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FRANKLYN_NEZ FITNESS



FREE DOWNLOAD · NO EQUIPMENT

30-DAY NO-EQUIPMENT FAT-LOSS WORKOUT

Thirty days of bodyweight training for general fitness.
No kit, no gym, no jumping required — every session has a lower-impact option.

DURATION

30 DAYS

LEVEL

ALL LEVELS

EQUIPMENT

NONE

SESSIONS

4 / WEEK

FREE DOWNLOAD · \$0.00

Printable guide by FRANKLYN_NEZ FITNESS · Train with intention.

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HOW TO USE THIS GUIDE

This is a thirty-day general fitness plan for healthy adults who want a simple, repeatable way to move more. It uses bodyweight only — no dumbbells, bands, machines or benches. You can run every session in the space of a bath towel.

The plan is built around four training days a week plus easy daily walking. Training supports general fitness, strength and activity levels; body composition also depends on food, sleep, stress, medication, genetics and many other factors outside any workout plan. Nothing here promises a specific result.

Who this is for

- Healthy adults returning to exercise or training at home without equipment.
- Anyone who wants structure rather than random workouts.
- People who need low-impact options — every jumping movement has a quiet alternative.

What you need

- A mat or towel, and about two metres square of floor.
- A sturdy chair, sofa edge, step, wall or worktop for incline and support variations.
- Water, a timer or clock, and shoes with grip if your floor is slippery.

Reading the sessions

- Sets × Reps — finish all sets of one exercise before moving on unless the session says circuit.
- Circuit — one round is one pass through every exercise in the table. Rest at the end of the round.
- Rest — the times given are a guide. Take longer if your breathing has not settled.
- RPE — effort out of 10. RPE 6–7 means you could do three or four more clean reps. Keep week 1 at RPE 6.

WARM-UP — EVERY SESSION (6 MINUTES)

- March or step in place, 2 minutes, until your breathing lifts.
- Ankle rocks — 10 each side, heel down, knee travelling over the toes.
- Hip hinge with hands on thighs — 10 slow reps.
- Bodyweight squat to a chair — 10 reps, stand up tall each time.
- Wall or worktop press-up — 10 reps, elbows at about 45 degrees.
- Arm circles and shoulder rolls — 20 seconds each direction.

BEFORE YOU START

- This is general fitness education, not medical advice, and it is not personalised to you.
- Speak to your GP, doctor or another qualified health professional before starting where appropriate — for example if you are pregnant or postnatal, recovering from injury or illness, managing a heart, joint, blood-pressure or metabolic condition, or taking medication that affects exercise tolerance.
- You exercise at your own discretion and at your own risk.
- Stop and seek qualified medical guidance if anything concerning arises — chest pain, dizziness, faintness, unusual breathlessness, palpitations or sharp joint pain.

WEEK BY WEEK

THE 30-DAY SCHEDULE

Four training days and three easy days each week. Keep the same weekday pattern so the habit sticks. If you miss a day, carry on from where you left off rather than doubling up.

DAY	SESSION	TIME	NOTES
Monday	Strength circuit A	25-30 min	Full body, controlled tempo.
Tuesday	Steady cardio	20-30 min	Brisk walk, cycle or low-impact routine.
Wednesday	Rest or easy walk	10-20 min	Optional mobility work.
Thursday	Strength circuit B	25-30 min	Different pattern emphasis.
Friday	Rest or easy walk	10-20 min	Sleep is part of the plan.
Saturday	Conditioning intervals	18-22 min	Low-impact option provided.
Sunday	Full rest	—	Light stretching only if you want it.

How the four weeks build

- Week 1 — learn the shapes. 2 rounds of each circuit. Stop every set two or three reps short of failure.
- Week 2 — add a round. 3 rounds. Same reps, same tempo, slightly shorter rest.
- Week 3 — add reps. 3 rounds, +2 reps per exercise where technique is solid.
- Week 4 — consolidate. 3 rounds at week 3 reps, then repeat the whole month or move to a harder variation of each movement.
- Any week that feels heavy: drop back to 2 rounds. Repeating a week is progress, not a setback.

MONDAY

STRENGTH CIRCUIT A

Complete the table as a circuit: one set of each exercise in order, then rest 90 seconds and repeat. Two rounds in week 1, three rounds from week 2.

CIRCUIT A		FULL BODY · SQUAT AND PUSH BIAS		
EXERCISE	SETS	REPS	REST	COACHING CUE
Bodyweight squat	1 / round	10-14	20s	Sit between the hips, heels down, chest tall.
Incline press-up (worktop or wall)	1 / round	8-12	20s	Body in one line, elbows at 45°.
Reverse lunge	1 / round	8 / side	20s	Step back, knee under hip, stand up through the front heel.
Table-top or door-frame row	1 / round	8-12	20s	Pull the chest towards the hands, shoulders down.
Glute bridge	1 / round	12-15	20s	Squeeze at the top for one second, ribs down.
Dead bug	1 / round	8 / side	90s	Lower back stays flat against the floor.

Lower-impact swap: replace reverse lunge with a split stance squat holding a chair.

