



# JULY

# WORKOUT SCHEDULE

# 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 UPPER BODY	2 LOWER BODY	3 FULL BODY	4 HAPPY 4TH! CLOSED
5	6 UNILATERAL	7 CARDIO & CORE	8 PUSH DAY	9 PULL DAY	10 CARDIO	11 COMPOUND MOVEMENTS
12 HYROX	13 GLUTES & CORE	14 SUPER SET: UPPER BODY	15 SUPERSET: LOWER BODY	16 UPPER BODY	17 LOWER BODY	18 HEAVY DAY
19 HYROX	20 LEGS, BACK, BICEPS	21 CHEST, SHOULDERS, TRICEPS	22 BALANCE	23 PUSH DAY	24 PULL DAY	25 CARDIO & CORE
26 HYROX	27 UPPER BODY	28 LOWER BODY	29 CARDIO	30 ARMS & ABS	31 UNILATERAL	