

30-DAY GET-BACK-IN-SHAPE PLAN

Strength + Walking · 5 Days a Week

2 gym days (Mon · Thu) + 3 home days (Tue · Fri · Sat) — Jul 20 to Aug 18, 2026 · 22 sessions

- ✓ **Walking is the fat-loss engine.** Every day — including rest days — a 20–30 min brisk walk. This matters more than any single exercise.
- ✓ **Weight loss happens mostly in the kitchen.** Slightly smaller portions, protein with every meal, water before eating. The workouts make sure what she loses is fat, not muscle.
- ✓ **Week 1 is practice:** 2 easy sets of 12–15 per exercise. **Weeks 2–4:** 3 sets of 12–15, stopping 2–3 reps before it gets ugly.
- ✓ **No jumping — on purpose.** Everything is low-impact to protect knees and back while carrying extra weight. Slow and controlled beats fast and sloppy.
- ✓ **Rest 60–90 s** between sets. Each session is ~30–40 minutes including the walk.
- ✓ **Zero equipment at home:** a chair and a wall is all the home days need. Gym weights are starting guesses — pick whatever allows 15 easy, controlled reps.
- ✓ **Soreness is normal, joint pain is not.** If a joint hurts, skip the move. Missed a day? Just do the next one — never “make up” with doubles.

Five fixed workouts, repeated every week on purpose — repetition is how the body learns and how the habit sticks.

