No BS 30-Day Movement Plan

No Gym. No Excuses. Just Results.



No Excuses. No BS: Let's Get Real

Let's be real—excuses don't burn calories or build strength. Before we dive in, we need to call out the stuff that's been holding you back. No time? No money? No space? We've heard it all, and we're here to help you face it head-on.

"I don't have time to exercise."

 Stop lying to yourself. You just spent an hour scrolling TikTok but can't find 15 minutes to move?

"I can't afford a gym membership."

 Your floor is free. Your body is heavy. Gravity isn't going anywhere. Stop whining—use what you've got. No excuses.

"I don't have weights."

• Your body is the weight. Push it, pull it, squat it. If you're not using it, you're wasting it. **Get to work**.

"I'm too tired after work."

• Sitting all day didn't exhaust you—your excuses did. Moving your body gives energy, not drains it. **Stop slacking** and start sweating.

"I'm not fit enough to exercise."

 Newsflash: No one starts "fit." Waiting to get fit before working out is like waiting to be rich before saving money. Start where you are and stop stalling.

"I don't know what exercises to do."

This plan is literally handing you the blueprint. All you have to do is follow it step by step. If you can read a menu, you can follow this plan.
 No thinking required.

"I'll start next week."

• Sure, and pigs will fly. You said the same thing last week. Next week doesn't exist—only today does. **Start now** or accept that procrastination is your workout routine.

"I feel sore after I work out."

 Good. That's your body clapping back at years of neglect. Soreness is your muscles waking up and saying, "We're finally doing something."
 Stretch it out and quit whining.

"I'm not motivated to work out."

Motivation is overrated. Action gets results, not feelings. Stop waiting
for inspiration to hit you like a lightning bolt. Get off the couch and
move—results will motivate you.

"I don't see results fast enough."

Rome wasn't built in a day, and neither is a healthy body. You didn't gain
weight overnight, so don't expect to lose it overnight either. Keep
showing up or quit complaining.

Now that we've crushed the excuses, let's get started."

Day 0: Know Where You Stand

Step 1: How are you feeling today?

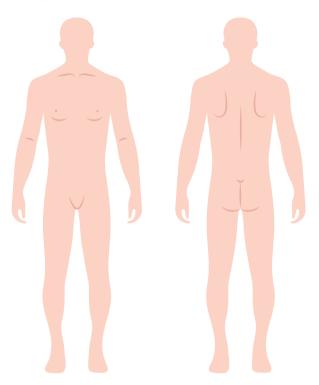
Take a moment to check in with yourself. Be honest—it's just you here.

Circle or Mark Below:

Energy Level:



Any Pains or Aches?



Motivation Check:

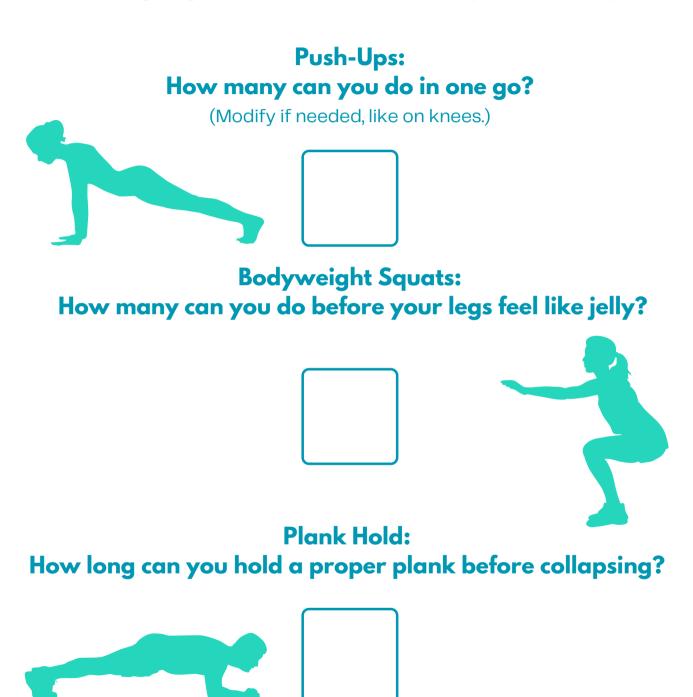
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Notes:

Jot down anything you notice—patterns, feelings, or concerns.

