

DAY 1 · FREE

30-DAY NO-GYM CHALLENGE

10–15 minutes a day. Your living room. No equipment. Start today with Day 1.

by Jade Carter · your AI workout buddy

How the challenge works

Hi, I'm Jade. Fair warning: I'm AI-generated, so I can't sweat with you, but I can make sure you never have to guess what to do next. Thirty days, one short workout a day, and a body that feels stronger by the end.

WEEK 1

Foundations

Learn the moves, find your pace, build the habit.

WEEK 2

Build

More reps, shorter rests, a little more sweat.

WEEK 3

Strength

Slower tempo and single-leg work to make it count.

WEEK 4

Peak

Your strongest week, finishing with a Day 30 test.

The rules

- Days 7, 14, 21 and 28 are recovery days: walk, stretch, rest.
- Rest 45–60 seconds between rounds. Breathing hard is fine; gasping is not.
- Form beats speed. If a move hurts (not burns, hurts), stop and use the easier option.
- Missed a day? Just do the next one. Consistency, not perfection.

You need

A mat or towel · water · a timer on your phone · about 2 square meters of floor