

Strength Training Calendar

A 30-day push, pull, and legs rotation for building strength from scratch

30 DAYS

Complete daily guidance

15-30 MINUTES

Focused, repeatable sessions

BASIC EQUIPMENT

Use familiar, manageable loads

YOUR MONTH AT A GLANCE

Push - Foundation · Cardio & Mobility · Pull - Foundation · Complete Rest · Legs - Foundation · Core & Carry · Active Recovery · Push - Build · Pull - Build · Legs - Build

START HERE

Three strength sessions a week on a push, pull, legs rotation, with cardio and mobility filling the gaps. Loads stay light and repetitions controlled: the aim of this month is a solid technique base and a repeatable rotation, not a personal record.

WHO THIS IS FOR

Adults new to structured strength work who want a clear split, and anyone returning to lifting after a break who needs a month of controlled volume before adding weight.

EQUIPMENT

A pair of light dumbbells or two filled water bottles, plus a towel for rows. Optional: a resistance band, a sturdy step, and a chair or bench. Everything can also be done with bodyweight only, as listed in the modifications.

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 and add one light set of the first exercise before starting.
- Choose a load that leaves two repetitions in reserve on every set.
- Rest the full time between sets - this is a strength plan, not a circuit.
- Keep the rest days as written and never train the same push, pull, or legs session two days in a row.

FIVE-MINUTE WARM-UP

2 minutes	March or easy walk in place	Settle into an easy rhythm
1 minute	Arm circles, shoulder rolls, wall slides	Loosen the upper body
1 minute	Hip hinges and bodyweight squats	Move the hips comfortably
1 minute	Band pull-aparts or towel pull-aparts	Keep the depth pain-free
Half load	One light set of the day's first exercise	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 Push - Foundation RPE 4/10	2 Cardio & Mobility RPE 3/10	3 Pull - Foundation RPE 4/10	4 Complete Rest RPE 1/10	5 Legs - Foundation RPE 5/10
6 Core & Carry RPE 4/10	7 Active Recovery RPE 2/10	8 Push - Build RPE 5/10	9 Cardio & Mobility RPE 5/10	10 Pull - Build RPE 5/10
11 Complete Rest RPE 1/10	12 Legs - Build RPE 5/10	13 Core & Carry RPE 5/10	14 Active Recovery RPE 2/10	15 Push - Load RPE 6/10
16 Cardio & Mobility RPE 6/10	17 Pull - Load RPE 6/10	18 Complete Rest RPE 1/10	19 Legs - Load RPE 6/10	20 Core & Carry RPE 6/10
21 Active Recovery RPE 2/10	22 Push - Consolidate RPE 6/10	23 Cardio & Mobility RPE 6/10	24 Pull - Consolidate RPE 6/10	25 Complete Rest RPE 1/10
26 Legs - Consolidate RPE 6/10	27 Core & Carry RPE 6/10	28 Active Recovery RPE 2/10	29 Strength Benchmark RPE 6/10	30 Reflect & Restore RPE 2/10

Days 1-6

Complete session details

Push - Foundation

Exercises Dumbbell floor press; incline push-ups; overhead press; triceps extension

1

Dose
2 x 10; 2 x 8; 2 x 10; 2 x 10

Rest
75 sec between sets

Intensity
Easy-moderate · RPE 4/10

Cardio & Mobility

Exercises Brisk walk; cat-cow; hip openers; thoracic rotations

2

Dose
20 min walk + 5 min mobility

Rest
Pause as needed

Intensity
Easy · RPE 3/10

Pull - Foundation

Exercises Towel rows; single-arm dumbbell row; prone back extensions; dumbbell curl

3

Dose
2 x 10; 2 x 10/side; 2 x 12; 2 x 10

Rest
75 sec between sets

Intensity
Easy-moderate · RPE 4/10

Complete Rest

Exercises No planned exercise; optional short walk

4

Dose
No structured workout

Rest
Full recovery day

Intensity
Rest · RPE 1/10

Legs - Foundation

Exercises Goblet squat; dumbbell hip hinge; split squat; calf raises

5

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

Rest
75 sec between sets

Intensity
Moderate · RPE 5/10

Core & Carry

Exercises Dead bugs; side plank; suitcase carry; bird dogs

6

Dose
2 rounds: 10/side; 20 sec/side; 30 sec/side; 10/side

Rest
60 sec between rounds

Intensity
Easy-moderate · RPE 4/10

Days 7-12

Complete session details

Active Recovery

Exercises Easy walk; full-body stretch; slow breathing

7

Dose 15 min walk + 6 min stretch

Rest Pause freely

Intensity Very easy · RPE 2/10

Push - Build

Exercises Dumbbell floor press; incline push-ups; overhead press; triceps extension

8

Dose 3 x 10; 2 x 10; 3 x 10; 2 x 12

Rest 75 sec between sets

Intensity Moderate · RPE 5/10

Cardio & Mobility

Exercises Brisk walk with 4 x 45 sec pickups; mobility flow

9

Dose 22 min walk + 5 min mobility

Rest 90 sec easy after each pickup

Intensity Moderate · RPE 5/10

Pull - Build

Exercises Towel rows; single-arm dumbbell row; prone back extensions; dumbbell curl

