

2026 GMRX Strong Summer ☐ Cycle 1

MONDAY, JULY 6

LEGS - POST. CHAIN	6x BB DL	LBS	LBS	LBS
	12x SNGL LEG DB RDL	LBS	LBS	LBS
	25x GLUTE BRIDGE	LBS	LBS	LBS
SHOULDERS				
	6x SEATED DB PRESS	LBS	LBS	LBS
	12x BB PP	LBS	LBS	LBS
	25x DB LAT RAISE	LBS	LBS	LBS
CORE				
	3x12 DB/KB R. TWIST	LBS	LBS	LBS
	3x20 SIT UPS	✓	✓	✓

WEDNESDAY, JULY 8

CHEST	6x BP	LBS	LBS	RX/ BAND/ BAR
	12x INCL DB PRESS	LBS	LBS	RX/ BAND/ BAR
	25x PUSH UP	LBS	LBS	RX/ BAND/ BAR
BICEPS				
	6x ROPE PULL	LBS	LBS	BAND
	12x INCL DB BI CURL	LBS	LBS	BAND
	25x BANDED BI CURL	LBS	LBS	BAND
CORE				
	3x 150' CARRY	LBS	LBS	LBS
	3x 20 SITUPS	✓	✓	✓

FRIDAY, JULY 10

BACK	6x ea DB BOR	LBS	LBS	BAND
	12x DB PULL OVER	LBS	LBS	BAND
	25x L SIT BANDED RETR.	LBS	LBS	BAND
TRICEPS				
	6x DB TRICEPS EXT	LBS	RX/ BAND/ BAR	BAND
	12x DIAMOND PUSH UPS	LBS	RX/ BAND/ BAR	BAND
	25x BANDED TRICEPS EXT	LBS	RX/ BAND/ BAR	BAND
CORE				
	3x 12 SITUPS	✓	✓	✓
	3x 12 WEIGHTED SITUPS	LBS	LBS	LBS

MONDAY, JULY 13

LEGS - ANT. CHAIN	6x BB FS	LBS	LBS	LBS
	12x GOBLET SQUAT	LBS	LBS	LBS
	25x WL STEPS	LBS	LBS	LBS
SHOULDERS				
	6x SEATED DB PRESS	LBS	LBS	LBS
	12x BB PP	LBS	LBS	LBS
	25x DB LAT RAISE	LBS	LBS	LBS
CORE				
	3x12 DB/KB R. TWIST	LBS	LBS	LBS
	3x20 SIT UPS	✓	✓	✓

WEDNESDAY, JULY 15

CHEST	6x BP	LBS	LBS	RX/ BAND/ BAR
	12x INCL DB PRESS	LBS	LBS	RX/ BAND/ BAR
	25x PUSH UP	LBS	LBS	RX/ BAND/ BAR
BICEPS				
	6x ROPE PULL	LBS	LBS	BAND
	12x INCL DB BI CURL	LBS	LBS	BAND
	25x BANDED BI CURL	LBS	LBS	BAND
CORE				
	3x 150' CARRY	LBS	LBS	LBS
	3x 20 SITUPS	✓	✓	✓

FRIDAY, JULY 17

BACK	6x ea DB BOR	LBS	LBS	BAND
	12x DB PULL OVER	LBS	LBS	BAND
	25x L SIT BANDED RETR.	LBS	LBS	BAND
TRICEPS				
	6x DB TRICEPS EXT	LBS	RX/ BAND/ BAR	BAND
	12x DIAMOND PUSH UPS	LBS	RX/ BAND/ BAR	BAND
	25x BANDED TRICEPS EXT	LBS	RX/ BAND/ BAR	BAND
CORE				
	3x 12 SITUPS	✓	✓	✓
	3x 12 WEIGHTED SITUPS	LBS	LBS	LBS

