

Fit on Schedule – Free 7-Day Starter Plan

Real fitness for busy schedules. No gym required. Each day takes just 10–20 minutes. Miss a day? No guilt — just continue where you left off.

Day 1 – Full-Body Wake-Up

- Bodyweight squats – 10 reps
- Wall or knee push-ups – 8 reps
- Arm circles – 30 seconds
- March in place – 1 minute

Tip: Focus on starting, not perfection.

Day 2 – Upper Body & Posture

- Shoulder rolls – 1 minute
- Resistance band or towel rows – 12 reps
- Wall push-ups – 10 reps
- Chest stretch – 30 seconds

Tip: Sit tall today — posture matters.

Day 3 – Lower Body Strength

- Squats – 12 reps
- Reverse lunges – 8 per leg
- Glute bridges – 12 reps
- Calf raises – 15 reps

Tip: Slow and controlled beats rushing.

Day 4 – Active Recovery

- Gentle stretching
- Light walking if possible
- Mobility for hips and shoulders

Tip: Recovery keeps you consistent.

Day 5 – Core & Stability

- Standing knee raises – 10 per side
- Plank – 20–30 seconds
- Dead bugs – 8 per side
- Side bends – 10 per side

Tip: Strong core supports everything.

Day 6 – Full-Body Express

- Squats – 10 reps
- Push-ups – 8 reps
- March or step jacks – 1 minute

Tip: Proof that 10 minutes counts.

Day 7 – Reflect & Reset

- Light stretch or walk
- Reflect on what worked

- Plan when to repeat

Tip: Consistency beats intensity.

If you completed even 3–4 days, you're already winning. Repeat this plan or explore more at fitonschedule.com.