

30-DAY WORKOUT PLAN

No equipment needed | Home-friendly | Beginner to Intermediate

Welcome

This plan is built around simple bodyweight movements you can do anywhere - no gym, no equipment. Each week gets a little more challenging as your strength and endurance improve.

Days 1-7	Foundation week - learn the movements, moderate volume.
Days 8-21	Progression - reps and rounds increase (Weeks 2 & 3).
Days 22-28	Higher intensity - push your pace and form.
Day 29	Final Challenge - a full-body test day.
Day 30	Active Recovery - stretch, breathe, celebrate the finish.

Ground Rules

- Warm up 5 minutes before each workout (light cardio + dynamic stretches).
- Rest 30-60 seconds between sets unless noted otherwise.
- Modify any move to match your fitness level - slower reps, fewer rounds, or knee push-ups are all valid.
- Drink water throughout the day and prioritize 7-9 hours of sleep for recovery.
- If something causes sharp pain, stop. This plan is general guidance, not medical advice - check with a doctor before starting if you have any health concerns.

Workout Types

Full Body	Upper Body	Lower Body
Core & Abs	Cardio / HIIT	Active Recovery
Rest Day	Final Challenge	

WEEK 1 — FOUNDATION

DAY 1

FULL BODY

Bodyweight squats	2 x 10
Push-ups (knee if needed)	2 x 10
Walking lunges	2 x 10 per leg
Plank hold	2 x 30-45 sec
Glute bridges	2 x 10
Superman holds	2 x 12

DAY 2

CARDIO / HIIT

Jumping jacks - 30s work / 30s rest	4 rounds
High knees - 30s work / 30s rest	4 rounds
Squat jumps - 30s work / 30s rest	4 rounds
Mountain climbers - 30s work / 30s rest	4 rounds
Cool-down walk	3-5 min

DAY 3

UPPER BODY

Push-ups	2 x 10
Pike push-ups (shoulders)	2 x 8-10
Tricep dips (chair/bench)	2 x 10-12
Diamond push-ups	2 x 6-10
Plank shoulder taps	2 x 16 total
Superman rows (arms pull back)	2 x 12

DAY 4

CORE & ABS

Plank hold	2 x 20-30 sec
Bicycle crunches	2 x 20 total
Russian twists	2 x 20 total
Leg raises	2 x 12
Side plank (each side)	2 x 20-30 sec
Mountain climbers	2 x 20 total

DAY 5

LOWER BODY

Bodyweight squats	2 x 12
Reverse lunges	2 x 12 per leg
Glute bridges	2 x 12
Calf raises	2 x 20
Wall sit	2 x 30-45 sec
Side-lying leg raises	2 x 15 per side

DAY 6

ACTIVE RECOVERY

Brisk walk or light cycle	20-30 min
Full-body stretch flow	10 min
Deep breathing / mobility work	5 min

DAY 7

REST DAY

Full rest - let muscles recover	-
Optional: gentle stretching or short walk	10-15 min
Hydrate and prioritize sleep	-

WEEK 2 — BUILD

DAY 8

FULL BODY

Bodyweight squats	3 x 12
Push-ups (knee if needed)	3 x 12
Walking lunges	3 x 12 per leg
Plank hold	3 x 30-45 sec
Glute bridges	3 x 12
Superman holds	3 x 12

DAY 9

CARDIO / HIIT

Jumping jacks - 35s work / 25s rest	5 rounds
High knees - 35s work / 25s rest	5 rounds
Squat jumps - 35s work / 25s rest	5 rounds
Mountain climbers - 35s work / 25s rest	5 rounds
Cool-down walk	3-5 min

DAY 10

UPPER BODY

Push-ups	3 x 12
Pike push-ups (shoulders)	3 x 8-10
Tricep dips (chair/bench)	3 x 10-12
Diamond push-ups	3 x 6-10
Plank shoulder taps	3 x 16 total
Superman rows (arms pull back)	3 x 12

DAY 11

CORE & ABS

Plank hold	3 x 30-40 sec
Bicycle crunches	3 x 20 total
Russian twists	3 x 20 total
Leg raises	3 x 12
Side plank (each side)	3 x 30-40 sec
Mountain climbers	3 x 20 total

DAY 12

LOWER BODY

Bodyweight squats	3 x 15
Reverse lunges	3 x 15 per leg
Glute bridges	3 x 15
Calf raises	3 x 20
Wall sit	3 x 30-45 sec
Side-lying leg raises	3 x 15 per side

