

Workout Calendar

A balanced 30-day workout plan you can print, tick off, and repeat

30 DAYS

Complete daily guidance

15-30 MINUTES

Focused, repeatable sessions

NO EQUIPMENT

Simple options included

YOUR MONTH AT A GLANCE

Full-Body Foundation · Steady Cardio · Mobility Flow · Lower Body · Complete Rest · Upper Body & Core · Active Recovery · Cardio Pickups · Full-Body Circuit · Lower Body Plus

START HERE

A simple all-purpose workout plan that alternates strength, cardio, mobility, and recovery across thirty days. Every session fits in 15 to 30 minutes and needs no equipment, so the only decision left each day is to start.

WHO THIS IS FOR

Adults who want a straightforward, printable workout routine without choosing exercises themselves, and who can train four to five days a week at home or outdoors.

EQUIPMENT

None. Optional: a mat or towel for floor work, a stable chair or wall for support, and a sturdy 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

- Follow the days in order and keep the listed RPE as a ceiling, not a target to beat.
- Warm up for five minutes before every session.
- Tick each completed day, keep rest days as written, and if you miss a day, resume where you left off instead of doubling up.

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

Bodyweight squats to a comfortable depth

Keep the depth pain-free
- 1 minute

Faster march with easy 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 Full-Body Foundation RPE 4/10	2 Steady Cardio RPE 4/10	3 Mobility Flow RPE 2/10	4 Lower Body RPE 5/10	5 Complete Rest RPE 1/10
6 Upper Body & Core RPE 5/10	7 Active Recovery RPE 2/10	8 Full-Body Foundation RPE 4/10	9 Cardio Pickups RPE 5/10	10 Mobility Flow RPE 2/10
11 Lower Body RPE 5/10	12 Complete Rest RPE 1/10	13 Upper Body & Core RPE 5/10	14 Active Recovery RPE 2/10	15 Full-Body Circuit RPE 6/10
16 Cardio Pickups RPE 6/10	17 Mobility Flow RPE 2/10	18 Lower Body Plus 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 Circuit RPE 6/10	23 Cardio Pickups RPE 6/10	24 Mobility Flow RPE 2/10	25 Lower Body Plus RPE 6/10
26 Complete Rest RPE 1/10	27 Upper Body & Core RPE 6/10	28 Active Recovery RPE 2/10	29 Benchmark Session RPE 6/10	30 Reflect & Restore RPE 2/10