Step 2: Movement Baseline

Tracking progress starts here—let's see what you can do today!



Tip: Write these down or snap a quick note in your phone—you'll thank yourself later.

Step 3: Set Your Goals

Let's make the next 30 days count. Write down:

One physical goal

(e.g., "Do 10 push-ups in one go").

One mental goal

(e.g., "Feel more confident about exercising").

One consistency goal

(e.g., "Show up every single day, no excuses").

This is your starting line.

It's not about being perfect—it's about being real with yourself. At the end of the 30 days, you'll look back and see how much you've leveled up.

Day 1-10: Foundation Circuit

How it Works

Warm-Up:

Start with the warm-up exercises (listed on next page) to get your body ready. **Each warm-up exercise is done for 30 seconds.**

Circuit:

Complete each "station" for **30 seconds**, aiming for as many **quality reps** as possible.

Rest:

Take a 60-second rest between rounds.

Rounds:

Aim for 2-3 rounds of all five stations, building up to 3 rounds over time.

Cool-Down:

End with the cool-down to relax your muscles and improve recovery.

What you will need

Timer:

Use a stopwatch, watch, or an interval timer app on your phone.

Yoga Mat (Optional):

Great for comfort during planks and stretches.

Water Bottle:

Stay hydrated during your breaks.

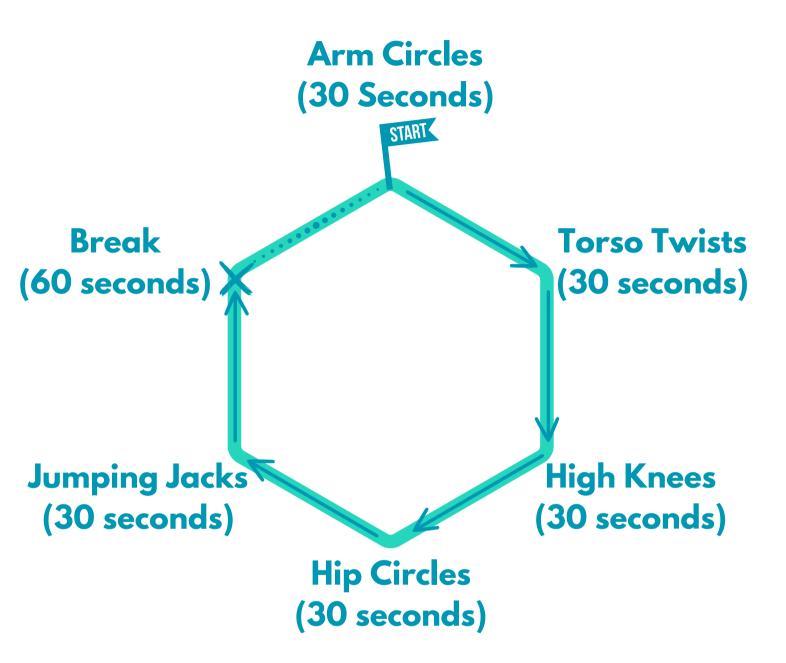
15 minutes:

You need to be uninterrupted, don't do this while cooking.

Can-Do Attitude:

Leave the excuses at the door.

Warm-Up: 3-Minute Dynamic Flow



Warm-Up Details:

Arm Circles: Big forward and backward circles to loosen up your shoulders.

