



CALENDAR
JUNE 2026

M E M B E R

S C H E D U L E

NEW 1st MON Lower body compounds in 35 minutes! Adapt the 3 stations how you like!	2nd TUE intent day 40 'Beginning & ending with delts' upper body	3rd WED IRON day 3 Glutes!	4th THU (Active) rest day	5th FRI Play day 15 'Plenty of ups and downs' full body	6th SAT (Active) rest day	7th SUN Unleash day 20 Back & biceps
8th MON IRON PRO day 46 It's leg day!	9th TUE Play day 47 'In preparation' push session	NEW 10th WED 1 hour... all glutes & hamstrings Strength, stability and mobility	11th THU (Active) rest day	12th FRI MAX day 28 Lateral lunges with cossack squat optional at the end!	13th SAT (Active) rest day	14th SUN 30 minute cardio workout 'Pace yourself!'
NEW 15th MON It's leg day! 'Emphasised' squat walks to finish!	16th TUE Push ups & abs! 20 minute bodyweight workout	17th WED Play day 48 Glutes... 4 x 4	18th THU (Active) rest day	19th FRI MAX day 32 Iso delt abduction in the finisher... fire!	20th SAT (Active) rest day	21st SUN 25 min unilateral back & biceps I'm showing a different variation to a curl!
22nd MON intent day 35 'Emphasised lengthening of quads' lower body	NEW 23rd TUE Delts... done and dusted An insane pump imminent!	24th WED 60 min 'The Posterior' workout Back, glutes & hamstrings!	25th THU (Active) rest day	26th FRI IRON PRO day 34 Full body!	27th SAT (Active) rest day	28th SUN REV day 20 Burpees with alternating lunges... after weighted alternating lunges!
29th MON 60 minute calisthenics lower body Bodyweight only workout	30th TUE Beastmode day 2 Shoulders and triceps					





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