



Build who *you*
want to be.

MEMBER SCHEDULE

The August calendar.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					I (Active) rest day	2 1 hour back & abs Rear delts included! ☐
3 35 minute 'ball & band' Hamstrings, glutes and core & abs! ☐	4 Play day 29 Push for longer and shorter ☐	5 IRON PRO day 28 'All quads' day ☐	6 (Active) rest day	7 MAX day 42 Lengthened...straight into shortened! ☐	8 (Active) rest day	9 Beastmode day 35 Undulating unilateral HIIT workout! ☐
10 Beastmode day 13 Posterior chain workout ☐	11 Abs and delts A stand alone or a perfect 'add on!' ☐	12 P.E. day 3 'Starting with only bodyweight squats?' ☐	13 (Active) rest day	14 75 min full body split day 1 Day 1 of 2 ☐	15 (Active) rest day	16 intent day 28 'Rear delt reps' upper body ☐
17 'x4 straight sets' lower body Straightforward straight sets! ☐	18 Unleash series day 30 Shoulders and arms ☐	19 Glutes, hamstrings & abs Lying on the mat the entire time! ☐	20 (Active) rest day	21 Day 3 of Drop it week - Back & biceps Literally feel the heat in the biceps! ☐	22 (Active) rest day	23 75 minute calisthenics Rest day for dumbbells, not our muscles! ☐
24 60 minute lower body workout Unilateral the entire time! ☐	25 IRON PRO day 30 Back, biceps & abs ☐	26 Unleash series day 18 Glutes ☐	27 (Active) rest day	28 Play day 5 Uncomplicated full body! ☐	29 (Active) rest day	30 Beastmode day 45 Crazy cardio circuits! ☐
31 60 min lower body workout No repeat! ☐						