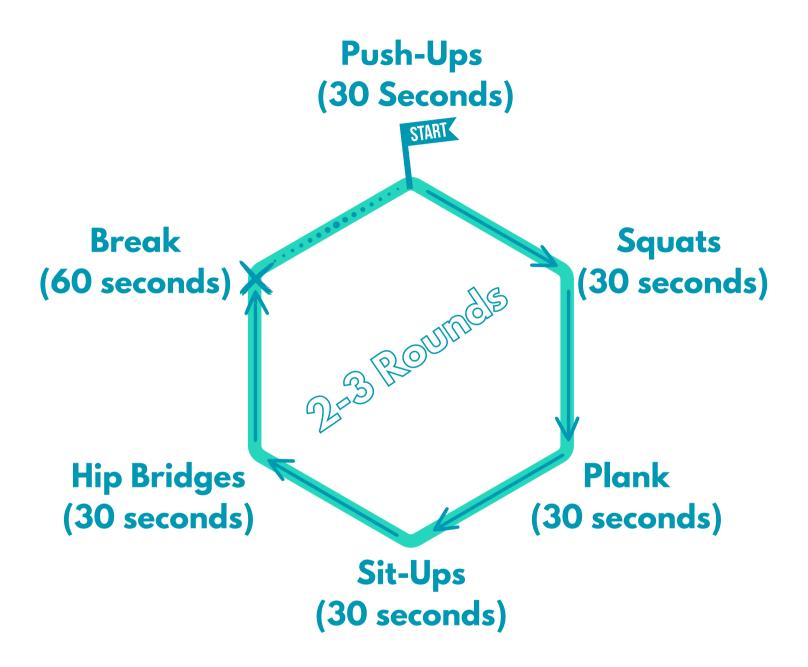
Torso Twists: Twist gently from side to side to wake up your core.

High Knees (or marching): Bring those knees up, get the blood flowing!

Hip Circles: Hands on hips, draw big circles with your hips.

Jumping Jacks: Get the heart rate up. Modify to side-steps if needed.

Circuit: 10-Minute Movement



Circuit Details:

Push-Ups: Full push-ups, knee push-ups, or incline push-ups. Keep your core tight.

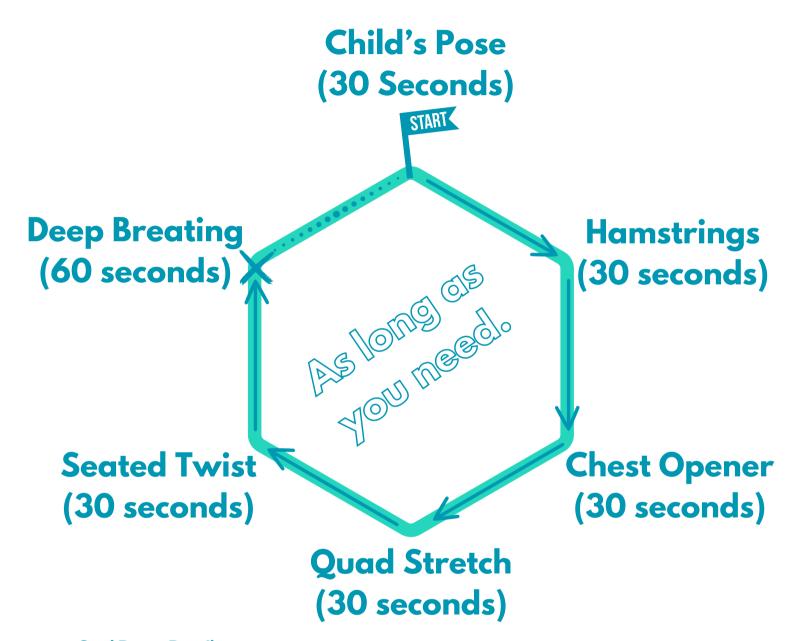
Squats: Focus on depth and form. Go as low as your flexibility allows.

Plank Hold: Hold a proper plank with hands or forearms. Drop to knees if needed.

Sit-Ups: Cross your arms over your chest or lightly support your head.

Hip Bridges: Lie on your back, feet flat on the ground, and lift your hips up high.

Cool Down: 2-Minute+ Relaxation



Cool Down Details:

Child's Pose: Sit on your heels, stretch arms forward, and relax your head to the floor.

Hamstring Stretch: Sit with legs extended, hinge forward, and reach for your toes.

Chest Opener: Interlace fingers behind your back, lift your hands, and open your chest.

Quad Stretch: Stand, pull one foot toward your glutes, and switch legs after 30 secs.

Seated Spinal Twist: Cross one leg over the other and gently twist your torso.

Deep Breathing: Sit or lie comfortably, inhale deeply, and exhale slowly to relax.

Day 1-10: Progress Tracker

Think of this tracker as your accountability buddy. It's judgment-free... unless you skip a day. Then it gets real judgy.