Gym A · Gym B · Home 1 — lower · Home 2 — upper · Home 3 — full + walk



1 OF 6

Leg Press

2 × 12–15

≈30 kg

Machine

feet shoulder-width, push through the heels



2 OF 6

Machine Chest Press

2 × 12–15

≈10 kg

Machine

shoulder blades back, smooth press



3 OF 6

Lat Pulldown

2 × 12–15

≈20 kg stack

Cable

pull the bar to upper chest, no swinging



4 OF 6

Seated Leg Curl

2 × 12–15

≈15 kg stack

Machine

slow on the way back



5 OF 6

Machine Shoulder Press

2 × 12–15

≈10 kg

Machine

don't shrug, stop before elbows lock



6 OF 6

EZ-Bar Curl

2 × 12–15

≈10 kg bar

Barbell

stand tall, elbows at sides, no swinging



FINISHER

Brisk Walk

15–20 min brisk walk or easy incline treadmill



1 OF 5

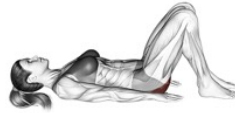
Chair Squat

2 × 12–15

bodyweight

Body

sit back until you lightly touch the chair, stand up



2 OF 5

Glute Bridge

2 × 12–15

bodyweight

Body

squeeze at the top for 2 s



3 OF 5

Standing Calf Raise

2 × 12–15

bodyweight

Body

hold a wall for balance, pause at top



4 OF 5

Lying Leg Raise

2 × 12–15

bodyweight

Body

bend the knees if straight legs are hard



5 OF 5

Superman

2 × 12–15

bodyweight

Body

gentle lift, hold 2 s, no straining



FINISHER

Brisk Walk

15–20 min brisk walk after



1 OF 6

Leg Press

2 × 12–15

≈30 kg

Machine

same as Monday — repetition builds the habit



2 OF 6

Seated Cable Row

2 × 12–15

≈20 kg stack

Cable

chest tall, squeeze shoulder blades



3 OF 6

Leg Extension

2 × 12–15

≈15 kg stack

Machine

light and controlled, pause at the top



4 OF 6

Hip Abduction

2 × 12–15

≈20 kg stack

Machine

sit tall, push out slow



5 OF 6

Straight-Bar Pushdown

2 × 12–15

≈10 kg stack

Cable

elbows at sides, push the bar down and up slow



6 OF 6

Seated Calf Raise

2 × 12–15

≈10 kg

Machine

full stretch at the bottom, pause at top



FINISHER

Brisk Walk

15–20 min brisk walk or easy incline treadmill



1 OF 5

Wall Push-Up

2 × 12–15

bodyweight

Body

hands on the wall, body straight —
feet further back = harder

 Fitness
Programmer.com



2 OF 5

Chair Dip

2 × 12–15

bodyweight

Body

hands on a sturdy chair, small dips,
shoulders relaxed

 Fitness
Programmer.com



3 OF 5

Plank

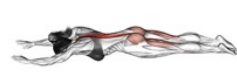
2 × 20–30 s

bodyweight

Body

knees-down version is fine — build
up

 Fitness
Programmer.com



4 OF 5

Superman

2 × 12–15

bodyweight

Body

gentle lift, hold 2 s, no straining

 Fitness
Programmer.com



5 OF 5

Lying Leg Raise

2 × 12–15

bodyweight

Body

slow down, slow up



FINISHER

Brisk Walk

15–20 min brisk walk after



1 OF 5

Chair Squat

2 × 12–15

bodyweight

Body

same as Tuesday — a little deeper each week



2 OF 5

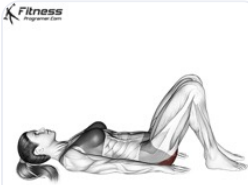
Knee Push-Up

2 × 12–15

bodyweight

Body

too hard? do wall push-ups instead



3 OF 5

Glute Bridge

2 × 12–15

bodyweight

Body

slow, squeeze 2 s at the top



4 OF 5

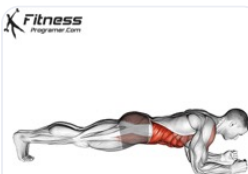
Bird Dog

2 × 12–15

bodyweight

Body

slow opposite arm + leg, hold 2 s



5 OF 5

Plank

2 × 20–30 s

bodyweight

Body

knees down is fine, breathe



FINISHER

Brisk Walk

25–30 min brisk walk after — the main event today

DAY 6

Gym A

Machines + easy bar work



1 OF 6

Leg Press

3 × 12–15

≈30 kg

Machine

feet shoulder-width, push through the heels



2 OF 6

Machine Chest Press

3 × 12–15

≈10 kg

Machine

shoulder blades back, smooth press



3 OF 6

Lat Pulldown

3 × 12–15

≈20 kg stack

Cable

pull the bar to upper chest, no swinging



4 OF 6

Seated Leg Curl

3 × 12–15

≈15 kg stack

Machine

slow on the way back



5 OF 6

Machine Shoulder Press

3 × 12–15

≈10 kg

Machine

don't shrug, stop before elbows lock



6 OF 6