Days 1-6

Complete session details

Full-Body Foundation

Exercises Bodyweight squats; incline push-ups; glute bridges; standing marches

1

Dose
2 rounds: 10; 8; 12; 40 sec

Rest
60 sec between rounds

Intensity
Easy · RPE 4/10

Steady Cardio

Exercises Brisk walk or indoor march; easy arm swings

2

Dose
20 min continuous

Rest
Pause as needed

Intensity
Easy-moderate · RPE 4/10

Mobility Flow

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

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
Moderate · RPE 5/10

Complete Rest

Exercises No planned exercise; optional short stroll

5

Dose
No structured workout

Rest
Full recovery day

Intensity
Rest · RPE 1/10

Upper Body & Core

Exercises Incline push-ups; towel rows; dead bugs; side plank

6

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

Rest
55 sec between rounds

Intensity
Moderate · RPE 5/10

Days 7-12

Complete session details

Active Recovery

Exercises Easy walk; full-body stretch; slow breathing

7

Dose 15 min walk + 5 min stretch

Rest Pause freely

Intensity Very easy · RPE 2/10

Full-Body Foundation

Exercises Bodyweight squats; incline push-ups; glute bridges; standing marches

8

Dose 3 rounds: 10; 8; 12; 40 sec

Rest 60 sec between rounds

Intensity Easy-moderate · RPE 4/10

Cardio Pickups

Exercises Brisk walk with faster sections; arm swings

9

Dose 22 min total; 5 x 45 sec brisk

Rest 90 sec easy after each pickup

Intensity Moderate · RPE 5/10

Mobility Flow

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

Lower Body

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

11

Dose 3 rounds: 8/side; 14; 15; 30 sec

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

Upper Body & Core

Exercises

Incline push-ups; towel rows; dead bugs; side plank

Dose

3 rounds: 8; 10; 8/side; 15 sec/side

Rest

55 sec between rounds

Intensity

Moderate · RPE 5/10

14

Active Recovery

Exercises

Easy walk; full-body stretch; slow breathing

Dose

15 min walk + 5 min stretch

Rest

Pause freely

Intensity

Very easy · RPE 2/10

15

Full-Body Circuit

Exercises

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

Dose

3 rounds: 12; 10; 14; 45 sec

Rest

50 sec between rounds

Intensity

Moderate · RPE 6/10

16

Cardio Pickups

Exercises

Brisk walk with faster sections; arm swings

Dose

24 min total; 6 x 45 sec brisk

Rest

90 sec easy after each pickup

Intensity

Moderate · RPE 6/10

17

Mobility Flow

Exercises

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

Dose

45 sec each; 2 passes

Rest

15 sec between moves

Intensity

Very easy · RPE 2/10

18

Lower Body Plus

Exercises

Split squats; hip hinges; calf raises; wall sit

Dose

3 rounds: 10/side; 12; 18; 35 sec

Rest

55 sec between rounds

Intensity

Moderate · RPE 6/10

Days 19-24

Complete session details

Complete Rest

19

Exercises No planned exercise; optional short stroll

Dose
No structured workout

Rest
Full recovery day

Intensity
Rest · RPE 1/10

Upper Body & Core

20

Exercises Push-ups on floor or step; towel rows; dead bugs; side plank

Dose
3 rounds: 10; 12; 10/side; 20 sec/side

Rest
50 sec between rounds

Intensity
Moderate · RPE 6/10

Active Recovery

21

Exercises Easy walk; full-body stretch; slow breathing

Dose
18 min walk + 5 min stretch

Rest
Pause freely

Intensity
Very easy · RPE 2/10

Full-Body Circuit

22

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

Dose
3 rounds: 12; 10; 16; 50 sec

Rest
45 sec between rounds

Intensity
Moderate · RPE 6/10

Cardio Pickups

23

Exercises Brisk walk with faster sections; arm swings

Dose
25 min total; 6 x 60 sec brisk

Rest
90 sec easy after each pickup

Intensity
Moderate · RPE 6/10

Mobility Flow

24

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

Dose
45 sec each; 2 passes

Rest
15 sec between moves

Intensity
Very easy · RPE 2/10

Days 25-30

Complete session details

Lower Body Plus

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

25

Dose
3 rounds: 10/side; 14; 20; 40 sec

Rest
55 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

Upper Body & Core

Exercises Push-ups on floor or step; towel rows; dead bugs; side plank

27

Dose
3 rounds: 10; 12; 10/side; 25 sec/side

Rest
50 sec between rounds

Intensity
Moderate · RPE 6/10

Active Recovery

Exercises Easy walk; full-body stretch; slow breathing

28

Dose
18 min walk + 5 min stretch

Rest
Pause freely

Intensity
Very easy · RPE 2/10

Benchmark Session

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

Reflect & Restore

Exercises Easy walk; favourite mobility moves; month review

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 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	Bodyweight squats to a comfortable depth	1 minute	Mobilise ankles and lower legs
Minute 5	Faster march with easy arm swings	1 minute	Finish warmer while breathing steadily

BEGINNER MODIFICATIONS

- Remove one round from any circuit and keep the same exercises.
- Use wall or incline push-ups instead of floor push-ups.
- Hold a chair or wall for balance during split squats.
- Split a session into two shorter blocks in the same day.
- Shorten holds by 10-15 seconds and intervals by 15 seconds.

OPTIONAL PROGRESSIONS

- Add one round only when technique stays controlled from first to last repetition.
- Add 1-2 repetitions or 10 seconds to holds while staying within the listed RPE.
- Slow the lowering phase to three seconds before making an exercise harder.
- Move from incline to floor push-ups one round at a time.
- 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.