DAY 13

ACTIVE RECOVERY

Brisk walk or light cycle	20-30 min
Full-body stretch flow	10 min
Deep breathing / mobility work	5 min

DAY 14

REST DAY

Full rest - let muscles recover	-
Optional: gentle stretching or short walk	10-15 min
Hydrate and prioritize sleep	-

WEEK 3 — PUSH

DAY 15

FULL BODY

Bodyweight squats	3 x 12
Push-ups (knee if needed)	3 x 12
Walking lunges	3 x 12 per leg
Plank hold	3 x 30-45 sec
Glute bridges	3 x 12
Superman holds	3 x 12

DAY 16

CARDIO / HIIT

Jumping jacks - 35s work / 25s rest	5 rounds
High knees - 35s work / 25s rest	5 rounds
Squat jumps - 35s work / 25s rest	5 rounds
Mountain climbers - 35s work / 25s rest	5 rounds
Cool-down walk	3-5 min

DAY 17

UPPER BODY

Push-ups	3 x 12
Pike push-ups (shoulders)	3 x 8-10
Tricep dips (chair/bench)	3 x 10-12
Diamond push-ups	3 x 6-10
Plank shoulder taps	3 x 16 total
Superman rows (arms pull back)	3 x 12

DAY 18

CORE & ABS

Plank hold	3 x 30-40 sec
Bicycle crunches	3 x 20 total
Russian twists	3 x 20 total
Leg raises	3 x 12
Side plank (each side)	3 x 30-40 sec
Mountain climbers	3 x 20 total

DAY 19

LOWER BODY

Bodyweight squats	3 x 15
Reverse lunges	3 x 15 per leg
Glute bridges	3 x 15
Calf raises	3 x 20
Wall sit	3 x 30-45 sec
Side-lying leg raises	3 x 15 per side

DAY 20

ACTIVE RECOVERY

Brisk walk or light cycle	20-30 min
Full-body stretch flow	10 min
Deep breathing / mobility work	5 min

DAY 21

REST DAY

Full rest - let muscles recover	-
Optional: gentle stretching or short walk	10-15 min
Hydrate and prioritize sleep	-

WEEK 4 — FINISH STRONG

DAY 22

FULL BODY

Bodyweight squats	3 x 15
Push-ups (knee if needed)	3 x 15
Walking lunges	3 x 15 per leg
Plank hold	3 x 30-45 sec
Glute bridges	3 x 15
Superman holds	3 x 12

DAY 23

CARDIO / HIIT

Jumping jacks - 40s work / 20s rest	6 rounds
High knees - 40s work / 20s rest	6 rounds
Squat jumps - 40s work / 20s rest	6 rounds
Mountain climbers - 40s work / 20s rest	6 rounds
Cool-down walk	3-5 min

DAY 24

UPPER BODY

Push-ups	3 x 15
Pike push-ups (shoulders)	3 x 8-10
Tricep dips (chair/bench)	3 x 10-12
Diamond push-ups	3 x 6-10
Plank shoulder taps	3 x 16 total
Superman rows (arms pull back)	3 x 12

DAY 25

CORE & ABS

Plank hold	3 x 40-50 sec
Bicycle crunches	3 x 20 total
Russian twists	3 x 20 total
Leg raises	3 x 12
Side plank (each side)	3 x 40-50 sec
Mountain climbers	3 x 20 total

DAY 26

LOWER BODY

Bodyweight squats	3 x 18
Reverse lunges	3 x 18 per leg
Glute bridges	3 x 18
Calf raises	3 x 20
Wall sit	3 x 30-45 sec
Side-lying leg raises	3 x 15 per side

DAY 27

ACTIVE RECOVERY

Brisk walk or light cycle	20-30 min
Full-body stretch flow	10 min
Deep breathing / mobility work	5 min

DAY 28

REST DAY

Full rest - let muscles recover	-
Optional: gentle stretching or short walk	10-15 min
Hydrate and prioritize sleep	-

DAY 29

FINAL CHALLENGE

Bodyweight squats	3 x 20
Push-ups	3 x 15
Walking lunges	3 x 15 per leg
Plank hold	3 x 60 sec
Jumping jacks	3 x 40
Glute bridges	3 x 20
Bicycle crunches	3 x 25 total

DAY 30

ACTIVE RECOVERY

Brisk walk or light cycle	20-30 min
Full-body stretch flow	10 min
Deep breathing / mobility work	5 min