



# Everyday Strength Workout

Workout of the Month: June 2026

## Instructions:

- Complete this workout **2 times per week**, allowing at least **one rest day** between sessions.
- Perform the exercises **in order**, starting with **one round** and progressing to **two or three rounds** as your strength improves.
- Begin with bodyweight or light dumbbells, focus on good form, and choose a weight that allows **at least 8 controlled repetitions**.
- Increase weight gradually as you become stronger and more comfortable with the movements.

## Workout:

1. **Bicep Curl to Shoulder Press:** Curl dumbbells to shoulders, then press overhead. Lower with control.
2. **Single-Leg Squat to Step:** Stand on a low step. Lower one foot to the floor, then stand back up. Switch sides.
3. **Bent-Over Row:** One hand and knee on bench, back flat. Row the dumbbell toward the ribcage. Switch sides.
4. **Step-Ups:** Step onto the bench with one leg, stand tall, step back down. Alternate legs. *Optional: hold dumbbells.*
5. **Push-Up Shuffle:** High plank position. Step hands and feet side-to-side with control. *Optional: add a push-up between shuffles.*
6. **Walking Lunge:** Step forward into a lunge, stand tall, then step through. Alternate legs. *Optional: hold dumbbells.*
7. **Walk-Up & Drag:** From plank, lower to forearms, press back up. Drag the dumbbell side-to-side. *Modification: perform walk-ups only.*