

HubermanGym — Weekly Summary

22 Jun 2026 to 28 Jun 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