Days	Comp	eted
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Daily Reflections

DAY 1	 	 	
DAY 2	 	 	
DAY 3	 	 	
DAY 4	 	 	
DAY 5	 	 	
DAY 6	 	 	
DAY 7	 	 	
DAY 8	 	 	
DAY 9	 	 	
DAY 10	 	 	

Day 10: Know Where You Are

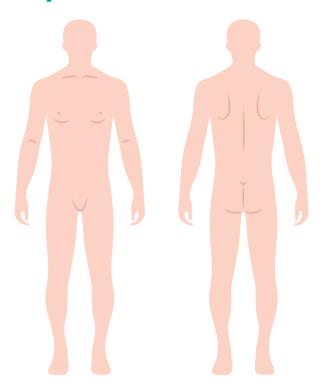
How are you feeling after 10 days?

You're 10 days in—look at how far you've come! Keep the momentum going, and let's see what the next 20 days will bring. Progress isn't always linear, but showing up daily gets results.

Energy Level:



Any Pains or Aches?



Motivation Check:

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Notes:

Jot down anything you notice—patterns, feelings, or concerns.

Day 11-20: Momentum Circuit

How it Works & What you Need

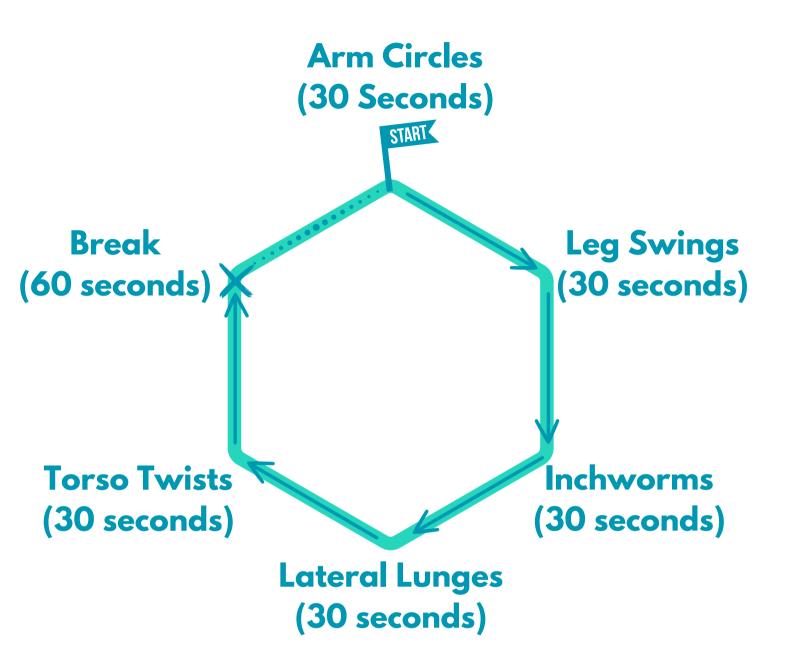
You know how this goes by now, and you've got the hang of the equipment. If you've made it to **Day 11**, you're already in the game.

Level Up: What's New

You've made it past the first 10 days—well done! Now it's time to kick things up a notch. The rules stay the same, but here's what's changing:

	Overall Time	
15 minutes		20 minutes
	Intervals	
30 seconds		60 seconds
	Breaks	
60 seconds		90 seconds
	Rounds	
2-3		3-4

Warm-Up: 3-Minute Dynamic Flow



Warm-Up Details:

