

30-DAY ACTION PLAN

The Hardgainer Daily Roadmap



Strength grows where excuses end.

30-DAY ACTION PLAN

(Printable sheet, simple, clear, easy to follow)

WEEK 1 — Foundation

Day	Exercise	Sets	Reps	Done ✓
Session A	Classic Push-Ups	3	10-12	<input type="checkbox"/>
	Squats	3	12-15	<input type="checkbox"/>
	Plank	3	30 sec	<input type="checkbox"/>
	Forward Lunges	3	10/leg	<input type="checkbox"/>
Session B	Wide Push-Ups	3	8-12	<input type="checkbox"/>
	Reverse Lunges	3	10/leg	<input type="checkbox"/>
	Side Plank	3	20 sec	<input type="checkbox"/>
	Wall Sit (Isometric Squat)	3	20-30 sec	<input type="checkbox"/>
Session C	Incline Push-Ups	3	12-15	<input type="checkbox"/>
	Slow-Tempo Squat	3	10	<input type="checkbox"/>
	Glute Bridge	3	12-15	<input type="checkbox"/>
	Dynamic Plank	3	30 sec	<input type="checkbox"/>

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WEEK 2 — Progression

Day	Exercise	Sets	Reps	Done ✓
Session A	Classic Push-Ups	4	10-15	<input type="checkbox"/>
	Squats	4	15	<input type="checkbox"/>
	Plank	4	30-40 sec	<input type="checkbox"/>
	Forward Lunges	3	12/leg	<input type="checkbox"/>
Session B	Close-Grip Push-Ups	3	8-12	<input type="checkbox"/>
	Reverse Lunges	4	10/leg	<input type="checkbox"/>
	Side Plank	3	25 sec	<input type="checkbox"/>
	Wall Sit (Isometric Squat)	3	30 sec	<input type="checkbox"/>
Session C	Incline Push-Ups	4	12-15	<input type="checkbox"/>
	Slow-Tempo Squat	3	12	<input type="checkbox"/>
	Glute Bridge	4	15	<input type="checkbox"/>
	Dynamic Plank	3	40 sec	<input type="checkbox"/>

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WEEK 3 — Intensification

Day	Exercise	Sets	Reps	Done ✓
Session A	Diamond Push-Ups	3	8-10	<input type="checkbox"/>
	Jump Squats	3	10	<input type="checkbox"/>
	Plank	3	45 sec	<input type="checkbox"/>
	Bulgarian Split Squat	3	8-10/leg	<input type="checkbox"/>
Session B	Close-Grip Push-Ups	3	8-12	<input type="checkbox"/>
	Wall Sit (Isometric Squat)	3	40 sec	<input type="checkbox"/>
	Side Plank	3	30 sec	<input type="checkbox"/>
	Reverse Lunges	3	8/leg	<input type="checkbox"/>
Session C	Slow-Tempo Push-Ups	3	10	<input type="checkbox"/>
	Squats	4	15	<input type="checkbox"/>
	Glute Bridge	4	15-20	<input type="checkbox"/>
	Dynamic Plank	3	45 sec	<input type="checkbox"/>

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WEEK 4 — Consolidation + Test

Day	Exercise	Sets	Reps	Done ✓
Session A	Max Push-Ups	2	max	<input type="checkbox"/>
	Squats	3	20	<input type="checkbox"/>
	Plank	1	60 sec	<input type="checkbox"/>
	Forward Lunges	3	12/leg	<input type="checkbox"/>
Session B	Decline Push-Ups	3	10-12	<input type="checkbox"/>
	Slow-Tempo Squat	3	12	<input type="checkbox"/>
	Side Plank	3	35 sec	<input type="checkbox"/>
	Bulgarian Split Squat	3	8/leg	<input type="checkbox"/>
Session C	Push-Ups	1	max	<input type="checkbox"/>
	Squats (1 min)	1	max	<input type="checkbox"/>
	Plank	1	max	<input type="checkbox"/>
	Dynamic Plank	3	10	<input type="checkbox"/>

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LAZY DAY ROUTINE

Exercise	Sets	Reps
Push-Ups	2	12
Squats	2	15
Plank	2	30 sec

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PROGRAM CODES

Tempo 3-1-2 = 3 sec down, 1 sec pause, 2 sec up

Rest time: 60-90 sec

= checkbox

NOTES & PROGRESS TRACKING

Date	Notes	Next Week's Goals