EZ-Bar Curl

3 × 12–15

≈10 kg bar

Barbell

stand tall, elbows at sides, no swinging



FINISHER

Brisk Walk

15–20 min brisk walk or easy incline treadmill

DAY 7

Home 1

Lower body · no equipment



1 OF 5

Chair Squat

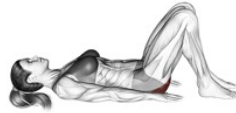
3 × 12–15

bodyweight

Body

sit back until you lightly touch the chair, stand up

Fitness
Programmer.com



2 OF 5

Glute Bridge

3 × 12–15

bodyweight

Body

squeeze at the top for 2 s

Fitness
Programmer.com



3 OF 5

Standing Calf Raise

3 × 12–15

bodyweight

Body

hold a wall for balance, pause at top

Fitness
Programmer.com



4 OF 5

Lying Leg Raise

3 × 12–15

bodyweight

Body

bend the knees if straight legs are hard

Fitness
Programmer.com



5 OF 5

Superman

3 × 12–15

bodyweight

Body

gentle lift, hold 2 s, no straining



FINISHER

Brisk Walk

15–20 min brisk walk after

DAY 8

Gym B

Machines + easy bar work



1 OF 6

Leg Press

3 × 12–15

≈30 kg

Machine

same as Monday — repetition builds the habit



2 OF 6

Seated Cable Row

3 × 12–15

≈20 kg stack

Cable

chest tall, squeeze shoulder blades



3 OF 6

Leg Extension

3 × 12–15

≈15 kg stack

Machine

light and controlled, pause at the top



4 OF 6

Hip Abduction

3 × 12–15

≈20 kg stack

Machine

sit tall, push out slow



5 OF 6

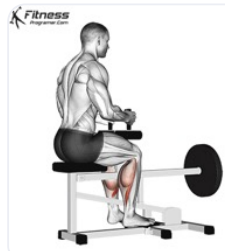
Straight-Bar Pushdown

3 × 12–15

≈10 kg stack

Cable

elbows at sides, push the bar down and up slow



6 OF 6

Seated Calf Raise

3 × 12–15

≈10 kg

Machine

full stretch at the bottom, pause at top



FINISHER

Brisk Walk

15–20 min brisk walk or easy incline treadmill

DAY 9

Home 2

Upper body · no equipment



1 OF 5

Wall Push-Up

3 × 12–15

bodyweight

Body

hands on the wall, body straight —
feet further back = harder

Fitness
Programmer.com



2 OF 5

Chair Dip

3 × 12–15

bodyweight

Body

hands on a sturdy chair, small dips,
shoulders relaxed

Fitness
Programmer.com



3 OF 5

Plank

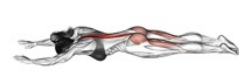
3 × 30 s

bodyweight

Body

knees-down version is fine — build
up

Fitness
Programmer.com



4 OF 5

Superman

3 × 12–15

bodyweight

Body

gentle lift, hold 2 s, no straining

Fitness
Programmer.com



5 OF 5

Lying Leg Raise

3 × 12–15

bodyweight

Body

slow down, slow up



FINISHER

Brisk Walk

15–20 min brisk walk after

DAY 10

Home 3

Full body · no equipment + long walk



1 OF 5

Chair Squat

3 × 12–15

bodyweight

Body

same as Tuesday — a little deeper each week



2 OF 5

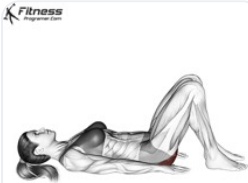
Knee Push-Up

3 × 12–15

bodyweight

Body

too hard? do wall push-ups instead



3 OF 5

Glute Bridge

3 × 12–15

bodyweight

Body

slow, squeeze 2 s at the top



4 OF 5

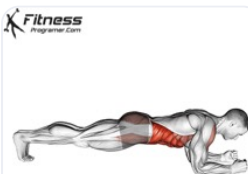
Bird Dog

3 × 12–15

bodyweight

Body

slow opposite arm + leg, hold 2 s



5 OF 5

Plank

3 × 30 s

bodyweight

Body

knees down is fine, breathe



FINISHER

Brisk Walk

25–30 min brisk walk after — the main event today

DAY 11

Gym A

Machines + easy bar work



1 OF 6

Leg Press

3 × 12–15

≈30 kg

Machine

feet shoulder-width, push through the heels



2 OF 6

Machine Chest Press

3 × 12–15

≈10 kg

Machine

shoulder blades back, smooth press



3 OF 6

Lat Pulldown

3 × 12–15

≈20 kg stack

Cable

pull the bar to upper chest, no swinging



4 OF 6

Seated Leg Curl

3 × 12–15

≈15 kg stack

Machine

slow on the way back



5 OF 6

Machine Shoulder Press

3 × 12–15

≈10 kg

Machine

don't shrug, stop before elbows lock



6 OF 6

EZ-Bar Curl

3 × 12–15

≈10 kg bar

Barbell

stand tall, elbows at sides, no swinging



FINISHER

Brisk Walk

15–20 min brisk walk or easy incline treadmill

DAY 12

Home 1

Lower body · no equipment



1 OF 5

Chair Squat

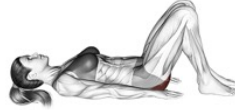
