

2026 Project Strong Schedule

	M	T	W	Th	F	Sa	Su
Pre-Week	In-Body Scan						
Week 1 Foundation	Full Body Workout	Strength Session 6:15pm-7:15pm (MOVE Studio)	Active Recovery	RIDE Session 5:30pm-6:30pm (RIDE Studio)	Full Body Workout	Full Body Workout	Active Recovery
Week 2 Build	Full Body Workout	Strength Session 6:15pm-7:15pm (MOVE Studio)	Active Recovery	RIDE Session 5:30pm-6:30pm (RIDE Studio)	Recovery Session 5:30pm-6:30pm (FLOW Studio)	Full Body Workout	Active Recovery
Week 3 Amplify	Full Body Workout	Strength Session 6:15pm-7:15pm (MOVE Studio)	Active Recovery	RIDE Session 5:30pm-6:30pm (RIDE Studio)	Full Body Workout	Full Body Workout	Active Recovery
Week 4 Reset	Full Body Workout	Strength Session 6:15pm-7:15pm (MOVE Studio)	Active Recovery	RIDE Session 5:30pm-6:30pm (RIDE Studio)	Full Body Workout	Full Body Workout	Active Recovery
Week 5 Build	Full Body Workout	Strength Session 6:15pm-7:15pm (MOVE Studio)	Active Recovery	RIDE Session 5:30pm-6:30pm (RIDE Studio)	Recovery Session 5:30pm-6:30pm (FLOW Studio)	Full Body Workout	Active Recovery
Week 6 Peak	Full Body Workout	Strength Session 6:15pm-7:15pm (MOVE Studio)	Active Recovery	RIDE Session 5:30pm-6:30pm (RIDE Studio)	Full Body Workout	Full Body Workout	Active Recovery
Week 7 Peak	Full Body Workout	Strength Session 6:15pm-7:15pm (MOVE Studio)	Active Recovery	RIDE Session 5:30pm-6:30pm (RIDE Studio)	Full Body Workout	Full Body Workout	Active Recovery
Week 8 Peak	Full Body Workout	Strength Session 6:15pm-7:15pm (MOVE Studio)	Active Recovery	RIDE Session 5:30pm-6:30pm (RIDE Studio)	Recovery Session 5:30pm-6:30pm (FLOW Studio)	Full Body Workout	Active Recovery
Post-Week	In-Body Scan						