10

Dose 3 x 10; 3 x 10/side; 2 x 14; 2 x 12

Rest 75 sec between sets

Intensity Moderate · RPE 5/10

Complete Rest

Exercises No planned exercise; optional short walk

11

Dose No structured workout

Rest Full recovery day

Intensity Rest · RPE 1/10

Legs - Build

Exercises Goblet squat; dumbbell hip hinge; split squat; calf raises

12

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

Rest 75 sec between sets

Intensity Moderate · RPE 5/10

Days 13-18

Complete session details

13	Core & Carry Exercises Dead bugs; side plank; suitcase carry; bird dogs	Dose 3 rounds: 10/side; 20 sec/side; 30 sec/side; 10/side	Rest 60 sec between rounds	Intensity Moderate · RPE 5/10
14	Active Recovery Exercises Easy walk; full-body stretch; slow breathing	Dose 15 min walk + 6 min stretch	Rest Pause freely	Intensity Very easy · RPE 2/10
15	Push - Load Exercises Dumbbell floor press; push-ups on floor or step; overhead press; triceps extension	Dose 3 x 8 heavier; 3 x 8; 3 x 8 heavier; 2 x 12	Rest 90 sec between sets	Intensity Moderate · RPE 6/10
16	Cardio & Mobility Exercises Brisk walk with 5 x 45 sec pickups; mobility flow	Dose 24 min walk + 5 min mobility	Rest 90 sec easy after each pickup	Intensity Moderate · RPE 6/10
17	Pull - Load Exercises Towel rows; single-arm dumbbell row; prone back extensions; dumbbell curl	Dose 3 x 8 heavier; 3 x 8/side heavier; 3 x 12; 2 x 12	Rest 90 sec between sets	Intensity Moderate · RPE 6/10
18	Complete Rest Exercises No planned exercise; optional short walk	Dose No structured workout	Rest Full recovery day	Intensity Rest · RPE 1/10

Days 19-24

Complete session details

Legs - Load

19

Exercises Goblet squat; dumbbell hip hinge; split squat; calf raises

Dose
3 x 8 heavier; 3 x 8 heavier; 3 x 8/side; 3 x 18

Rest
90 sec between sets

Intensity
Moderate · RPE 6/10

Core & Carry

20

Exercises Dead bugs; side plank; suitcase carry; hollow hold

Dose
3 rounds: 12/side; 25 sec/side; 40 sec/side; 20 sec

Rest
60 sec between rounds

Intensity
Moderate · RPE 6/10

Active Recovery

21

Exercises Easy walk; full-body stretch; slow breathing

Dose
18 min walk + 6 min stretch

Rest
Pause freely

Intensity
Very easy · RPE 2/10

Push - Consolidate

22

Exercises Dumbbell floor press; push-ups on floor or step; overhead press; triceps extension

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

Rest
90 sec between sets

Intensity
Moderate · RPE 6/10

Cardio & Mobility

23

Exercises Brisk walk with 6 x 45 sec pickups; mobility flow

Dose
25 min walk + 5 min mobility

Rest
90 sec easy after each pickup

Intensity
Moderate · RPE 6/10

Pull - Consolidate

24

Exercises Towel rows; single-arm dumbbell row; prone back extensions; dumbbell curl

Dose
3 x 12; 3 x 10/side; 3 x 14; 3 x 12

Rest
90 sec between sets

Intensity
Moderate · RPE 6/10

Days 25-30

Complete session details

Complete Rest

Exercises No planned exercise; optional short walk

25

Dose
No structured workout

Rest
Full recovery day

Intensity
Rest · RPE 1/10

Legs - Consolidate

Exercises Goblet squat; dumbbell hip hinge; split squat; calf raises

26

Dose
3 x 12; 3 x 10; 3 x 10/side; 3 x 20

Rest
90 sec between sets

Intensity
Moderate · RPE 6/10

Core & Carry

Exercises Dead bugs; side plank; suitcase carry; hollow hold

27

Dose
3 rounds: 12/side; 30 sec/side; 40 sec/side; 25 sec

Rest
60 sec between rounds

Intensity
Moderate · RPE 6/10

Active Recovery

Exercises Easy walk; full-body stretch; slow breathing

28

Dose
18 min walk + 6 min stretch

Rest
Pause freely

Intensity
Very easy · RPE 2/10

Strength Benchmark

Exercises Goblet squat; dumbbell floor press; single-arm row - record load for 8 controlled reps

29

Dose
2 x 8 each, recorded

Rest
90 sec between sets

Intensity
Moderate · RPE 6/10

Reflect & Restore

Exercises Easy walk; mobility of your choice; monthly review and next-month loads

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 easy walk in place	2 minutes	Raise body temperature without rushing
Minute 2	Arm circles, shoulder rolls, wall slides	1 minute	Free the shoulders and upper back
Minute 3	Hip hinges and bodyweight squats	1 minute	Prepare hips and comfortable depth
Minute 4	Band pull-aparts or towel pull-aparts	1 minute	Mobilise ankles and lower legs
Minute 5	One light set of the day's first exercise	half the working load	Finish warmer while breathing steadily

BEGINNER MODIFICATIONS

- Use bodyweight versions for the whole month: floor press → incline push-ups; overhead press → wall slides; goblet squat → bodyweight squat; hip hinge → glute bridges; row → towel rows.
- Drop to two sets everywhere and keep the rotation.
- Use a chair for balance during split squats.
- Replace the suitcase carry with a 30-second standing hold of a single weight.
- Shorten holds by 10 seconds.

OPTIONAL PROGRESSIONS

- Add one set before adding load.
- Increase load only when every set stays within the listed RPE and two repetitions remain in reserve.
- Slow the lowering phase to three seconds for one full week before increasing weight.
- Move push-ups down one height step: incline, then knees, then floor.
- 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. 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.