

No Equipment Workout Calendar

Thirty days of bodyweight training with nothing to buy and nothing to carry

30 DAYS

Complete daily guidance

15-30 MINUTES

Focused, repeatable sessions

NO EQUIPMENT

Simple options included

YOUR MONTH AT A GLANCE

Bodyweight Full Body · Low-Impact Cardio · Floor Mobility · Bodyweight Legs · Complete Rest · Bodyweight Push & Pull · Active Recovery · Bodyweight Core · Bodyweight Circuit · Low-Impact Intervals

START HERE

Every session uses your own bodyweight and the space of a bath towel. No mat, no bands, no dumbbells, no chair required. The plan rotates push, pull-style, lower-body, core, and low-impact cardio work so nothing is neglected despite the absence of equipment.

WHO THIS IS FOR

Adults training in hotel rooms, small flats, or shared spaces, and anyone who wants a plan that never depends on a purchase or a gym.

EQUIPMENT

Nothing at all. A towel or carpet makes floor work more comfortable but is not required, and a wall is used for support in several exercises.

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

- Follow the days in order and warm up for five minutes each time.
- Every exercise has a floor and a standing version so the session works in any space.
- Keep the RPE as a ceiling, keep rest days as written, and resume where you left off after a missed day.

FIVE-MINUTE WARM-UP

1 minute	March or step-touch in place	Settle into an easy rhythm
1 minute	Arm circles and shoulder rolls	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 light knee lifts	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 Bodyweight Full Body RPE 4/10	2 Low-Impact Cardio RPE 4/10	3 Floor Mobility RPE 2/10	4 Bodyweight Legs RPE 4/10	5 Complete Rest RPE 1/10
6 Bodyweight Push & Pull RPE 4/10	7 Active Recovery RPE 2/10	8 Bodyweight Full Body RPE 5/10	9 Low-Impact Cardio RPE 5/10	10 Floor Mobility RPE 2/10
11 Bodyweight Legs RPE 5/10	12 Complete Rest RPE 1/10	13 Bodyweight Core RPE 5/10	14 Active Recovery RPE 2/10	15 Bodyweight Circuit RPE 6/10
16 Low-Impact Intervals RPE 6/10	17 Floor Mobility RPE 2/10	18 Bodyweight Legs Plus RPE 6/10	19 Complete Rest RPE 1/10	20 Bodyweight Push & Pull RPE 6/10
21 Active Recovery RPE 2/10	22 Bodyweight Circuit RPE 6/10	23 Low-Impact Intervals RPE 6/10	24 Floor Mobility RPE 2/10	25 Bodyweight Legs Plus RPE 6/10
26 Complete Rest RPE 1/10	27 Bodyweight Core RPE 6/10	28 Active Recovery RPE 2/10	29 Bodyweight Benchmark RPE 6/10	30 Reflect & Restore RPE 2/10

Days 1-6

Complete session details

Bodyweight Full Body

Exercises Squats; wall push-ups; glute bridges; standing knee lifts

1

Dose
2 rounds: 10; 10; 12; 30 sec

Rest
60 sec between rounds

Intensity
Easy · RPE 4/10

Low-Impact Cardio

Exercises Step-touch; standing marches; slow skaters; toe taps

2

Dose
4 rounds: 45 sec each move

Rest
45 sec between rounds

Intensity
Easy-moderate · RPE 4/10

Floor Mobility

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

3

Dose
45 sec each; 2 passes

Rest
15 sec between moves

Intensity
Very easy · RPE 2/10

Bodyweight Legs

Exercises Squats; reverse lunges; glute bridges; calf raises

4

Dose
2 rounds: 12; 6/side; 14; 15

Rest
60 sec between rounds

Intensity
Easy-moderate · RPE 4/10

Complete Rest

Exercises No planned exercise; optional short stroll

5

Dose
No structured workout

Rest
Full recovery day

Intensity
Rest · RPE 1/10

Bodyweight Push & Pull

Exercises Wall push-ups; wall slides; prone back extensions; superman holds

6

Dose
2 rounds: 10; 10; 10; 15 sec

Rest
55 sec between rounds

Intensity
Easy-moderate · RPE 4/10

Days 7-12

Complete session details

Active Recovery

Exercises Easy walk or indoor march; full-body stretch; slow breathing

7

Dose 15 min movement + 5 min stretch

Rest Pause freely

Intensity Very easy · RPE 2/10

Bodyweight Full Body

Exercises Squats; incline push-ups against a wall or counter; glute bridges; knee lifts

