

30 DAY FITNESS TEMPLATE

**** Disclaimer:**

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SCHEDULE TEMPLATE

Monday – Full body resistance training

Tuesday – Moderate Cardio

Wednesday – Full body resistance training

Thursday – Moderate Cardio

Friday – Full body resistance training

Saturday – Active rest

Sunday – Rest

In addition to this template, there are 3 free yoga classes available on my [YouTube channel](#).

For Moderate Cardio, you can do things like Pilates, spinning, yoga, rucking, running, or other fitness classes. Depending on your goals / fitness level, you might consider increasing / decreasing the intensity of the cardio to suit your needs.

Active rest would be walking, light yoga, or similar low-intensity activity.

Sunday / Rest can also be active rest.

LIFTING WORKOUTS

These are full body workouts. Start with an appropriate warm up: 2-5 minutes cardio, mobility work, and some intentional warm up sets/movements). Prime the body and central nervous system for the work.

Reps should be 8+ per set. For Farmer's Walks and Offset Farmer's Walks, aim for 1 minute of work. Adjust / modify the weight accordingly. Rest ~60 seconds between sets.

As listed, these workouts should take roughly 1 hour to complete, including warm up.

To reduce workload, cut one set per movement. To add workload, add one set per movement, or add in accessory movements (listed below).

For more variety, you can substitute certain lifts, using the list below, or modify the 'rounds' as needed.

This series could be performed (with modifications) with as little as three kettlebells (light, medium, and heavy). With access to any gym, you should be able to find what you need to complete these workouts.

Other Resources

On Instagram:

Whiteboard Daily, Squat University, Lu Strength & Therapy

On the Web:

Bodybuilding.com

On YouTube:

[Kettlebells with Pavel](#) – Instructional video

WORKOUTS

WORKOUT 1

Warm up

Farmer's Walk – 3 rounds

Goblet Squat – 2 rounds

Single Leg Hamstring Curl – 2 rounds each leg

Seated Row – 2 rounds

Chest Press / Push ups – 2 rounds

Curl to Overhead Press – 2 rounds

Plank – 2 rounds

WORKOUT 2

Warm up

Offset Farmer's Walk – 2 rounds each side

Kettlebell Swings – 3 rounds

Alternating Lateral Lunge – 2 rounds

Lat Pull Down or Pull Ups – 3 rounds

Overhead Press – 3 rounds

High Pull – 3 rounds

Goblet or Banded Marches – 2 rounds

WORKOUT 3

Warm up

Farmer's Walk – 2 rounds

Goblet Squat – 3 rounds

Chest Press / Push Ups – 3 rounds

Seated Row – 3 rounds

Single Leg Hamstring Curl – 2 rounds per leg

Lateral Raise – 2 rounds

Hammer Curl – 2 rounds

Russian Twist – 3 rounds

WORKOUT 4

Warm up

Offset Farmer's Walk – 2 rounds per side

Kettlebell Romanian Deadlifts – 3 rounds

Lateral Lunge – 2 rounds each side

Curl to Overhead Press – 3 rounds

Pull ups / Pull downs – 3 rounds

Tricep Press Down / Dips – 2 rounds

Side plank – 2 rounds each side

WORKOUT 5

Warm up

Farmer's Walk – 2 rounds

Goblet Squat – 4 rounds

Chest Press / Push-ups – 4 rounds

Seated row – 4 rounds

Single Leg Hamstring Curl – 2 rounds each side

Russian Twist – 2 rounds

WORKOUT 6

Warm up

Offset Farmer's Walk – 2 rounds per side

Swings – 3 rounds

Overhead press – 3 rounds

Pull ups / Pull downs – 3 rounds

Lateral lunge – 2 rounds per side

Push ups – 1 round to near failure

Banded Marches – 2 rounds

WORKOUT 7

Warm up

Farmer's Walk – 2 rounds

Kettlebell Romanian Deadlifts – 2 rounds

Goblet Squat – 2 rounds

Pull ups / Pull downs – 3 rounds

Chest press / Push-ups – 3 rounds

Banded lateral walk – 2 rounds each direction

High Pull – 2 rounds

Plank – 2 rounds

WORKOUT 8

Warm up

Offset Farmer's Walk – 2 rounds each side

Alternating Lunge – 2 rounds each leg

Chest press / Push up – 2 rounds

Single Leg Hamstring Curl – 2 rounds each leg

Seated row – 3 rounds

Overhead press – 3 rounds

Side Plank – 2 rounds

WORKOUT 9

Warm up

Farmer's Walk – 2 rounds

Swings – 3 rounds

Chest press / Push up – 3 rounds

Alternating Lateral Lunge – 2 rounds each leg

Pull ups / Pull downs – 3 rounds

Overhead press – 2 rounds

Bicep Curl – 2 rounds

Banded Dead Bugs – 2 rounds

WORKOUT 10

Warm up

Offset Farmer's Walk – 2 rounds each side

Kettlebell Romanian Dead Lifts – 3 rounds

Goblet Squat – 2 rounds

Seated row – 3 rounds

Chest Press / Push ups – 3 rounds

Banded Lateral Walk – 2 rounds each direction
Plank – 3 rounds

WORKOUT 11

Warm up
Farmer's Walk – 2 rounds
Alternating Lunge – 2 rounds each leg
Single Leg Hamstring Curl – 2 rounds each leg
Pull down / Pull ups – 4 rounds
Overhead press – 4 rounds
Banded Dead Bugs or Marches – 3 rounds

WORKOUT 12

Warm up
Farmer's Walk – 3 rounds
Goblet Squat – 3 rounds
Seated Row – 3 rounds
Push up / Chest Press – 3 rounds
Bodyweight Lunge – 3 rounds
Curl to Shoulder Press – 3 rounds
Side plank – 2 rounds each side

Additional Accessory Movements

Front / Lateral raise combinations
Chest Fly
Pullover
Reverse fly or band pull-apart
Triceps press down
Face pulls
Leg extension
Adductor / Abductor machines
Dead hangs
High pull

Substitutions / Modifications

Farmer's Walks are best with kettlebells, as you can carry goblet, suitcase, front rack, and overhead. Apply accordingly. Dumbbells are roughly capable of same. Trap bars are great if you want to go heavier.

Goblet Squats can be changed to barbells squats, Zercher squats, offset KB front squats (practice symmetry – even sets / reps each side).

Lunges can be Split Squats, Bulgarian Split Squats, box step ups. Smith machines are great if you need help with balance.

Chest Press / Push up – barbells are often challenging for wrist and shoulder mobility in new lifters or individuals with mobility issues in those joints. Dumbbells can be a safer option, along with machines (pin selector or plate-loaded). Incline is generally best, flat also good. Can substitute dips if the lifter can execute the movement properly.

Pull ups / Pull downs – Band or machine assisted pull ups (or simply start with dead hangs and work up to an unassisted pull up). Otherwise, utilize the lat pull down machine options at your gym.

Seated row – Cable row, barbell row, dumbbell row, Seal row, being mindful of appropriate form and core engagement