

JULY 2026 PLAN

Built For Busy

Weekly Structure

- 3 Full Body
- 1 Upper + Cardio
- 1 Glutes + Core
- 1 Core / Cardio Yoga
- 1 Recovery

Full Weekly Schedule

Choose either workout when 2 options are given.

*Workouts with weights are noted with an asterisk.

Monday – Full Body Strength 18.0* **or** Full Body Iso Strength 16.0

Tuesday – Upper + Metabolic 18.0 * **or** HIIT Upper Body Focus 16.0

Wednesday – Powerhouse Conditioning 18.0* (*omit weights if needed*)

Thursday – Full Body Burn 18.0* **or** Full Body Burner 16.0

Friday – Core Flow 14.0* **or** Cardio Flow 11.0

Saturday – LIVE Workout (or replay)

Sunday – Yoga Stretch 3.0

Scheduled LIVE Workouts:

- Saturday, July 4th – 9:00 AM EST *free for all*
- Saturday, July 18th – 9:00AM EST
- Saturday, July 25th – 9:00AM EST

Replay available 24/7 → [LIVE NOW](#) through Aug. 1st (then move to [LIVE Collection](#) on Aug. 2nd)

How to Use This Plan:

- Follow the workout listed for each day of the week. Each workout is 15 minutes. Show up, press play, and follow the schedule.
- If you're starting mid-month, begin with the current week and move forward — you are not behind.
- Inside the Fitness Group, you'll see a short daily 'step' that supports this month's focus — check in daily for guidance, mindset, and direction.
- LIVE Workouts are here to support you, challenge you & build camaraderie — not overwhelm or intimidate you. I always give an exit-ramp around 20-minutes in. Join LIVE when your schedule allows - I promise you'll love it!
- Need support or have questions? Post inside the [Crew Discussion](#) — I'm there, and so is your #MaggiesCrew community.

Need help with nutrition?

Your membership also includes several nutrition resources. You'll see these referenced inside the monthly fitness group throughout the month.