COOL-DOWN (4 MINUTES)

- Walk or step slowly for 2 minutes until your breathing settles.
- Quad stretch, hamstring stretch and chest doorway stretch — 30 seconds each side.
- Three slow nasal breaths in, longer breath out, seated or lying.

THURSDAY

STRENGTH CIRCUIT B

Same circuit format: one set of each in order, rest 90 seconds, repeat. This session leans towards hinging, pulling and single-leg balance.

CIRCUIT B		FULL BODY · HINGE AND PULL BIAS		
EXERCISE	SETS	REPS	REST	COACHING CUE
Hip hinge (good morning pattern)	1 / round	12	20s	Push the hips back, keep a long spine.
Elevated or knee press-up	1 / round	8-12	20s	Lower under control, no sagging hips.
Split squat, hand on chair	1 / round	8 / side	20s	Front shin near vertical, quiet landing.
Prone Y-T raise	1 / round	8 each shape	20s	Thumbs up, lift with the mid-back.
Side plank (knees or feet)	1 / round	20-30s / side	20s	Hips high, straight line ear to knee.
Standing calf raise	1 / round	15	90s	Full range, pause at the top.

Progression: hold the top position of the glute bridge or side plank a second longer each week.

IF SOMETHING HURTS

- Sharp, pinching or radiating pain is a stop signal — end the set.
- Reduce range of motion first, then reps, then the exercise itself.
- Muscle soreness for a day or two after a new session is common; pain during a movement is not something to push through.
- If discomfort persists, speak to a GP, physiotherapist or another qualified professional before continuing.

SATURDAY AND BEYOND

CONDITIONING AND EASY DAYS

Conditioning here means raising your breathing rate in a controlled way. Both options below are bodyweight only. Choose the low-impact column if you have knee, hip, back or pelvic-floor considerations, or if you train in a flat above neighbours.

INTERVALS		40 SECONDS WORK · 40 SECONDS EASY · 6 ROUNDS		
EXERCISE	SETS	REPS	REST	COACHING CUE
Fast marching or step-ups	6	40s	40s	Low-impact. Drive the arms, stay tall.
Squat to stand, no jump	6	40s	40s	Low-impact alternative to squat jumps.
Press-up tempo set (any incline)	6	40s	40s	Slow down, quick up, stop before failure.
Alternating step-back lunge	6	40s	40s	Shorten the step if balance wobbles.
Plank shoulder taps	6	40s	40s	Widen the feet to stop the hips rocking.

Do one exercise per round, working through the list; that is roughly 20 minutes with the warm-up.

Easy days

- A 10–30 minute walk at a conversational pace is the whole session. It should feel easy.
- Add five minutes of mobility if you are stiff: cat-cow, 90/90 hip rotations, thoracic openers, calf and hamstring stretches.
- Rest days matter. Adaptation happens between sessions, not during them.

MAKE IT LAST

PROGRESS, FORM AND HONEST EXPECTATIONS

How to progress without equipment

- Add rounds before you add anything else — 2 rounds to 3.
- Add reps — two more per exercise, provided the last rep looks like the first.
- Slow the lowering phase — three seconds down makes any bodyweight movement harder.
- Reduce leverage — lower the incline for press-ups, raise the front foot for split squats, extend the lever in core work.
- Shorten rest — from 90 seconds to 60, only once technique is stable.

Form checkpoints

- Breathe out on the effort. Holding your breath through every rep raises blood pressure.
- Keep the neck long — eyes on the floor a metre ahead in planks and press-ups.
- Knees track over the middle toes in squats and lunges; do not let them collapse inwards.
- Move at a speed you could stop at any point. Control is the whole point of bodyweight work.
- Film one set a week from the side. It is the cheapest coaching available.

Tracking

- Write down rounds, reps and effort after each session. Four weeks of notes tells you more than any single workout.
- Useful signals of progress: sessions feel easier at the same reps, you recover faster between rounds, daily steps rise, sleep and mood steady out.
- Weight can move for many reasons unrelated to training. Judge the plan on consistency and capability, not the scale.

AFTER DAY 30

- Repeat the month with the harder variation of each movement, or add a fourth round.
- Keep the walking habit whatever you do next — it is the most durable part of the plan.
- If you want to add load, a pair of light dumbbells opens up the full-body dumbbell plan.

READ BEFORE YOU TRAIN

HEALTH & SAFETY

- This guide is general fitness education, not medical advice, diagnosis or treatment. It is not personalised to your health history.
- Speak with a qualified doctor or physiotherapist before starting, especially if you are pregnant, recovering from injury or illness, managing a heart, joint or metabolic condition, or taking medication that affects exercise tolerance.
- Stop immediately and seek qualified medical guidance if you feel chest pain, dizziness, faintness, unusual breathlessness or sharp joint pain.
- Results vary between individuals and depend on factors outside any programme's control — sleep, nutrition, stress, genetics, training history and consistency. No specific physical outcome, body composition change or timescale is promised here.
- Use loads you can control with good technique. Progress gradually. If an exercise does not suit your body, substitute a comparable movement or ask a qualified coach.
- By using this guide you accept that you train at your own risk and take responsibility for your own safety.

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