between rounds

Intensity
Easy • RPE 4/10

Week 1 Foundation • Walk

Exercises Comfortable walk or indoor march

2

Dose
20 min continuous

Rest
Pause as needed

Intensity
Easy • RPE 3/10

Week 1 Foundation • Mobility

Exercises Cat-cow; hip openers; thoracic rotations; hamstring sweeps

3

Dose
45 sec each; 2 passes

Rest
15 sec between moves

Intensity
Very easy • RPE 2/10

Week 1 Foundation • Lower Body

Exercises Split squats; glute bridges; calf raises; wall sit

4

Dose
2 rounds: 8/side; 12; 15; 25 sec

Rest
60 sec between rounds

Intensity
Easy-moderate • RPE 4/10

Week 1 Foundation • Complete Rest

Exercises No planned exercise; optional short stroll

5

Dose
No structured workout

Rest
Full recovery day

Intensity
Rest • RPE 1/10

Week 1 Foundation • Upper & Core

Exercises Incline push-ups; towel rows; bird dogs; side plank

6

Dose
2 rounds: 8; 10; 8/side; 15 sec/side

Rest
55 sec between rounds

Intensity
Easy-moderate • RPE 4/10

Days 7-12

Complete session details

Week 1 Foundation · Active Recovery

7

Exercises Easy walk; stretch; slow breathing

Dose
15 min walk + 5 min stretch

Rest
Pause freely

Intensity
Very easy · RPE 2/10

Week 2 Build · Full Body

8

Exercises Squats; incline push-ups; glute bridges; dead bugs

Dose
3 rounds: 12; 10; 14; 10/side

Rest
55 sec between rounds

Intensity
Moderate · RPE 5/10

Week 2 Build · Walk with Pickups

9

Exercises Brisk walk with faster sections

Dose
22 min total; 4 x 45 sec brisk

Rest
90 sec easy after each pickup

Intensity
Moderate · RPE 5/10

Week 2 Build · Mobility

10

Exercises Cat-cow; hip openers; thoracic rotations; hamstring sweeps

Dose
45 sec each; 2 passes

Rest
15 sec between moves

Intensity
Very easy · RPE 2/10

Week 2 Build · Lower Body

11

Exercises Split squats; hip hinges; calf raises; wall sit

Dose
3 rounds: 10/side; 12; 18; 30 sec

Rest
55 sec between rounds

Intensity
Moderate · RPE 5/10

Week 2 Build · 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

Week 2 Build · Upper & Core			
13	Exercises	Incline push-ups; towel rows; bird dogs; side plank	
	Dose	3 rounds: 10; 12; 10/side; 20 sec/side	
	Rest	55 sec between rounds	Intensity Moderate · RPE 5/10
Week 2 Build · Active Recovery			
14	Exercises	Easy walk; stretch; slow breathing	
	Dose	15 min walk + 5 min stretch	
	Rest	Pause freely	Intensity Very easy · RPE 2/10
Week 3 Challenge · Full-Body Circuit			
15	Exercises	Squats; push-ups on floor or step; glute bridges; step-touch	
	Dose	4 rounds: 12; 10; 14; 40 sec	
	Rest	45 sec between rounds	Intensity Moderate · RPE 6/10
Week 3 Challenge · Interval Walk			
16	Exercises	Brisk walk with six faster sections	
	Dose	24 min total; 6 x 45 sec brisk	
	Rest	75 sec easy after each pickup	Intensity Moderate · RPE 6/10
Week 3 Challenge · Mobility			
17	Exercises	Cat-cow; hip openers; thoracic rotations; hamstring sweeps; calf stretch	
	Dose	50 sec each; 2 passes	
	Rest	15 sec between moves	Intensity Very easy · RPE 2/10
Week 3 Challenge · Lower Body			
18	Exercises	Split squats; hip hinges; calf raises; wall sit	
	Dose	4 rounds: 10/side; 14; 20; 35 sec	
	Rest	50 sec between rounds	Intensity Moderate · RPE 6/10

Days 19-24

Complete session details

Week 3 Challenge · Complete Rest

19

Exercises No planned exercise; optional short stroll

Dose
No structured workout

Rest
Full recovery day

Intensity
Rest · RPE 1/10

Week 3 Challenge · Upper & Core

20

Exercises Push-ups on floor or step; towel rows; bird dogs; hollow hold

Dose
4 rounds: 10; 14; 10/side; 20 sec

Rest
50 sec between rounds

Intensity
Moderate · RPE 6/10

Week 3 Challenge · Active Recovery

21

Exercises Easy walk; stretch; slow breathing

Dose
18 min walk + 6 min stretch

Rest
Pause freely

Intensity
Very easy · RPE 2/10

Week 4 Consolidate · Full Body

22

Exercises Squats; push-ups on floor or step; glute bridges; dead bugs

Dose
3 rounds: 14; 10; 16; 12/side

Rest
55 sec between rounds

Intensity
Moderate · RPE 5/10

Week 4 Consolidate · Steady Walk

23

Exercises Comfortable walk at a talkable pace

Dose
25 min continuous

Rest
Pause as needed

Intensity
Easy-moderate · RPE 4/10

Week 4 Consolidate · Mobility

24

Exercises Cat-cow; hip openers; thoracic rotations; hamstring sweeps; calf stretch

Dose
50 sec each; 2 passes

Rest
15 sec between moves

Intensity
Very easy · RPE 2/10

Days 25-30

Complete session details

Week 4 Consolidate · Lower Body

Exercises Split squats; hip hinges; calf raises; glute bridges

25

Dose 3 rounds: 10/side; 14; 20; 16

Rest 55 sec between rounds

Intensity Moderate · RPE 5/10

Week 4 Consolidate · Complete Rest

Exercises No planned exercise; optional short stroll

26

Dose No structured workout

Rest Full recovery day

Intensity Rest · RPE 1/10

Week 4 Consolidate · Upper & Core

Exercises Push-ups on floor or step; towel rows; bird dogs; side plank

27

Dose 3 rounds: 10; 14; 10/side; 25 sec/side

Rest 55 sec between rounds

Intensity Moderate · RPE 5/10

Week 4 Consolidate · Active Recovery

Exercises Easy walk; stretch; slow breathing

28

Dose 18 min walk + 6 min stretch

Rest Pause freely

Intensity Very easy · RPE 2/10

Month Benchmark

Exercises Squats; push-ups; glute bridges; plank hold

29

Dose 3 rounds: controlled reps for 40 sec each

Rest 60 sec between rounds

Intensity Moderate · RPE 6/10

Month Review & Restore

Exercises Easy walk; mobility of your choice; complete the monthly review

30

Dose 15 min walk + 10 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

- Run Week 3 at the Week 2 dose and keep everything else unchanged.
- Use wall or incline push-ups throughout.
- Hold a chair for balance during split squats.
- Remove the fourth exercise from any circuit.
- Shorten walks to 12-15 minutes.

OPTIONAL PROGRESSIONS

- Add one round to the Week 3 circuits only if Week 2 stayed within the listed RPE.
- Extend the steady walk by 5 minutes before adding pickups.
- Add 10 seconds to holds each week rather than changing the exercise.
- Repeat the month with Week 2 as the new starting dose.
- 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.