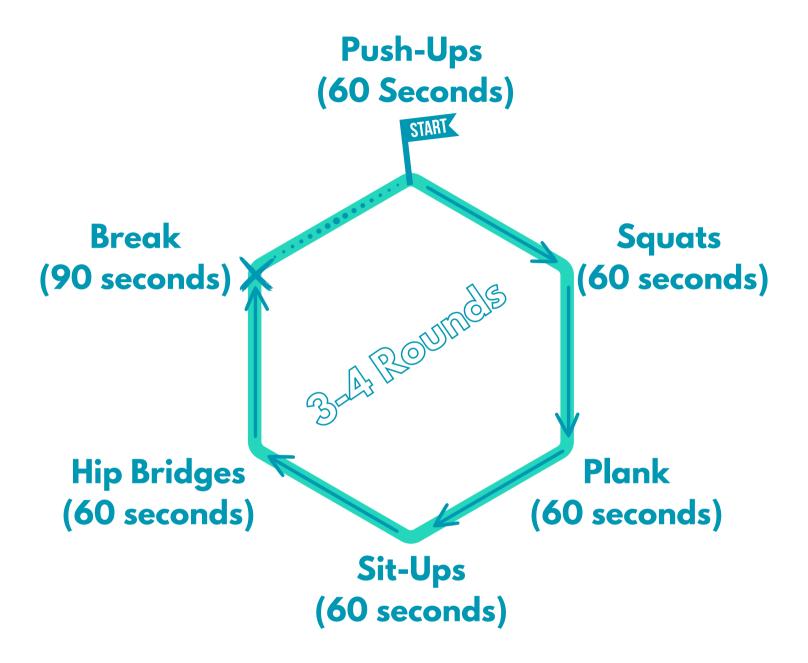
Leg Swings: Hold onto a wall for balance and swing one leg forward and backward to loosen your hips and hamstrings. Switch sides.

Inchworms: Walk your hands out from a standing position to a plank, hold for a second, then walk back up.

Lateral Lunges: Step side to side, bending one knee while keeping the other leg straight. Alternate sides.

Standing Torso Twists: Rotate your torso side to side, keeping your core engaged and your movements controlled.

Circuit: 15-Minute Momentum



Circuit Details:

Push-Ups: Full push-ups, knee push-ups, or incline push-ups. Keep your core tight.

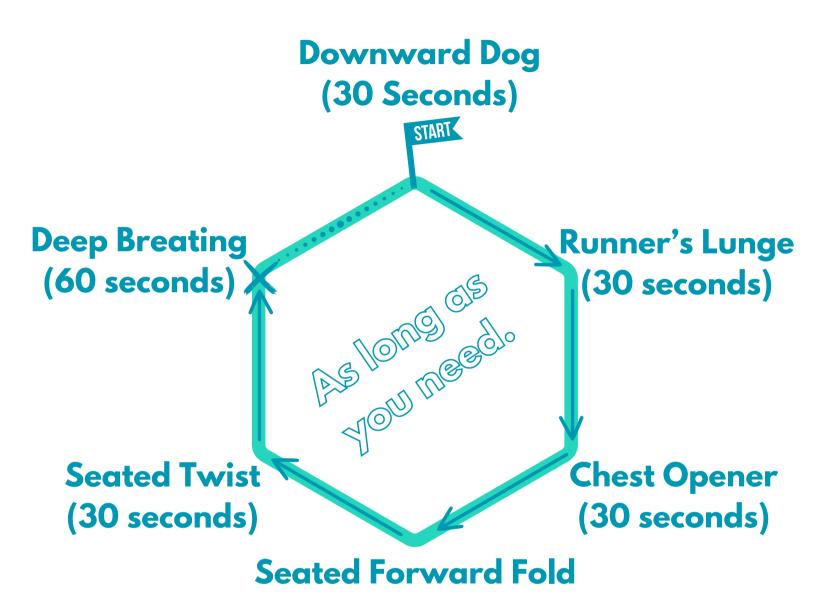
Squats: Focus on depth and form. Go as low as your flexibility allows.

Plank Hold: Hold a proper plank with hands or forearms. Drop to knees if needed.

Sit-Ups: Cross your arms over your chest or lightly support your head.

Hip Bridges: Lie on your back, feet flat on the ground, and lift your hips up high.

Cool Down: 2-Minute+ Relaxation



Cool Down Details:

Downward Dog: Push your hips up and back, forming an inverted "V," while stretching your hamstrings and calves.

(30 seconds)

Runner's Lunge: Step one foot forward into a deep lunge, keeping the back leg straight. Hold, then switch legs.

Chest Opener: Interlace your fingers behind your back, lift your hands gently, and open your chest.

Seated Forward Fold: Sit on the floor with your legs extended and reach for your toes.

Seated Spinal Twist: Cross one leg over the other and gently twist your torso.

Deep Breathing: Sit or lie comfortably, inhale deeply, and exhale slowly to relax.

Day 11-20: Progress Tracker

Check these boxes like your fitness depends on it—because it does. Each day you mark off is one less excuse and one step closer to proving past—you wrong.

