



CALENDAR
JULY 2026

M E M B E R

S C H E D U L E

	MON	TUE	1st WED P.E. day 17 <input type="checkbox"/>	2nd THU (Active) rest day	3rd FRI IRON PRO day 34 <input type="checkbox"/>	4th SAT (Active) rest day	NEW 5th SUN Chest & triceps session <input type="checkbox"/>
			Glutes from all angles		Full body!		Only 4 movements in 20 minutes
NEW	6th MON Leg day with lunges & squats <input type="checkbox"/>	7th TUE IRON PRO day 20 <input type="checkbox"/>	8th WED 60 min 'The Posterior' workout <input type="checkbox"/>	9th THU (Active) rest day	10th FRI Play day 10 <input type="checkbox"/>	11th SAT (Active) rest day	12th SUN P.E. day 38 <input type="checkbox"/>
	The last round, we drop the weights!	Shoulders	Back, glutes & hamstrings!		Full body session in range		Plenty of pressing!
	13th MON 50 minute quads & hamstrings <input type="checkbox"/>	14th TUE Play day 19 <input type="checkbox"/>	15th WED 35 min glute workout <input type="checkbox"/>	16th THU (Active) rest day	17th FRI MAX day 41 <input type="checkbox"/>	18th SAT (Active) rest day	NEW 19th SUN 25 min push session <input type="checkbox"/>
	A proper leg day!	'Determined to reach the number' back & biceps	Staggered hip thrust, lunges & ankleweights!		Tempo can directly impact the number of reps performed!		5 rounds of ONE big giant set!
	20th MON 40 minute lower body <input type="checkbox"/>	21st TUE intent day 4 <input type="checkbox"/>	NEW 22nd WED Core & abs workout <input type="checkbox"/>	23rd THU (Active) rest day	24th FRI 75 min full body split <input type="checkbox"/>	25th SAT (Active) rest day	26th SUN IRON PRO day 22 <input type="checkbox"/>
	Isotonic and isometrics!	Rows & flies - 'the stretch'	Additional weight is an option!		Day 2 of 2		Upper body
	27th MON Quads & abs! <input type="checkbox"/>	NEW 28th TUE All the attention to the shoulders! <input type="checkbox"/>	29th WED 52 minutes all glutes <input type="checkbox"/>	30th THU (Active) rest day	31st FRI 60 minute full body strength & cardio <input type="checkbox"/>	SAT	SUN
	Constant clusters!	X2 compounds & lots of isolations	Bridges, Bulgarian lunges & ankleweights!		Wee bursts of cardio in here too!		





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M E M B E R

S C H E D U L E

MON	TUE	1st WED	2nd THU	3rd FRI	4th SAT	5th SUN NEW
		P.E. day 17	(Active) rest day	IRON PRO day 34	(Active) rest day	Chest & triceps session
		Glutes from all angles		Full body!		Only 4 movements in 20 minutes
6th MON NEW	7th TUE	8th WED	9th THU	10th FRI	11th SAT	12th SUN
Leg day with lunges & squats	IRON PRO day 20	60 min 'The Posterior' workout	(Active) rest day	Play day 10	(Active) rest day	P.E. day 38
The last round, we drop the weights!	Shoulders	Back, glutes & hamstrings!		Full body session in range		Plenty of pressing!
13th MON	14th TUE	15th WED	16th THU	17th FRI	18th SAT	19th SUN NEW
50 minute quads & hamstrings	Play day 19	35 min glute workout	(Active) rest day	MAX day 41	(Active) rest day	25 min push session
A proper leg day!	'Determined to reach the number' back & biceps	Staggered hip thrust, lunges & ankleweights!		Tempo can directly impact the number of reps performed!		5 rounds of ONE big giant set!
20th MON	21st TUE	22nd WED NEW	23rd THU	24th FRI	25th SAT	26th SUN
40 minute lower body	intent day 4	Core & abs workout	(Active) rest day	75 min full body split	(Active) rest day	IRON PRO day 22
Isotonic and isometrics!	Rows & flies - 'the stretch'	Additional weight is an option!		Day 2 of 2		Upper body
27th MON	28th TUE NEW	29th WED	30th THU	31st FRI	SAT	SUN
Quads & abs!	All the attention to the shoulders!	52 minutes all glutes	(Active) rest day	60 minute full body strength & cardio		
Constant clusters!	X2 compounds & lots of isolations	Bridges, Bulgarian lunges & ankleweights!		Wee bursts of cardio in here too!		

