

2026 Summer Shred Schedule

	Weekly Challenge	M	T	W	Th	F	Sa	Su
Pre-Week	Max Push-Ups Max Squats Plank Hold	In-Body Scan						
Week 1 Foundation	Ski Erg 1,000m	Program Workout	Group Workout 7:15-8:00 AM class, plus 30 min Q&A Location: Studio 1.058	Rest or Active Recovery	Program Workout	Rest or Active Recovery	Program Workout	Rest
Week 2 Build	100 Alternating Lunges	Program Workout	Group Workout 7:15-8:00 AM class, plus 30 min Q&A Location: Studio 1.058	Rest or Active Recovery	Program Workout	Rest or Active Recovery	Program Workout	Rest
Week 3 Amplify	100m Farmers Carry	Program Workout	Group Workout 7:15-8:00 AM class, plus 30 min Q&A Location: Studio 1.058	Rest or Active Recovery	Program Workout	Rest or Active Recovery	Program Workout	Rest
Week 4 Reset	Rower 1,000m or 30 Hand Release Push Ups	Program Workout	Group Workout 7:15-8:00 AM class, plus 30 min Q&A Location: Studio 1.058	Rest or Active Recovery	Program Workout	Rest or Active Recovery	Program Workout	Rest
Week 5 Build	20 Burpee Broad Jump	Program Workout	Group Workout 7:15-8:00 AM class, plus 30 min Q&A Location: Studio 1.058	Rest or Active Recovery	Program Workout	Rest or Active Recovery	Program Workout	Rest
Week 6 Peak	100 Wall Balls or 100 Med Ball Squats	Program Workout	Group Workout 7:15-8:00 AM class, plus 30 min Q&A Location: Studio 1.058	Rest or Active Recovery	Program Workout	Rest or Active Recovery	Program Workout	Rest
Post-Week	Max Push-Ups Max Squats Plank Hold	In-Body Scan						