Days Completed	
DAY 11 DAY 12 DAY 13 DAY 14 DAY 15 DAY 16 DAY 17 DAY 18 DAY 19 DAY 2	-
Daily Reflections	
DAY 11	-
DAY 12	_
DAY 13	_
DAY 14	_
DAY 15	_
DAY 16	_
DAY 17	
DAY 18	_
DAY 19	_

Day 20: Know Who You Are

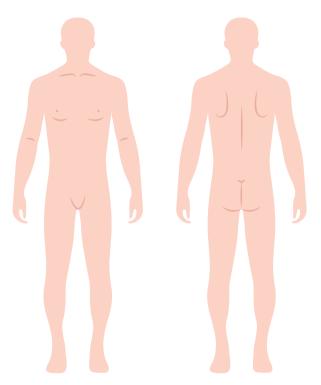
You're more than half-way there.

You've crushed 20 days—now it's time to check in. How's your energy holding up? Any new aches, or are you feeling stronger? Take a moment to reflect and gear up for the final stretch.

Energy Level:



Any Pains or Aches?



Motivation Check:

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Notes:

Jot down anything you notice—patterns, feelings, or concerns.

Day 21-30: Performance Circuit

How it Works & What you Need

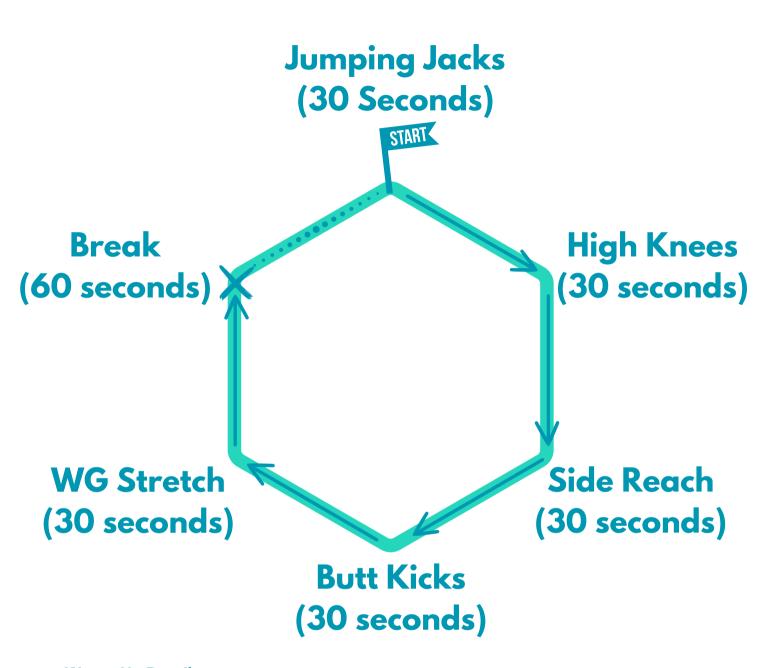
This phase is all about **pushing your limits** and **finishing strong**. You've built the foundation, leveled up your consistency, and now it's time to perform at your best. Let's see what you're really capable of!

The Final Push: What's New

This phase is all about **dialing it up** to full intensity. Here's what's different as we close out strong!

	Overall Time	
20 minutes		30 minutes
	Intervals	
60 seconds		90 seconds
	Breaks	
90 seconds		120 seconds
	Rounds	
3-4		4-5

Warm-Up: 3-Minute Dynamic Flow



Warm-Up Details:

Jumping Jacks: Raise your heart rate with full-body movement; step-jacks are fine as a low-impact option.