3 × 12–15

bodyweight

Body

sit back until you lightly touch the chair, stand up

Fitness
Programmer.com



2 OF 5

Glute Bridge

3 × 12–15

bodyweight

Body

squeeze at the top for 2 s

Fitness
Programmer.com



3 OF 5

Standing Calf Raise

3 × 12–15

bodyweight

Body

hold a wall for balance, pause at top

Fitness
Programmer.com



4 OF 5

Lying Leg Raise

3 × 12–15

bodyweight

Body

bend the knees if straight legs are hard

Fitness
Programmer.com



5 OF 5

Superman

3 × 12–15

bodyweight

Body

gentle lift, hold 2 s, no straining



FINISHER

Brisk Walk

15–20 min brisk walk after

DAY 13

Gym B

Machines + easy bar work



1 OF 6

Leg Press

3 × 12–15

≈30 kg

Machine

same as Monday — repetition builds the habit



2 OF 6

Seated Cable Row

3 × 12–15

≈20 kg stack

Cable

chest tall, squeeze shoulder blades



3 OF 6

Leg Extension

3 × 12–15

≈15 kg stack

Machine

light and controlled, pause at the top



4 OF 6

Hip Abduction

3 × 12–15

≈20 kg stack

Machine

sit tall, push out slow



5 OF 6

Straight-Bar Pushdown

3 × 12–15

≈10 kg stack

Cable

elbows at sides, push the bar down and up slow



6 OF 6

Seated Calf Raise

3 × 12–15

≈10 kg

Machine

full stretch at the bottom, pause at top



FINISHER

Brisk Walk

15–20 min brisk walk or easy incline treadmill

DAY 14

Home 2

Upper body · no equipment



1 OF 5

Wall Push-Up

3 × 12–15

bodyweight

Body

hands on the wall, body straight — feet further back = harder

X Fitness
Programmer.com



2 OF 5

Chair Dip

3 × 12–15

bodyweight

Body

hands on a sturdy chair, small dips, shoulders relaxed

X Fitness
Programmer.com



3 OF 5

Plank

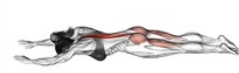
3 × 30 s

bodyweight

Body

knees-down version is fine — build up

X Fitness
Programmer.com



4 OF 5

Superman

3 × 12–15

bodyweight

Body

gentle lift, hold 2 s, no straining

X Fitness
Programmer.com



5 OF 5

Lying Leg Raise

3 × 12–15

bodyweight

Body

slow down, slow up



FINISHER

Brisk Walk

15–20 min brisk walk after

DAY 15

Home 3

Full body · no equipment + long walk



1 OF 5

Chair Squat

3 × 12–15

bodyweight

Body

same as Tuesday — a little deeper each week



2 OF 5

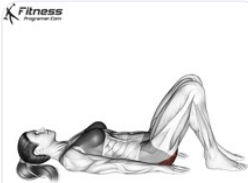
Knee Push-Up

3 × 12–15

bodyweight

Body

too hard? do wall push-ups instead



3 OF 5

Glute Bridge

3 × 12–15

bodyweight

Body

slow, squeeze 2 s at the top



4 OF 5

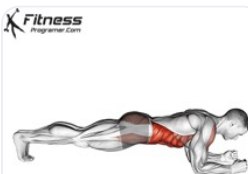
Bird Dog

3 × 12–15

bodyweight

Body

slow opposite arm + leg, hold 2 s



5 OF 5

Plank

3 × 30 s

bodyweight

Body

knees down is fine, breathe



FINISHER

Brisk Walk

25–30 min brisk walk after — the main event today

DAY 16

Gym A

Machines + easy bar work



1 OF 6

Leg Press

3 × 12–15

≈30 kg

Machine

feet shoulder-width, push through the heels



2 OF 6

Machine Chest Press

3 × 12–15

≈10 kg

Machine

shoulder blades back, smooth press



3 OF 6

Lat Pulldown

3 × 12–15

≈20 kg stack

Cable

pull the bar to upper chest, no swinging



4 OF 6

Seated Leg Curl

3 × 12–15

≈15 kg stack

Machine

slow on the way back



5 OF 6

Machine Shoulder Press

3 × 12–15

≈10 kg

Machine

don't shrug, stop before elbows lock



6 OF 6

EZ-Bar Curl

3 × 12–15

≈10 kg bar

Barbell

stand tall, elbows at sides, no swinging



FINISHER

Brisk Walk

15–20 min brisk walk or easy incline treadmill

DAY 17

Home 1

Lower body · no equipment



1 OF 5

Chair Squat

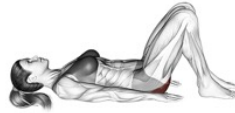
3 × 12–15

bodyweight

Body

sit back until you lightly touch the chair, stand up

Fitness
Programmer.com



2 OF 5

Glute Bridge

3 × 12–15

bodyweight

Body

squeeze at the top for 2 s

Fitness
Programmer.com



3 OF 5

Standing Calf Raise

3 × 12–15

bodyweight

