



# 30-DAY STRENGTH BLUEPRINT

Your Plan for Size, Power, and  
Consistency

**FITNESSRX.co**  
Built for Results. Designed for You.

**FREE 30 DAY VERSION**



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## **Free 30-Day Strength Blueprint**

*Your Plan for Size, Power, and Consistency*

*By FitnessRX.co*

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### **Intro from the Founder**

Hey, I'm Jim—founder of FitnessRX.co. I created this guide for people who want results without the fluff. Whether you're just starting out or getting back into the groove, this 30-day blueprint is designed to help you build strength, stay consistent, and feel confident in your training. Let's get after it.

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### **What This Guide Delivers**

- A proven 30-day plan to build strength and muscle
  - Simple structure, powerful results—no fluff
  - Designed for consistency, even with a busy schedule
  - A sneak peek at our premium daily workouts and progress tracker
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### **Weekly Breakdown**

#### **Week 1: Foundation & Form**

*Focus: Movement quality, activation, and control*

*Key Lifts:* Squat, Bench Press, Deadlift (light/moderate)

*Goal:* Build neural connection and prep joints

## **Week 2: Volume & Intensity**

*Focus:* Increase reps and load

*Key Lifts:* Squat, Bench, Deadlift + Pull-ups & Rows

*Goal:* Stimulate hypertrophy and endurance

## **Week 3: Power & Progression**

*Focus:* Explosive reps, heavier sets

*Key Lifts:* Squat, Deadlift, Overhead Press

*Goal:* Build raw strength and CNS adaptation

## **Week 4: Peak & Polish**

*Focus:* Max effort sets, form refinement

*Key Lifts:* All compound lifts + accessory work

*Goal:* Test strength, reinforce habits, prep for next phase

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## **🏠 Sample Daily Workout (Day 1)**

### **Day 1 – Lower Body Foundation**

*Focus:* Form, control, activation

- Squat – 3 sets of 8 reps @ moderate weight
- Glute Bridge – 3 sets of 12 reps
- Walking Lunges – 2 sets of 20 steps
- Plank – 3 x 30 seconds
- Optional: Light cardio (10 min incline walk)

👉 Want the full 30-day daily plan? Unlock the premium guide at [FitnessRX.co](https://FitnessRX.co)

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## **📊 Progress Tracker Preview**

Use this tracker to log your lifts, habits, and weekly progress.

Print it out or duplicate it digitally.

### **Weekly Check-In**

Week	Squat (Top Set)	Bench (Top Set)	Deadlift (Top Set)	Bodyweight	Notes

 Full printable tracker included in the Premium 30-Day Guide.

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### Mindset & Consistency Tips

- **Track everything:** Use this guide to stay accountable
  - **Fuel smart:** Prioritize protein, hydrate like a pro
  - **Sleep matters:** Recovery is half the battle
  - **Stay flexible:** Missed a day? Shift, don't quit
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### Final Words

This blueprint is your launchpad.

Stick to the plan, push with intention, and show up daily.

Strength isn't just physical—it's built in the moments you choose discipline over doubt.

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### Ready for More?

Upgrade to the **Premium 30-Day Guide** and get:

- Full daily workouts with sets, reps, rest
- Goal-specific tracks (Strength, Hypertrophy, Fat Loss)
- Printable progress tracker
- Nutrition & recovery modules
- Bonus warm-up flows and habit tools

 Available now at [FitnessRX.co/guides](https://FitnessRX.co/guides)

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