

STRONG, EVERY WAY

SEPTEMBER 2026 WORKOUT CALENDAR

Lift heavy. Move well. Stay consistent.



PENNY BARNSHAW



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 30 Min EMOM Full Body Challenge	2 10 Min Arms & Abs All Standing with Weights	3 MEMBER 20 Min Leg Day Build Strength at Home	4 NEW 35 Min Perimenopause Strength Over 40	5 40 Min HIIT Workout for Women Over 40	6 ~ Active Recovery ~ 8-12k steps
7 NEW 60 Min Muscle Building on GFG Lifts	8 NEW 25 Min Barbell Metabolic Workout	9 30 Min Standing Upper Body & Abs	10 45 Min Leg & Glute Dumbbells & Mini Band	11 Full Body Compound Lifts Weight Training Over 40	12 30 Min HIIT Workout No Equipment	13 ~ Active Recovery ~ 8-12k steps
14 30 Min Full Body Strength Giant Sets	15 30 Min Full Body Power & Plyometrics	16 20 Min Upper Body & Abs No Repeat Express	17 NEW 30 Min Dumbbell Leg Day on GFG Lifts	18 30 Min Full Body Floor Workout with Weights	19 NEW 35 Min Knee Friendly Strength & Conditioning	20 ~ Active Recovery ~ 8-12k steps
21 NEW 60 Min Full Body Strength on GFG Lifts	22 20 Min Dumbbell HIIT Challenge	23 MEMBER 12 Min Dumbbell Core for Stronger Abs	24 30 Min Knee Friendly Leg Workout No Squats	25 NEW 45 Min Full Body No Repeat Dumbbell Strength	26 30 Min Cardio & Weight Training	27 ~ Active Recovery ~ 8-12k steps
28 Full Body Superset Burn Dumbbell Strength	29 40 Min Circuit Workout	30 NEW 25 Min Upper Body & Abs Strength and SIT				

☆ New workouts go live the day before they appear on the calendar

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STRONG, EVERY WAY

Welcome

This month is about getting stronger in more than one way. Some days we'll lift heavier, some days we'll move faster, and some days we'll keep things low impact and simply focus on moving well.

You don't need every workout to look the same to make progress. The goal is to keep showing up, train with purpose, and build strength you can actually use.

This Month's Focus

- ✓ Build Strength
- ✓ Train Smart
- ✓ Move Well
- ✓ Stay Consistent

How To Use

- ✓ Click any workout title to go straight to the video.
- ✓ New workouts go live the day before they appear.
- ✓ Tick the box on each day as you complete it.
- ✓ Swap days when needed - recovery is part of the plan.
- ✓ Consistency beats perfection.

Equipment Needed

- Dumbbells
- Barbell
- Mini Band
- Resistance Band (optional)
- Exercise Mat

Notes

Monthly Progress Tracker

Fill a circle for each day you complete a workout.

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Target: 20-24 workouts

Coach's Note

"Strength doesn't always look the same. Some days it's lifting heavy. Some days it's moving with energy. And some days it's simply doing what you can and keeping the habit going. It all counts."

— Penny