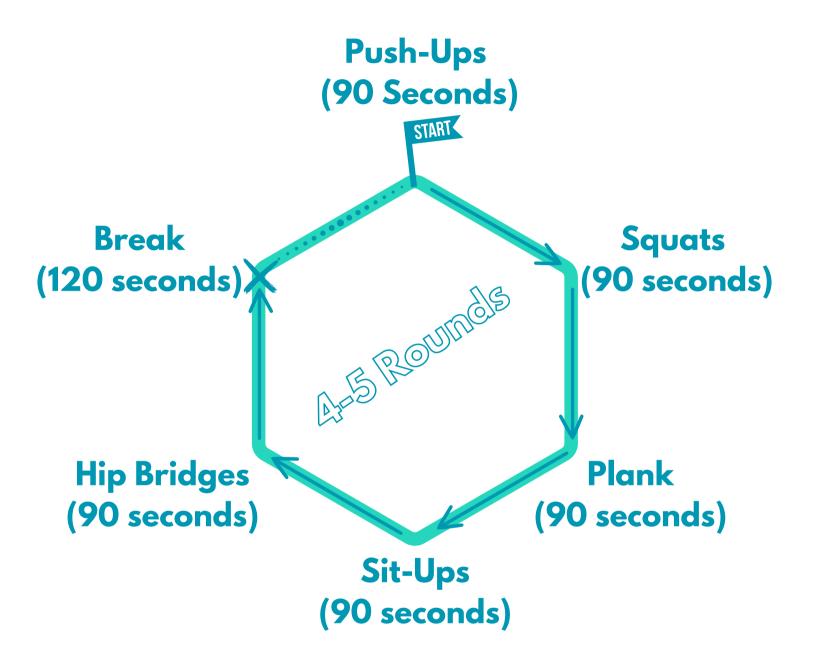
High Knees: Jog or march in place, driving your knees as high as possible while engaging your core.

Standing Side Reaches: Reach one arm overhead and lean to the side, stretching your obliques. Alternate sides.

Butt Kicks: Jog in place while bringing your heels toward your glutes to activate your hamstrings.

World's Greatest Stretch: Lunge forward, place both hands on the floor, and rotate your upper body toward the ceiling. Switch sides.

Circuit: 25-Minute Performance



Circuit Details:

Push-Ups: Full push-ups, knee push-ups, or incline push-ups. Keep your core tight.

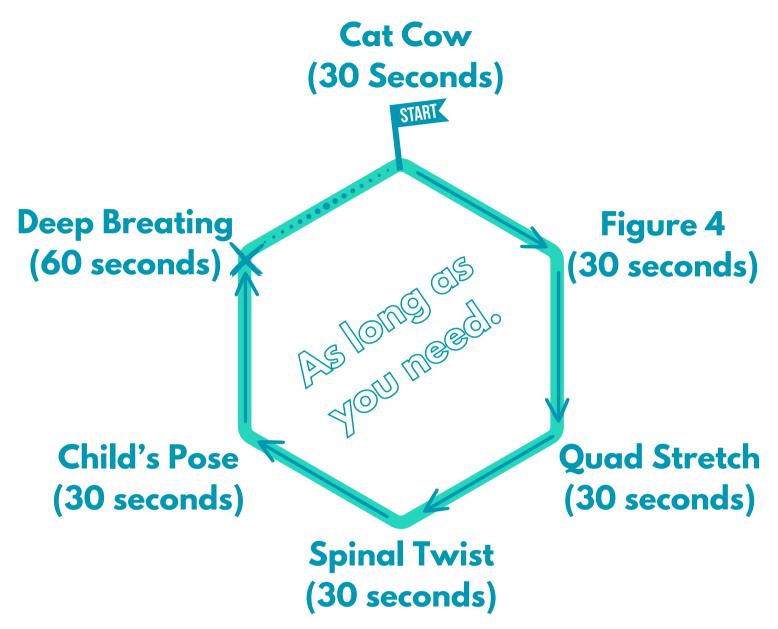
Squats: Focus on depth and form. Go as low as your flexibility allows.

Plank Hold: Hold a proper plank with hands or forearms. Drop to knees if needed.

Sit-Ups: Cross your arms over your chest or lightly support your head.

Hip Bridges: Lie on your back, feet flat on the ground, and lift your hips up high.

Cool Down: 2-Minute+ Relaxation



Cool Down Details:

Cat-Cow Stretch: On hands and knees, alternate between arching your back and rounding it to release tension.

Figure-4 Stretch: Lie on your back, cross one ankle over the opposite knee, and pull your legs toward your chest. Switch sides.

Standing Quad Stretch: Pull one ankle toward your glutes, keeping your knees close together. Switch legs.

Seated Spinal Twist: Sit on the floor, cross one leg over the other, and gently twist your torso. Switch sides.

