

STRONG & SCULPTED

AUGUST 2026 WORKOUT CALENDAR

Build muscle. Burn fat. Feel energised.



PENNY BARNSHAW



@garagefitnessgirl

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1 30 Min Full Body Kettlebell Strength Workout Over 40	2 ~ Active Recovery ~ 8-12k steps
3 25 Min Full Body Compound Workout with Dumbbells	4 45 Min Metabolic Conditioning Circuit for Fat Loss	5 MEMBER 20 Min Upper Body Push Day	6 45 Min Low Impact HIIT No Equipment, Apartment Friendly	7 NEW No Repeat Full Body Strength (35 Min)	8 45 Min Full Body Barbell HIIT at Home	9 ~ Active Recovery ~ 8-12k steps
10 30 Min No Repeat Strength Compound Lifts	11 45 Min Dumbbell Strength & HIIT Cardio No Repeat	12 30 Min Killer Leg Workout No Repeat With Weights	13 40 Min Knee Friendly HIIT with Weights No Jumping	14 NEW Over 40 Strength & SIT Workout (40 Mins)	15 45 Min Strength & Cardio Shred to Burn Fat & Build Muscle	16 ~ Active Recovery ~ 8-12k steps
17 45 Min Total Body Dumbbell Strength Supersets Workout	18 30 Min Total Body Tone Up No Repeat HIIT with Weights	19 30 Min Standing Back, Booty & Arms No Repeat	20 45 Min Knee Friendly HIIT Full Body Burn	21 NEW Low Impact Strength & Cardio Fat Loss No Jumping (30 Min)	22 40 Min Kettlebell Strength x HIIT No Repeat	23 ~ Active Recovery ~ 8-12k steps
24 45 Min Full Body Muscle Building Workout Over 40	25 45 Min Full Body MetCon Light & Ankle Weights	26 MEMBER 15 Min Metabolic Strength Circuits	27 35 Min Full Body Compound No Jumping + No Repeat	28 NEW Barbell Full Body (30 Min)	29 45 Min Strength & Cardio Power Build Muscle, Burn Fat	30 ~ Active Recovery ~ 8-12k steps
31 45 Min Dumbbell Workout to Get Strong & Lean at Home						

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

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Welcome

August leans into recomp — building lean muscle while burning fat. The week is built around progressive strength, with metabolic conditioning, joint-friendly days and full recovery so you train hard and still feel energised, not exhausted.

This Month's Focus

- ✓ Build Lean Muscle
- ✓ Burn Fat
- ✓ Train With Intention
- ✓ 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
- Kettlebell
- 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	31				

Target: 16–20 workouts

Coach's Note

"Recomp isn't about doing more — it's about lifting with intention. Show up, add a little more than last week, and let consistency do the quiet work."

— Penny