2026 GMRX Strong Summer ☐ Cycle 1

MONDAY, JULY 20

LEGS - POST. CHAIN

6x BB DL	
LBS	
12X SNGL LEG DB RDL	
LBS	
25X GLUTE BRIDGE	
LBS	

SHOULDERS

6X SEATED DB PRESS	
LBS	
12X BB PP	
LBS	
25X DB LAT RAISE	
LBS	

CORE

3X12 DB/KB R. TWIST	
LBS	
3X20 SIT UPS	
LBS	

WEDNESDAY, JULY 22

CHEST

6X BP	
LBS	
12X INCL DB PRESS	
LBS	
25X PUSH UP	
LBS	

BICEPS

6X ROPE PULL	
LBS	
12X INCL DB BI CURL	
LBS	
25X BANDED BI CURL	
LBS	

CORE

3X 150' CARRY	
LBS	
3X20 SITUPS	
LBS	

FRIDAY, JULY 24

BACK

6X ea DB BOR	
LBS	
12X DB PULL OVER	
LBS	
25X L SIT BANDED RETR.	
LBS	

TRICEPS

6X DB TRICEPS EXT	
LBS	
12X DIAMOND PUSH UPS	
LBS	
25X BANDED TRICEPS EXT	
LBS	

CORE

3X 12 SITUPS	
✓	
3X 12 WEIGHTED SITUPS	
LBS	

MONDAY, JULY 27

LEGS - ANT. CHAIN

6X BB FS	
LBS	
12x GOBLET SQUAT	
LBS	
25X WL STEPS	
LBS	

SHOULDERS

6X SEATED DB PRESS	
LBS	
12X BB PP	
LBS	
25X DB LAT RAISE	
LBS	

CORE

3X12 DB/KB R. TWIST	
LBS	
3X20 SIT UPS	
LBS	

WEDNESDAY, JULY 29

CHEST

6X BP	
LBS	
12X INCL DB PRESS	
LBS	
25X PUSH UP	
LBS	

BICEPS

6X ROPE PULL	
LBS	
12X INCL DB BI CURL	
LBS	
25X BANDED BI CURL	
LBS	

CORE

3X 150' CARRY	
LBS	
3X20 SITUPS	
LBS	

FRIDAY, JULY 31

BACK

6X ea DB BOR	
LBS	
12X DB PULL OVER	
LBS	
25X L SIT BANDED RETR.	
LBS	

TRICEPS

6X DB TRICEPS EXT	
LBS	
12X DIAMOND PUSH UPS	
LBS	
25X BANDED TRICEPS EXT	
LBS	

CORE

3X 12 SITUPS	
✓	
3X 12 WEIGHTED SITUPS	
LBS	

2026 GMRX Strong Summer ☐ Cycle 2

MONDAY, AUGUST 10

LEGS - POST. CHAIN	6x BB DL	12X SNGL LEG DB RDL	25X GLUTE BRIDGE
	LBS	LBS	LBS
	LBS	LBS	LBS
SHOULDERS	6X SEATED DB PRESS	12X BB PP	25X DB LAT RAISE
	LBS	LBS	LBS
	LBS	LBS	LBS
CORE	3X12 DB/KB R. TWIST	3X20 SIT UPS	
	LBS	✓	
	LBS	✓	

WEDNESDAY, AUGUST 12

CHEST	6X BP	12X INCL DB PRESS	25X PUSH UP
	LBS	LBS	RX/ BAND/ BAR
	LBS	LBS	RX/ BAND/ BAR
BICEPS	6X ROPE PULL	12X INCL DB BI CURL	25X BANDED BI CURL
	LBS	LBS	BAND
	LBS	LBS	BAND
CORE	3X 150' CARRY	3X 20 SITUPS	
	LBS	✓	
	LBS	✓	

FRIDAY, AUGUST 14

BACK	6X ea DB BOR	12X DB PULL OVER	25X L SIT BANDED RETR.
	LBS	LBS	BAND
	LBS	LBS	BAND
TRICEPS	6X DB TRICEPS EXT	12X DIAMOND PUSH UPS	25X BANDED TRICEPS EXT
	LBS	RX/ BAND/ BAR	BAND
	LBS	RX/ BAND/ BAR	BAND
CORE	3X 12 SITUPS	3X 12 WEIGHTED SITUPS	
	✓	LBS	
	✓	LBS	

MONDAY, AUGUST 17

LEGS - ANT. CHAIN	6X BB FS	12x GOBLET SQUAT	25X WL STEPS
	LBS	LBS	LBS
	LBS	LBS	LBS
SHOULDERS	6X SEATED DB PRESS	12X BB PP	25X DB LAT RAISE
	LBS	LBS	LBS
	LBS	LBS	LBS
CORE	3X12 DB/KB R. TWIST	3X20 SIT UPS	
	LBS	✓	
	LBS	✓	

