

STRONG & UNSTOPPABLE

JULY 2026 WORKOUT CALENDAR

Build strength. Train powerfully. Stay consistent.



PENNY BARNSHAW



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 MEMBER Strength & SIT Express	2 45 Min Dumbbell Strength & Cardio No Repeat	3 NEW 30 Min Barbell Lower Body	4 45 Min Full Body Fat Burning with Dumbbells	5 ~ Active Recovery ~ 8-12k steps
6 35 Min Standing Dumbbell Strength Workout	7 35 Min Dumbbell HIIT Strength & Fat Loss	8 45 Min Upper Body Dumbbell Strength	9 30 Min No Jumping Full Body Tone & Sculpt	10 NEW 40 Min Full Body Floor Strength	11 30 Min Cardio & Strength Supersets HIIT	12 ~ Active Recovery ~ 8-12k steps
13 40 Min Full Body Dumbbell Build Strength Over 40	14 40 Min Full Body No Repeat HIIT Strength & Cardio	15 MEMBER Standing Arms & Abs	16 35 Min Perimenopause Full Body Strength	17 NEW 35 Min Standing Strength and Cardio	18 40 Min No Jumping Low Impact Workout	19 ~ Active Recovery ~ 8-12k steps
20 30 Min Full Body Barbell Strength Build Muscle	21 30 Min All Standing Tabata Build Strength & Burn Fat	22 45 Min Compound Strength & Low Impact Cardio	23 35 Min Dumbbell Glutes & Abs Circuit	24 NEW 45 Min Full Body Birthday No Repeat	25 30 Min Standing Kettlebell Workout Fat Burn	26 ~ Active Recovery ~ 8-12k steps
27 40 Min Dumbbell Strength, Cardio & Core	28 45 Min Strength & Cardio Burnout Full Body HIIT	29 40 Min Full Body Compound Strength	30 30 Min Standing Cardio No Repeat Fat Burn	31 NEW 30 Min Knee Friendly Fat Loss No Squats No Lunges		

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

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STRONG & UNSTOPPABLE

Welcome

This month is a balanced mix of strength, conditioning, low-impact and walking to help you feel strong and unstoppable without burning out.

This Month's Focus

- ✓ Build Strength
- ✓ Train Powerfully
- ✓ Improve Fitness
- ✓ 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

"The strongest women I know aren't perfect. They're simply consistent. Focus on showing up, doing what you can, and building momentum one workout at a time."

— Penny