Child's Pose: Sit back onto your heels, stretch your arms forward, and relax into a deep stretch.

Day 21-30: Progress Tracker

You're in the home stretch now! No time for excuses—if you've made it this far, you're basically unstoppable. Check off each day like the boss you are and prove to yourself that quitting isn't even in your vocabulary. Ten more days to level up—don't let future you down!

Days (Comp	leted					
DAY 21 DAY	Y 22 DAY	23 DAY 24	DAY 25 E	DAY 26 DA	Y 27 DAY	28 DAY 29	DAY 3
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DAY 27							
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Day 30: Know How You Are

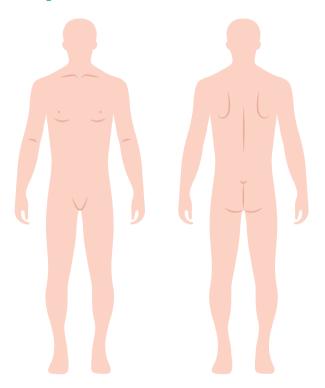
You've made it. Day 30.

Day 30—look at you, showing up and crushing it like a pro! Now it's time to check in: Be honest, reflect, and give yourself credit—you've earned it!

Energy Level:



Any Pains or Aches?



Motivation Check:

Notes:

Jot down anything you notice—patterns, feelings, or concerns.

Final Test: Prove Your Progress

It's time to put your hard work to the test—revisit the Day O baseline and crush those numbers to see how far you've come!

Push-Ups: How many can you do in one go? (Modify if needed, like on knees.) **Bodyweight Squats:** How many can you do before your legs feel like jelly? **Plank Hold:** How long can you hold a proper plank before collapsing?

Victory Lap

Take a moment to appreciate what you've accomplished. You started with excuses, pushed through the Foundation Circuit, leveled up with the Momentum Circuit, and crushed the Performance Circuit.

Whether you nailed every day or stumbled along the way, you showed up—and that's what matters most. Look back at where you started and celebrate how far you've come. Progress is the goal, not perfection.



What's Next?

Progress doesn't stop at Day 30. Take a few minutes to reflect, set new goals, and decide how you'll keep leveling up. Your future self will thank you.

Set One New Physical Goal

(e.g., "Do 50 push-ups in one go").

Set One New Mental Goal

(e.g., "Be more consistent about exercising").

Plan Your Next Steps

(e.g., "Commit to a schedule, repeat the program").

Share Your Wins



You made it, and that's worth shouting about! Whether you crushed every day or just showed up when it was hard, your progress matters. Celebrate your wins, inspire others, and remind yourself how far you've come.

Tell a Friend

Fitness is contagious. Share the program with someone who needs a push and become accountability buddies.



Join Us

Join The Functional Humans Facebook group and become part of a supportive, no-BS community of like-minded individuals. Share your Final Test results, post your progress pics, or drop a quick "I did it!" to let the world know you crushed it. This is your tribe—your functional human family -cheering you on every step of the way.







Can I swap out exercises I don't like?

Sure, but remember: skipping the hard stuff doesn't make it easier—it just keeps you stuck.

What if I'm short on time or struggling with exercises?

Do what you can. One round beats zero. Modify exercises if needed and keep moving forward.

Why 30-60-90 seconds instead of reps?

Because we care about effort, not numbers. Push yourself in the time you've got—it's about quality, not counting.

What happens after Day 30?

You don't stop, that's what. Use what you've learned, build your own circuits, or start the program again. Fitness is a lifestyle, not a deadline.

How do I stay motivated?

Spoiler alert: you don't need motivation—you need discipline. Show up even when you don't feel like it

Is soreness a bad thing?

Nope. It's a reminder that you're challenging yourself. Stretch, hydrate, and embrace the ache—it's a badge of honor.

What if I don't have a yoga mat?

Then use your floor. It's not about the gear; it's about showing up. A towel works too—just don't complain.

Can I share my progress on social media?

Please do. Flex your commitment, inspire others, and tag us. Progress deserves recognition.

Will this help me lose weight?

Maybe. Will it make you stronger, fitter, and more consistent? Definitely. Weight loss is a side effect of showing up and working hard.

What if I hate exercise?

Then you need this program more than anyone else. Movement is life—get over it.