WEDNESDAY, AUGUST 19

CHEST	6X BP	12X INCL DB PRESS	25X PUSH UP
	LBS	LBS	RX/ BAND/ BAR
	LBS	LBS	RX/ BAND/ BAR
BICEPS	6X ROPE PULL	12X INCL DB BI CURL	25X BANDED BI CURL
	LBS	LBS	BAND
	LBS	LBS	BAND
CORE	3X 150' CARRY	3X 20 SITUPS	
	LBS	✓	
	LBS	✓	

FRIDAY, AUGUST 21

BACK	6X ea DB BOR	12X DB PULL OVER	25X L SIT BANDED RETR.
	LBS	LBS	BAND
	LBS	LBS	BAND
TRICEPS	6X DB TRICEPS EXT	12X DIAMOND PUSH UPS	25X BANDED TRICEPS EXT
	LBS	RX/ BAND/ BAR	BAND
	LBS	RX/ BAND/ BAR	BAND
CORE	3X 12 SITUPS	3X 12 WEIGHTED SITUPS	
	✓	LBS	
	✓	LBS	

2026 GMRX Strong Summer ☐ Cycle 2

MONDAY, AUGUST 24

LEGS - POST. CHAIN	6x BB DL		
	LBS	LBS	LBS
	LBS	LBS	LBS
	LBS	LBS	LBS
	12X SNGL LEG DB RDL		
	LBS	LBS	LBS
	LBS	LBS	LBS
	LBS	LBS	LBS
	25X GLUTE BRIDGE		
SHOULDERS	6X SEATED DB PRESS		
	LBS	LBS	LBS
	LBS	LBS	LBS
	LBS	LBS	LBS
	12X BB PP		
	LBS	LBS	LBS
	LBS	LBS	LBS
	LBS	LBS	LBS
	25X DB LAT RAISE		
CORE	3X12 DB/KB R. TWIST		
	LBS	✓	
	LBS	✓	
	LBS	✓	
	3X20 SIT UPS		

WEDNESDAY, AUGUST 26

CHEST	6X BP		
	LBS	LBS	RX/ BAND/ BAR
	LBS	LBS	RX/ BAND/ BAR
	LBS	LBS	RX/ BAND/ BAR
	12X INCL DB PRESS		
	LBS	LBS	LBS
	LBS	LBS	LBS
	LBS	LBS	LBS
	25X PUSH UP		
BICEPS	6X ROPE PULL		
	LBS	LBS	BAND
	LBS	LBS	BAND
	LBS	LBS	BAND
	12X INCL DB BI CURL		
	LBS	LBS	LBS
	LBS	LBS	LBS
	LBS	LBS	LBS
	25X BANDED BI CURL		
CORE	3X 150' CARRY		
	LBS	✓	
	LBS	✓	
	LBS	✓	
	3X 20 SITUPS		

FRIDAY, AUGUST 28

BACK	6X ea DB BOR		
	LBS	LBS	BAND
	LBS	LBS	BAND
	LBS	LBS	BAND
	12X DB PULL OVER		
	LBS	LBS	LBS
	LBS	LBS	LBS
	LBS	LBS	LBS
	25X L SIT BANDED RETR.		
TRICEPS	6X DB TRICEPS EXT		
	LBS	RX/ BAND/ BAR	BAND
	LBS	RX/ BAND/ BAR	BAND
	LBS	RX/ BAND/ BAR	BAND
	12X DIAMOND PUSH UPS		
	LBS	LBS	LBS
	LBS	LBS	LBS
	LBS	LBS	LBS
	25X BANDED TRICEPS EXT		
CORE	3X 12 SITUPS		
	✓	LBS	
	✓	LBS	
	✓	LBS	
	3X 12 WEIGHTED SITUPS		

MONDAY, AUGUST 31

LEGS - ANT. CHAIN	6X BB FS		
	LBS	LBS	LBS
	LBS	LBS	LBS
	LBS	LBS	LBS
	12x GOBLET SQUAT		
	LBS	LBS	LBS
	LBS	LBS	LBS
	LBS	LBS	LBS
	25X WL STEPS		
SHOULDERS	6X SEATED DB PRESS		
	LBS	LBS	LBS
	LBS	LBS	LBS
	LBS	LBS	LBS
	12X BB PP		
	LBS	LBS	LBS
	LBS	LBS	LBS
	LBS	LBS	LBS
	25X DB LAT RAISE		
CORE	3X12 DB/KB R. TWIST		
	LBS	✓	
	LBS	✓	
	LBS	✓	
	3X20 SIT UPS		

