STRONG & STEADY

OCTOBER 2026 WORKOUT CALENDAR

Train smart. Move well. Stay steady.

PENNY BARNSHAW

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 NEW LIFTS 30 Min Lower Body Strength Workout ☐	2 35 Min Full Body MetCon ☐	3 30 Min No Jumping Low Impact HIIT ☐	4 ~ *Active Recovery* ~ *8-12k steps*
5 NEW LIFTS 60 Min Full Body Dumbbell Workout ☐	6 40 Min Full Body No Repeat HIIT ☐	7 30 Min Full Upper Body Dumbbell ☐	8 45 Min Leg Day Strength Training ☐	9 NEW MAIN 35 Min Low Impact Tabata for Perimenopause ☐	10 30 Min No Equipment Travel Workout ☐	11 ~ *Active Recovery* ~ *8-12k steps*
12 40 Min Full Body Barbell ☐	13 35 Min Metabolic Circuit ☐	14 NEW LIFTS 30 Min Dumbbell Push Workout ☐	15 NEW MEMBER 20 Min Standing Legs & Abs ☐	16 30 Min Full Body Weight Training ☐	17 NEW MAIN 30 Min No Repeat Sweat Session for Over 40's ☐	18 ~ *Active Recovery* ~ *8-12k steps*
19 NEW LIFTS 30 Min Upper Body Pull Workout ☐	20 NEW MAIN 25 Min Barbell Strength + Sprint Workout for Fat Loss 40+ ☐	21 20 Min No Repeat Plank & Ab Challenge ☐	22 30 Min Lower Body Max Out ☐	23 40 Min Low Impact Full Body Fat Burn ☐	24 30 Min Interval HIIT 40/30/20 ☐	25 ~ *Active Recovery* ~ *8-12k steps*
26 NEW LIFTS 60 Min Muscle Building Dumbbell Workout for Women Over 40 ☐	27 30 Min Dumbbell HIIT ☐	28 NEW MEMBER 20 Min Full Body Strength Workout ☐	29 NEW MAIN 35 Min Knee Friendly Leg Workout ☐	30 30 Min Perimenopause Circuit ☐	31 35 Min No Repeat HIIT Party ☐	

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

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Welcome

This month is built to be doable. There are low impact days, knee friendly days, and a barbell session you can do with dumbbells if that is what you have. Nothing here asks you to jump unless you want to.

Pick the days that suit your body and leave the rest there for when you want them. The workouts are not going anywhere.

This Month's Focus

- ✓ Build Strength
- ✓ Move Well
- ✓ Train Low Impact
- ✓ Stay Steady

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
- Booty Band
- Resistance Band (optional)
- Exercise Mat

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: 20-24 workouts

Coach's Note

"Steady is not the slow version of strong. It is the thing that makes strong possible. The women who see real change are not the ones who train hardest for two weeks. They are the ones still showing up months later."

— Penny

Notes