

# HubermanGym — Weekly Summary

27 Apr 2026 to 3 May 2026

## Day 1: Legs — Quad Focus

No data logged

## Day 2: Chest & Shoulders

No data logged

## Day 3: Back

No data logged

## Day 4: Legs — Hamstring & Glute Focus

No data logged

## Day 5: Arms, Neck & Calves

No data logged

## Day 6: Cardio / HIIT

No data logged

## Day 7: Rest Day

No data logged