WEDNESDAY, SEPTEMBER 2

CHEST	6X BP		
	LBS	LBS	RX/ BAND/ BAR
	LBS	LBS	RX/ BAND/ BAR
	LBS	LBS	RX/ BAND/ BAR
	12X INCL DB PRESS		
	LBS	LBS	LBS
	LBS	LBS	LBS
	LBS	LBS	LBS
	25X PUSH UP		
BICEPS	6X ROPE PULL		
	LBS	LBS	BAND
	LBS	LBS	BAND
	LBS	LBS	BAND
	12X INCL DB BI CURL		
	LBS	LBS	LBS
	LBS	LBS	LBS
	LBS	LBS	LBS
	25X BANDED BI CURL		
CORE	3X 150' CARRY		
	LBS	✓	
	LBS	✓	
	LBS	✓	
	3X 20 SITUPS		

FRIDAY, SEPTEMBER 4

BACK	6X ea DB BOR		
	LBS	LBS	BAND
	LBS	LBS	BAND
	LBS	LBS	BAND
	12X DB PULL OVER		
	LBS	LBS	LBS
	LBS	LBS	LBS
	LBS	LBS	LBS
	25X L SIT BANDED RETR.		
TRICEPS	6X DB TRICEPS EXT		
	LBS	RX/ BAND/ BAR	BAND
	LBS	RX/ BAND/ BAR	BAND
	LBS	RX/ BAND/ BAR	BAND
	12X DIAMOND PUSH UPS		
	LBS	LBS	LBS
	LBS	LBS	LBS
	LBS	LBS	LBS
	25X BANDED TRICEPS EXT		
CORE	3X 12 SITUPS		
	✓	LBS	
	✓	LBS	
	✓	LBS	
	3X 12 WEIGHTED SITUPS		

2026 GMRX Strong Summer ☐ Cycle 3

MONDAY, SEPTEMBER 14

LEGS - POST. CHAIN	6x BB DL	12X SNGL LEG DB RDL	25X GLUTE BRIDGE
	LBS	LBS	LBS
	LBS	LBS	LBS
SHOULDERS	6X SEATED DB PRESS	12X BB PP	25X DB LAT RAISE
	LBS	LBS	LBS
	LBS	LBS	LBS
CORE	3X12 DB/KB R. TWIST	3X20 SIT UPS	
	LBS	✓	
	LBS	✓	

MONDAY, SEPTEMBER 21

LEGS - ANT. CHAIN	6X BB FS	12x GOBLET SQUAT	25X WL STEPS
	LBS	LBS	LBS
	LBS	LBS	LBS
SHOULDERS	6X SEATED DB PRESS	12X BB PP	25X DB LAT RAISE
	LBS	LBS	LBS
	LBS	LBS	LBS
CORE	3X12 DB/KB R. TWIST	3X20 SIT UPS	
	LBS	✓	
	LBS	✓	

WEDNESDAY, SEPTEMBER 16

CHEST	6X BP	12X INCL DB PRESS	25X PUSH UP
	LBS	LBS	RX/ BAND/ BAR
	LBS	LBS	RX/ BAND/ BAR
BICEPS	6X ROPE PULL	12X INCL DB BI CURL	25X BANDED BI CURL
	LBS	LBS	BAND
	LBS	LBS	BAND
CORE	3X 150' CARRY	3X 20 SITUPS	
	LBS	✓	
	LBS	✓	

WEDNESDAY, SEPTEMBER 23

CHEST	6X BP	12X INCL DB PRESS	25X PUSH UP
	LBS	LBS	RX/ BAND/ BAR
	LBS	LBS	RX/ BAND/ BAR
BICEPS	6X ROPE PULL	12X INCL DB BI CURL	25X BANDED BI CURL
	LBS	LBS	BAND
	LBS	LBS	BAND
CORE	3X 150' CARRY	3X 20 SITUPS	
	LBS	✓	
	LBS	✓	

FRIDAY, SEPTEMBER 18

BACK	6X ea DB BOR	12X DB PULL OVER	25X L SIT BANDED RETR.
	LBS	LBS	BAND
	LBS	LBS	BAND
TRICEPS	6X DB TRICEPS EXT	12X DIAMOND PUSH UPS	25X BANDED TRICEPS EXT
	LBS	RX/ BAND/ BAR	BAND
	LBS	RX/ BAND/ BAR	BAND
CORE	3X 12 SITUPS	3X 12 WEIGHTED SITUPS	
	✓	LBS	
	✓	LBS	

