

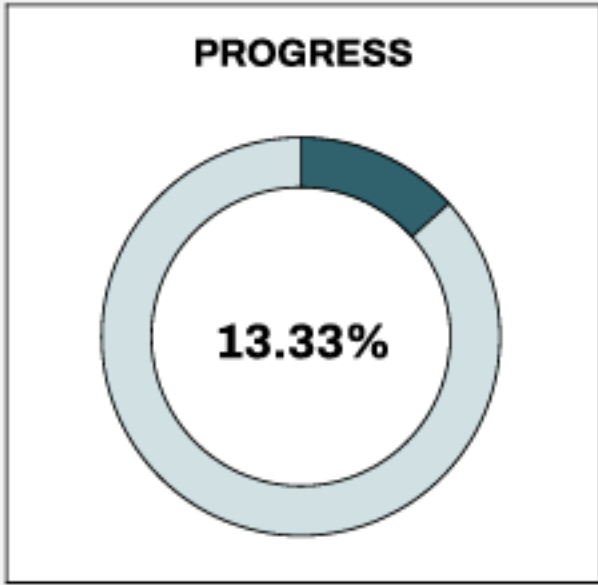
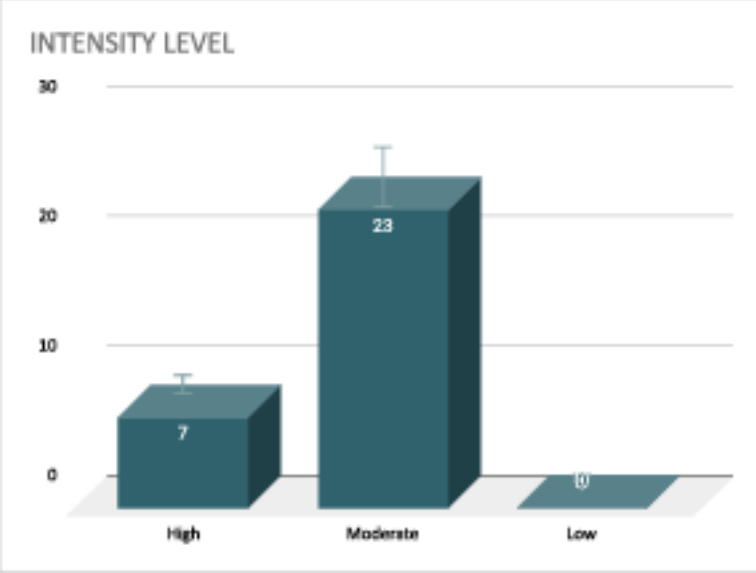
30 DAY WORKOUT TEMPLATE

Structured plan outlining daily exercises for a month-long fitness regimen.

30 DAY WORKOUT

Goal:

Improve overall strength and endurance over 30 days.



Completion Status			
Day	Exercise	Intensity Level	Completed
1	Push-ups	Moderate	✓
2	Lunges	Moderate	✓
3	Squats	Moderate	✓
4	Tricep Dips	Moderate	✓
5	Leg Press	Moderate	
6	Deadlifts	High	
7	Lunges	Moderate	
8	Bench Press	Moderate	
9	Shoulder Press	Moderate	
10	Plank Variations	High	
11	Plank Variations	High	
12	Bench Press	Moderate	
13	Plank	High	
14	Lunges	Moderate	
15	Pull-ups	High	
16	Squats	Moderate	
17	Squats	Moderate	
18	Shoulder Press	Moderate	
19	Bench Press	Moderate	

DAY 1

Push-ups

Sets x Reps	3 x 10
Duration	15 mins

DAY 2

Lunges

Sets x Reps	3 x 10 each
Duration	20 mins

DAY 3

Squats

Sets x Reps	3 x 12
Duration	20 mins

DAY 4

Tricep Dips

Sets x Reps	3 x 10
Duration	15 mins

DAY 5

Leg Press

Sets x Reps	3 x 12
Duration	20 mins

DAY 6

Deadlifts

Sets x Reps	3 x 10
Duration	20 mins

DAY 7

Lunges

Sets x Reps	3 x 10 each
Duration	20 mins

DAY 8

Bench Press

Sets x Reps	3 x 10
Duration	20 mins

DAY 9

Shoulder Press

Sets x Reps	3 x 10
Duration	15 mins

DAY 10

Plank Variations

Sets x Reps	3 sets
Duration	15 mins

DAY 11

Plank Variations

Sets x Reps	3 sets
Duration	15 mins

DAY 12

Bench Press

Sets x Reps	3 x 10
Duration	20 mins

DAY 13

Plank

Sets x Reps	3 sets, hold
Duration	10 mins

DAY 14

Lunges

Sets x Reps	3 x 10 each
Duration	20 mins

DAY 15

Pull-ups

Sets x Reps	3 x 8-10
Duration	15 mins

DAY 16

Squats

Sets x Reps	3 x 12
Duration	20 mins

DAY 17

Squats

Sets x Reps	3 x 12
Duration	20 mins

DAY 18

Shoulder Press

Sets x Reps	3 x 10
Duration	15 mins