

Your Plan for Size, Power, and Consistency

FITNESSRX.co

Built for Results. Designed for You.

FREE 30 DAY VERSION



Free 30-Day Strength Blueprint

Your Plan for Size, Power, and Consistency By FitnessRX.co

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.

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

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

XX 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)

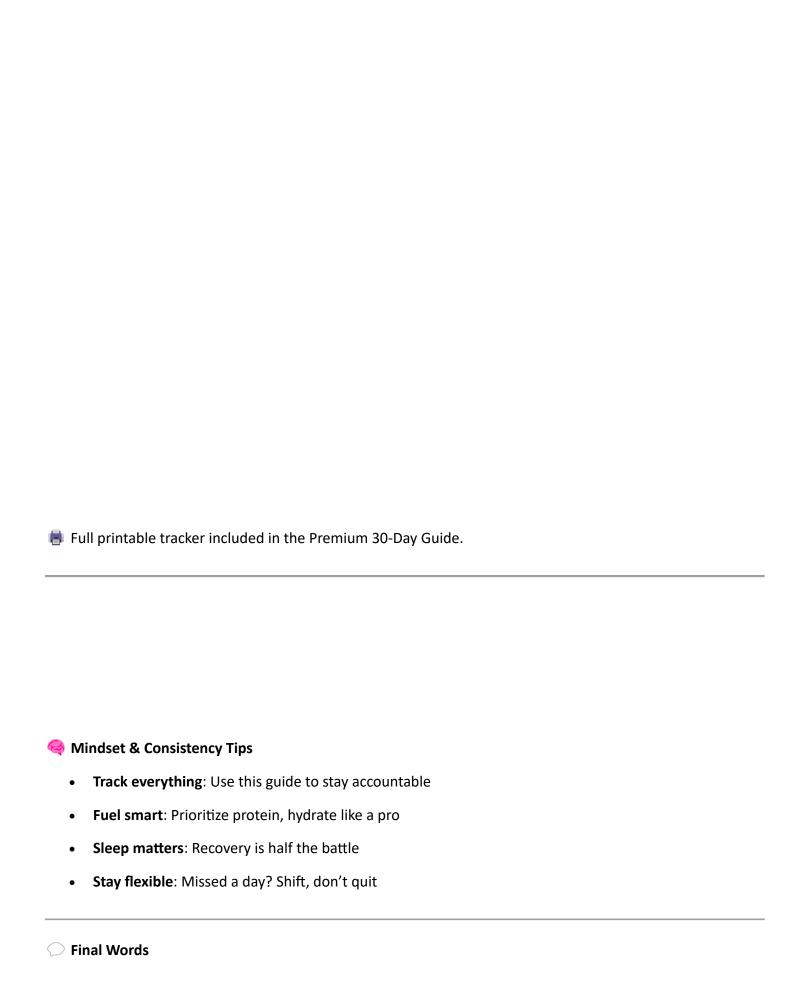
f Want the full 30-day daily plan? Unlock the premium guide at FitnessRX.co

Progress Tracker Preview

Use this tracker to log your lifts, habits, and weekly progress. Print it out or duplicate it digitally.

Weekly Check-In

Wee Squat (Top Bench (Top Deadlift Bodyweight Notes k Set) Set) (Top Set)



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.

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