FRIDAY, SEPTEMBER 25

BACK	6X ea DB BOR	12X DB PULL OVER	25X L SIT BANDED RETR.
	LBS	LBS	BAND
	LBS	LBS	BAND
TRICEPS	6X DB TRICEPS EXT	12X DIAMOND PUSH UPS	25X BANDED TRICEPS EXT
	LBS	RX/ BAND/ BAR	BAND
	LBS	RX/ BAND/ BAR	BAND
CORE	3X 12 SITUPS	3X 12 WEIGHTED SITUPS	
	✓	LBS	
	✓	LBS	

2026 GMRX Strong Summer ☐ Cycle 3

MONDAY, SEPTEMBER 28

LEGS - POST. CHAIN		
6x BB DL	12X SNGL LEG DB RDL	25X GLUTE BRIDGE
LBS	LBS	LBS
LBS	LBS	LBS
LBS	LBS	LBS
SHOULDERS		
6X SEATED DB PRESS	12X BB PP	25X DB LAT RAISE
LBS	LBS	LBS
LBS	LBS	LBS
LBS	LBS	LBS
CORE		
3X12 DB/KB R. TWIST	3X20 SIT UPS	
LBS	✓	
LBS	✓	
LBS	✓	

WEDNESDAY, SEPTEMBER 30

CHEST		
6X BP	12X INCL DB PRESS	25X PUSH UP
LBS	LBS	RX/ BAND/ BAR
LBS	LBS	RX/ BAND/ BAR
LBS	LBS	RX/ BAND/ BAR
BICEPS		
6X ROPE PULL	12X INCL DB BI CURL	25X BANDED BI CURL
LBS	LBS	BAND
LBS	LBS	BAND
LBS	LBS	BAND
CORE		
3X 150' CARRY	3X 20 SITUPS	
LBS	✓	
LBS	✓	
LBS	✓	

FRIDAY, OCTOBER 2

BACK		
6X ea DB BOR	12X DB PULL OVER	25X L SIT BANDED RETR.
LBS	LBS	BAND
LBS	LBS	BAND
LBS	LBS	BAND
TRICEPS		
6X DB TRICEPS EXT	12X DIAMOND PUSH UPS	25X BANDED TRICEPS EXT
LBS	RX/ BAND/ BAR	BAND
LBS	RX/ BAND/ BAR	BAND
LBS	RX/ BAND/ BAR	BAND
CORE		
3X 12 SITUPS	3X 12 WEIGHTED SITUPS	
✓	LBS	
✓	LBS	
✓	LBS	

MONDAY, OCTOBER 5

LEGS - ANT. CHAIN		
6X BB FS	12x GOBLET SQUAT	25X WL STEPS
LBS	LBS	LBS
LBS	LBS	LBS
LBS	LBS	LBS
SHOULDERS		
6X SEATED DB PRESS	12X BB PP	25X DB LAT RAISE
LBS	LBS	LBS
LBS	LBS	LBS
LBS	LBS	LBS
CORE		
3X12 DB/KB R. TWIST	3X20 SIT UPS	
LBS	✓	
LBS	✓	
LBS	✓	

WEDNESDAY, OCTOBER 7

CHEST		
6X BP	12X INCL DB PRESS	25X PUSH UP
LBS	LBS	RX/ BAND/ BAR
LBS	LBS	RX/ BAND/ BAR
LBS	LBS	RX/ BAND/ BAR
BICEPS		
6X ROPE PULL	12X INCL DB BI CURL	25X BANDED BI CURL
LBS	LBS	BAND
LBS	LBS	BAND
LBS	LBS	BAND
CORE		
3X 150' CARRY	3X 20 SITUPS	
LBS	✓	
LBS	✓	
LBS	✓	

FRIDAY, OCTOBER 9

BACK		
6X ea DB BOR	12X DB PULL OVER	25X L SIT BANDED RETR.
LBS	LBS	BAND
LBS	LBS	BAND
LBS	LBS	BAND
TRICEPS		
6X DB TRICEPS EXT	12X DIAMOND PUSH UPS	25X BANDED TRICEPS EXT
LBS	RX/ BAND/ BAR	BAND
LBS	RX/ BAND/ BAR	BAND
LBS	RX/ BAND/ BAR	BAND
CORE		
3X 12 SITUPS	3X 12 WEIGHTED SITUPS	
✓	LBS	
✓	LBS	
✓	LBS	