Body

hold a wall for balance, pause at top

Fitness
Programmer.com



4 OF 5

Lying Leg Raise

3 × 12–15

bodyweight

Body

bend the knees if straight legs are hard

Fitness
Programmer.com



5 OF 5

Superman

3 × 12–15

bodyweight

Body

gentle lift, hold 2 s, no straining



FINISHER

Brisk Walk

15–20 min brisk walk after

DAY 18

Gym B

Machines + easy bar work



1 OF 6

Leg Press

3 × 12–15

≈30 kg

Machine

same as Monday — repetition builds the habit



2 OF 6

Seated Cable Row

3 × 12–15

≈20 kg stack

Cable

chest tall, squeeze shoulder blades



3 OF 6

Leg Extension

3 × 12–15

≈15 kg stack

Machine

light and controlled, pause at the top



4 OF 6

Hip Abduction

3 × 12–15

≈20 kg stack

Machine

sit tall, push out slow



5 OF 6

Straight-Bar Pushdown

3 × 12–15

≈10 kg stack

Cable

elbows at sides, push the bar down and up slow



6 OF 6

Seated Calf Raise

3 × 12–15

≈10 kg

Machine

full stretch at the bottom, pause at top



FINISHER

Brisk Walk

15–20 min brisk walk or easy incline treadmill

DAY 19

Home 2

Upper body · no equipment



1 OF 5

Wall Push-Up

3 × 12–15

bodyweight

Body

hands on the wall, body straight — feet further back = harder

Fitness Programmer.com



2 OF 5

Chair Dip

3 × 12–15

bodyweight

Body

hands on a sturdy chair, small dips, shoulders relaxed

Fitness Programmer.com



3 OF 5

Plank

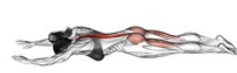
3 × 30 s

bodyweight

Body

knees-down version is fine — build up

Fitness Programmer.com



4 OF 5

Superman

3 × 12–15

bodyweight

Body

gentle lift, hold 2 s, no straining

Fitness Programmer.com



5 OF 5

Lying Leg Raise

3 × 12–15

bodyweight

Body

slow down, slow up



FINISHER

Brisk Walk

15–20 min brisk walk after

DAY 20

Home 3

Full body · no equipment + long walk



1 OF 5

Chair Squat

3 × 12–15

bodyweight

Body

same as Tuesday — a little deeper each week



2 OF 5

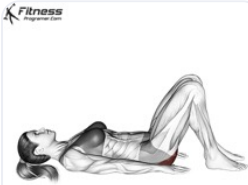
Knee Push-Up

3 × 12–15

bodyweight

Body

too hard? do wall push-ups instead



3 OF 5

Glute Bridge

3 × 12–15

bodyweight

Body

slow, squeeze 2 s at the top



4 OF 5

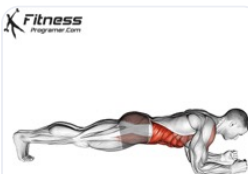
Bird Dog

3 × 12–15

bodyweight

Body

slow opposite arm + leg, hold 2 s



5 OF 5

Plank

3 × 30 s

bodyweight

Body

knees down is fine, breathe



FINISHER

Brisk Walk

25–30 min brisk walk after — the main event today

DAY 21

Gym A

Machines + easy bar work



1 OF 6

Leg Press

3 × 12–15

≈30 kg

Machine

feet shoulder-width, push through the heels



2 OF 6

Machine Chest Press

3 × 12–15

≈10 kg

Machine

shoulder blades back, smooth press



3 OF 6

Lat Pulldown

3 × 12–15

≈20 kg stack

Cable

pull the bar to upper chest, no swinging



4 OF 6

Seated Leg Curl

3 × 12–15

≈15 kg stack

Machine

slow on the way back



5 OF 6

Machine Shoulder Press

3 × 12–15

≈10 kg

Machine

don't shrug, stop before elbows lock



6 OF 6

EZ-Bar Curl

3 × 12–15

≈10 kg bar

Barbell

stand tall, elbows at sides, no swinging



FINISHER

Brisk Walk

15–20 min brisk walk or easy incline treadmill

DAY 22

Home 1

Lower body · no equipment



1 OF 5

Chair Squat

3 × 12–15

bodyweight

Body

sit back until you lightly touch the chair, stand up

Fitness
Programmer.com



2 OF 5

Glute Bridge

3 × 12–15

bodyweight

Body

squeeze at the top for 2 s

Fitness
Programmer.com



3 OF 5

Standing Calf Raise

3 × 12–15

bodyweight

Body

hold a wall for balance, pause at top

Fitness
Programmer.com



4 OF 5

Lying Leg Raise

3 × 12–15

bodyweight

Body

bend the knees if straight legs are hard

Fitness
Programmer.com



5 OF 5

Superman

3 × 12–15

bodyweight

Body

gentle lift, hold 2 s, no straining



FINISHER

Brisk Walk

15–20 min brisk walk after