8

Dose 3 rounds: 12; 10; 14; 40 sec

Rest 60 sec between rounds

Intensity Moderate · RPE 5/10

Low-Impact Cardio

Exercises Step-touch; marches; skaters; toe taps

9

Dose 5 rounds: 45 sec each move

Rest 45 sec between rounds

Intensity Moderate · RPE 5/10

Floor Mobility

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

10

Dose 45 sec each; 2 passes

Rest 15 sec between moves

Intensity Very easy · RPE 2/10

Bodyweight Legs

Exercises Squats; reverse lunges; glute bridges; calf raises

11

Dose 3 rounds: 12; 8/side; 16; 18

Rest 60 sec between rounds

Intensity Moderate · RPE 5/10

Complete Rest

Exercises No planned exercise; optional short stroll

12

Dose No structured workout

Rest Full recovery day

Intensity Rest · RPE 1/10

Days 13-18

Complete session details

13

Bodyweight Core

Exercises

Dead bugs; bird dogs; side plank; hollow hold

Dose

3 rounds: 8/side; 8/side; 15 sec/side; 15 sec

Rest

50 sec between rounds

Intensity

Moderate · RPE 5/10

14

Active Recovery

Exercises

Easy walk or indoor march; full-body stretch; slow breathing

Dose

15 min movement + 5 min stretch

Rest

Pause freely

Intensity

Very easy · RPE 2/10

15

Bodyweight Circuit

Exercises

Squats; knee or floor push-ups; glute bridges; step-touch

Dose

3 rounds: 14; 8; 16; 45 sec

Rest

50 sec between rounds

Intensity

Moderate · RPE 6/10

16

Low-Impact Intervals

Exercises

Fast marches; skaters; step-touch; toe taps

Dose

6 x 40 sec work

Rest

40 sec easy march between efforts

Intensity

Moderate · RPE 6/10

17

Floor Mobility

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

18

Bodyweight Legs Plus

Exercises

Squats; reverse lunges; single-leg glute bridges; wall sit

Dose

3 rounds: 16; 8/side; 8/side; 30 sec

Rest

55 sec between rounds

Intensity

Moderate · RPE 6/10

Days 19-24

[Complete session details](#)

Complete Rest

Exercises No planned exercise; optional short stroll

19

Dose
No structured workout**Rest**
Full recovery day**Intensity**
Rest · RPE 1/10

Bodyweight Push & Pull

Exercises Knee or floor push-ups; wall slides; prone back extensions; superman holds

20

Dose
3 rounds: 8; 12; 20 sec**Rest**
50 sec between rounds**Intensity**
Moderate · RPE 6/10

Active Recovery

Exercises Easy walk or indoor march; full-body stretch; slow breathing

21

Dose
18 min movement + 5 min stretch**Rest**
Pause freely**Intensity**
Very easy · RPE 2/10

Bodyweight Circuit

Exercises Squats; knee or floor push-ups; glute bridges; step-touch

22

Dose
4 rounds: 14; 8; 16; 45 sec**Rest**
45 sec between rounds**Intensity**
Moderate · RPE 6/10

Low-Impact Intervals

Exercises Fast marches; skaters; step-touch; toe taps

23

Dose
7 x 40 sec work**Rest**
40 sec easy march between efforts**Intensity**
Moderate · RPE 6/10

Floor Mobility

Exercises Cat-cow; hip openers; thoracic rotations; hamstring sweeps; 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](#)

Bodyweight Legs Plus

Exercises Squats; reverse lunges; single-leg glute bridges; wall sit

25

Dose

4 rounds: 16; 8/side; 8/side; 35 sec

Rest

50 sec between rounds

Intensity

Moderate · RPE 6/10

Complete Rest

Exercises No planned exercise; optional short stroll

26

Dose

No structured workout

Rest

Full recovery day

Intensity

Rest · RPE 1/10

Bodyweight Core

Exercises Dead bugs; bird dogs; side plank; hollow hold

27

Dose

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

Rest

45 sec between rounds

Intensity

Moderate · RPE 6/10

Active Recovery

Exercises Easy walk or indoor march; full-body stretch; slow breathing

28

Dose

18 min movement + 5 min stretch

Rest

Pause freely

Intensity

Very easy · RPE 2/10

Bodyweight Benchmark

Exercises Squats; push-ups at your usual height; glute bridges; plank hold

29

Dose

3 rounds: controlled reps for 40 sec each

Rest

60 sec between rounds

Intensity

Moderate · RPE 6/10

Reflect & Restore

Exercises Easy movement; favourite mobility moves; monthly review

30

Dose

15 min movement + 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 and shoulder rolls	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 light knee lifts	1 minute	Finish warmer while breathing steadily

BEGINNER MODIFICATIONS

- Keep wall push-ups for the whole month; height matters more than the name.

- Replace reverse lunges with split squats holding a wall.

- Reduce every round by 2-4 repetitions or shorten holds by 10 seconds.

- Do low-impact cardio at a marching pace with no skaters.

- Split any session into two blocks in the same day.

OPTIONAL PROGRESSIONS

- Lower the push-up height one step at a time: wall, counter, knees, floor.

- Add one round before adding repetitions.

- Slow the lowering phase of squats and push-ups to three seconds.

- Move from double-leg to single-leg glute bridges once form is stable.

- 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.