



# STRENGTH CALENDAR

**LIFT FOR LIFE 2026**  
STRENGTH TRAINING CONSISTENCY CHALLENGE

Name: \_\_\_\_\_

(Last, First)

Phone: \_\_\_\_\_

(Notifications for prize pick up)

## JUNE/JULY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8	9 <i>EXAMPLE:</i> "PUSH"	10	11 <i>EXAMPLE:</i> "PULL"	12	13 <i>EXAMPLE:</i> "LEGS"	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19

### GOAL

**Strength train three times a week.** Write in to manually submit or type in to digitally submit your recorded workouts. Create your own or follow our six-week plan provided. Write main focus rather than each individual exercise to notate what you did (i.e. Push, Pull, Legs).



# LIFT FOR LIFE

## STRENGTH TRAINING CONSISTENCY CHALLENGE

<b>PUSH: Pick 5 or +</b>	
DB Flat Bench Press	DB Overhead Press
BB Overhead Press	DB Push Press
KB Push Press	Ammo Can Press
TRX Atomic Push Up	Hand Release Push
Plank Push Up	TRX Standing Push
Barbell Flat Bench	DB Incline Press
	BB Incline Press

<b>PULL: Pick 5 or +</b>	
Lat Pull Down	DB Front Raises
Pull Up	DB Lateral Raises
Seated Cable Row	Barbell Bicep Curls
TRX Inverted Row	EZ Curl Bar
DB Bent Over Row	BB Bench Over Row
DB Bicep Curl	Chin Ups
	Close Grip Lat Pull

<b>LEGS: Pick 5 or +</b>	
KB Goblet Squat	Walking Lunges
KB Swings	Barbell Squats
Box Jumps	Barbell Deadlifts
Jump Squats	Skate Jumps
Lying Leg Curls	DB Overhead Lunges
Seated Leg Curls	KB Cleans
	KB Lunges