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30-Day Home Workout Plan

No gym. No equipment. 30 minutes a day.

By Coach Alex

[AuraFitGuides.com](https://auraFitGuides.com)

Your 30-Day Home Workout Plan

Coach Alex - AuraFitGuides.com

This plan builds progressively over 4 weeks. No gym, no equipment. Each session is 25-32 minutes. Follow the schedule, track your reps, and compare Day 1 to Day 30.

Week 1 - Foundation (Days 1-7)

Day	Focus	Exercises	Time
Day 1	Upper Body	Push-ups 3x10, Tricep dips 3x10, Shoulder taps 3x15	28 min
Day 2	Lower Body	Squats 3x15, Reverse lunges 3x10, Glute bridges 3x15	30 min
Day 3	Core	Plank 3x30s, Crunches 3x20, Leg raises 3x12	25 min
Day 4	Recovery	Walk 20 min + light stretching	20 min
Day 5	Full Body	Burpees 3x8, Jump squats 3x10, Mountain climbers 3x15	30 min
Day 6	Cardio	High knees 3x45s, Jumping jacks 3x45s, Skaters 3x30s	28 min
Day 7	Rest	--	--

Week 2 - Build (Days 8-14)

Day	Focus	Exercises	Time
Day 8	Upper+	Push-ups 4x12, Pike press 3x10, Plank shoulder taps 3x20	30 min
Day 9	Lower+	Sumo squats 4x12, Walking lunges 3x12, Single-leg bridge 3x12	32 min
Day 10	Core+	Plank 3x45s, Bicycle crunches 3x20, Flutter kicks 3x20	28 min
Day 11	Recovery	Walk 25 min + yoga stretches	25 min
Day 12	Full+	Burpees 4x10, Squat jumps 3x12, Bear crawl 3x20s	32 min
Day 13	HIIT	40s on/20s off x 5 rounds: burpees, high knees, squats	30 min
Day 14	Rest	--	--

Week 3 - Power (Days 15-21)

Day	Focus	Exercises	Time
Day 15	Push Focus	Decline push-ups 4x10, Diamond push-ups 3x8, Dips 4x12	30 min

Day 16	Leg Power	Jump squats 4x15, Box step-ups 3x12, Wall sit 3x45s	32 min
Day 17	Core Power	Side plank 3x35s, V-ups 3x15, Plank to downdog 3x10	28 min
Day 18	Recovery	Light jog 15 min + deep stretch	25 min
Day 19	Full Power	Tuck jumps 3x10, Spiderman push-ups 3x8, Skaters 3x15	30 min
Day 20	Cardio+	Tabata: 8 rounds 20s on/10s off alternating 2 moves	28 min
Day 21	Rest	--	--

Week 4 - Peak (Days 22-30)

Day	Focus	Exercises	Time
Day 22	Upper Peak	Push-up circuit 4 sets + slow negatives 3x8	30 min
Day 23	Lower Peak	Bulgarian split squats 3x10, Jump lunges 3x12	32 min
Day 24	Total Core	L-sit hold 3x15s, Ab wheel 3x8, Hanging knee tucks 3x12	28 min
Day 25	Recovery	Walk + foam roll all muscle groups	25 min
Day 26	Full Peak	4 rounds: 10 burpees, 15 squats, 10 push-ups, 20s plank	32 min
Day 27	Cardio Peak	5 rounds: 1 min max effort / 30s rest	30 min
Day 28	Rest	--	--
Day 29	Challenge	Max push-ups, max squats, max plank - record your numbers	25 min
Day 30	Celebrate	Repeat Day 1 workout - compare your reps from 30 days ago	28 min

Nutrition Basics

Rule	Target	Why
Protein	0.7g per lb of bodyweight	Muscle repairs with protein
Calories	Do not cut below 1,400 kcal	Under-eating kills energy
Water	6-8 glasses per day	Dehydration = poor performance
Sleep	7+ hours per night	Gains happen during recovery

Reply to any Coach Alex email - he reads every message and will send personal feedback on your progress.