



# JUNE

# WORKOUT SCHEDULE

# 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 CARDIO & CORE	2 UNILATERAL	3 PULL DAY	4 PUSH DAY	5 BALANCE	6 HEAVY DAY
7	8 LOWER BODY	9 UPPER BODY	10 GLUTES & CORE	11 COMPOUND MOVEMENTS	12 CARDIO	13 FULL BODY
14 HYROX	15 CHEST, SHOULDERS, TRICEPS	16 LEGS, BACK, BICEPS	17 BALANCE	18 ARMS & ABS	19 SUPER SET	20 CARDIO
21 HYROX	22 GLUTES & CORE	23 SUPER SET	24 PUSH DAY	25 PULL DAY	26 UNILATERAL	27 COMPOUND MOVEMENTS
28 HYROX	29 HEAVY DAY	30 CARDIO & CORE				