

AUGUST 2026 PLAN

Maggie's Favorites

Weekly Structure

This month's schedule follows a two-week rotation: Weeks 1 and 3 follow one schedule, and Weeks 2 and 4 follow another.

- 2 Full Body
- 1 HIIT
- 1 Upper Body
- 1 Lower Body or Core
- 1 Flow, Balance or Mobility
- 1 Recovery

Full Weekly Schedule

Choose either workout when 2 options are given.

*Workouts with weights are noted with an asterisk.

**Workouts with bands & sliders are noted with two asterisks.

→ Weeks 1 & 3 are below. Please check the fitness group STEPS for the Weeks 2 & 4 schedule.

Monday – Full Body Push + Pull 12.0* **or** Full Body Iso Strength 16.0

Tuesday – HIIT 10.0* **or** HIIT 11.0 **or** Miles With Maggie (your choice)

Wednesday – Upper Body Chisel 10.0* **or** Upper Body Chisel 11.0

Thursday – Add-On Challenge 14.0* **or** HIIT Lower Body Focus 16.0

Friday – Balance & Burn 9.0* **or** Balance & Burn 11.0

Saturday – LIVE Workout (or replay)

Sunday – Stretch & Mobility Recovery

Scheduled LIVE Workouts:

- Saturday, August 8th – 9:00AM EST
- Saturday, August 15th – 9:00AM EST

Replay available 24/7 → [LIVE NOW](#) through Aug. 29th (then move to [LIVE Collection](#) on Aug. 30th)

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.