

# SUMMER LIFT

Hey team, welcome to June!

I know summer often means travel, changing schedules, and all kinds of fun chaos—but that doesn't mean we have to lose our momentum!

This month's challenge is designed to keep you strong, energized, and on track... in just 30 minutes a session.

Here's the plan:

- 3 days of lifting each week to maintain (and build!) those gains
- 4 days of 10K steps to keep you moving and feeling great
- Plus, an optional Day 4 core workout if you want to swap it for a step day

Before each week kicks off, take a few minutes to plan ahead. Life gets busy—we all know it. But when you prioritize your health, everything else feels a little easier. Let's ditch the excuses and show up with intention. As always, I'm here for questions, support, or any needed modifications. Let's make this month powerful!

**You've got this. Happy June!**

| DAY 1<br>SQUAT/PULL FOCUS                                                                                                                 | DAY 2<br>PUSH FOCUS                                                                                                                                                     | DAY 3<br>HINGE FOCUS                                                                                                    | DAY 4<br>OPTIONAL CORE                                                                                                                                  |
|-------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|
| SQUAT + PULL<br>BACK PAUSE SQUAT<br>4 sets x 6 reps,<br>90 sec rest interval                                                              | PUSH<br>BARBELL OVERHEAD<br>STRICT PRESS<br>4 sets x 8 reps,<br>60 sec rest interval                                                                                    | HINGE<br>BARBELL DEADLIFT<br>4 sets x 6 reps,<br>90 sec rest                                                            | 2 min hover<br>(add toe taps)                                                                                                                           |
| <b>SUPER SET</b><br>BARBELL ROW<br>3 sets x 8 reps<br><br>BARBELL FRONT RACK<br>REVERSE LUNGE<br>(ALTERNATING)<br>3 sets x 8 reps per leg | <b>SUPER SET</b><br>BARBELL OVERHEAD STRICT PRESS<br>3 sets x 6–8 reps<br><br>CLOSE GRIP ( TRICEP)<br>BENCH/FLOOR PRESS<br>3 sets of 10<br>(may use dumbbells for this) | <b>SUPER SET</b><br>ROMANIAN DEADLIFT<br>3 sets x 8 reps<br><br>BARBELL HIP THRUST/<br>GLUTE BRIDGE<br>3 sets x 10 reps | <b>SUPERSET</b><br>Barbell roll out x10<br><br>Deadbug<br>x8 each side<br><br>Bird Dog Row<br>x8 each side<br><br>Side Plank with Clam<br>x 8 each side |
| <b>FINISHER</b><br>1 set of max rep barbell curls<br>1 min of max rep air or jump squats                                                  | <b>FINISHER</b><br>1 set of push press AMRAP in 1 min<br>Into 1 min plank to push up                                                                                    | <b>FINISHER</b><br>1 set of push press AMRAP in 1 min<br>Into 1 min plank to push up                                    | <b>FINISHER</b><br>1 min AMRAP weighted sit up<br><br>Into Hip Bridge<br>with band x 1 min                                                              |