



mySites.guru is fully compatible with WordPress 7.0

WordPress 7.0 "Armstrong" shipped on 20 May 2026. mySites.guru works perfectly with it. Backup, update, and control auto-updates across every site.

Phil E. Taylor | 21 May 2026

WordPress 7.0 "Armstrong" released 20 May 2026

mySites.guru is fully compatible. No reinstall, no reconfiguration. Backup, update, and control auto-upgrades across every connected site from one dashboard.

WordPress 7.0 "Armstrong" shipped on 20 May 2026, named after Louis Armstrong. It is the first major version bump in three years, and the largest set of core changes since the block editor landed. If you manage a portfolio of WordPress sites, the question is how to roll it out without breaking anything.

mySites.guru is fully compatible with WordPress 7.0. The connector, backups, audits, and one-click updates all work the same on 7.0 as on 6.x. There is nothing to reinstall on your end. Open any connected site, run a backup, and trigger the update from the same screen. If you manage hundreds of sites, you can queue the update across the whole portfolio from one place.

How do I update multiple sites to WordPress 7.0?

The recommended workflow inside mySites.guru is backup, then update, on every site you intend to move. Both steps live behind keyboard shortcuts:

- Press **b** to open the Backups tool. Trigger a fresh backup before any major core upgrade.
- Press **c** then **7** to open the WordPress 7 Compatibility Checker. It lists every site with its PHP version, database version, and auto-update status, colour-coded against the 7.0 requirements.

From either screen you can drill into a site and run the WordPress core update. mySites.guru calls the same internal update routine WordPress uses in wp-admin. It just does it across every connected site without per-site logins.

Check your sites before you update

[Open WordPress 7 Compatibility Checker](#)

Colour-codes every connected site's PHP, database, and auto-update status against the WordPress 7.0 requirements.

Should I let WordPress 7.0 auto-update?

We recommend against it. Major core upgrades should happen on your schedule, after a fresh backup, with someone watching the result. Auto-upgrading a portfolio of client sites to a new major version overnight is how plugins break, layouts shift, and Monday mornings start badly.

mySites.guru has a one-click tool that sets the two wp-config constants you want on every connected site:

- `AUTOMATIC_UPDATER_DISABLED` set to true, which stops the background updater touching core, plugins, themes, or translations
- `WP_AUTO_UPDATE_CORE` set to `minor`, so security patches still arrive automatically while major version jumps wait for you

You apply both with one click per site (or across the whole portfolio at once) without SSH or wp-config edits. See [Stop Automatic Updates in WordPress with One Click](#) for the full walkthrough, and [Enforce Minor Upgrades Only](#) for the reasoning behind the minor-only setting.

If you would rather let WordPress auto-upgrade your sites to 7.0, that still works. mySites.guru will pick up the new version on the next audit and report it like any other change. The compatibility checker remains accurate either way.

What are the WordPress 7.0 server requirements?

The minimums shifted upward with this release. Sites that do not meet either floor will not be offered the 7.0 auto-update and stay on the 6.9 security branch until the host catches up.

Component	WordPress 6.9	WordPress 7.0
PHP minimum	7.2.24	7.4
PHP recommended	8.0+	8.3+
MySQL minimum	5.5.5	8.0
MySQL recommended	8.0+	8.4 LTS
MariaDB minimum	10.3	10.6 (11.4 LTS recommended)

For the full breakdown, see [Check Your Sites for WordPress 7.0 Compatibility](#) and the [WordPress 7 Technical Requirements Check](#). Both posts have the comparison tables, the rationale for each bump, and screenshots of the compatibility tool in action.

What actually shipped in WordPress 7.0?

The headline feature for most of the 7.0 cycle was real-time collaborative editing in the block editor. That was pulled on 8 May 2026 over concerns about race conditions, server load, memory efficiency, and the need for a new core database table. It is being re-evaluated for 7.1.

What did ship:

- **Modern admin redesign:** a refreshed colour scheme, smoother transitions between screens, and a Command Palette accessible from the admin bar.
- **Web Client AI API:** a provider-agnostic interface that plugins and themes can use to call generative AI providers without bundling their own client.
- **New blocks:** Icon and Breadcrumbs as core blocks, reducing the need for third-party block libraries.

- **Font management page:** a dedicated screen in the admin for both classic and block themes, replacing the patchwork of per-theme font UIs.
- **Server-side block and pattern registration:** PHP-side auto-registration of blocks and patterns, reducing boilerplate for plugin developers.
- **Roughly 300 core bugs and 486 Gutenberg bugs fixed**, plus 77 enhancements and 35 blessed tasks.

The official release post is at wordpress.org/news/2026/05/armstrong/. The [Field Guide](#) on Make WordPress Core has the full list of developer-facing changes.

What does mySites.guru do differently on WordPress 7.0?

Nothing. That is the point.

The connector reads WordPress core, plugins, themes, the database, and wp-config the same way it did on 6.9. The audit results, backup format, restore workflow, hack detection, malware scanner, and one-click updates are all unchanged. The new Command Palette in WordPress 7.0 sits beside the mySites.guru keyboard shortcuts (**b** for backups, **c** then **7** for compatibility, Cmd/Ctrl+K for the dashboard palette) without conflict.

If you were running mySites.guru on WordPress 6.x last week, everything you used still works on 7.0. The only change you might want to make is the auto-upgrade setting, which is a one-click toggle.

How should I roll WordPress 7.0 out to client sites?

If you manage other people's sites, the safe rollout looks like this:

1. **Audit compatibility first.** Open the WordPress 7 Compatibility Checker and identify any site below PHP 7.4 or MySQL 8.0. Those need a host upgrade before anything else.

2. **Disable core auto-upgrades.** Sites that are 7.0-ready should not jump on their own at 3am. Use the one-click tool to set the wp-config constants across every site at once.
3. **Pick a staging victim.** Update one low-stakes site to 7.0 first. Confirm the theme renders, the admin works, and the critical plugins still function.
4. **Backup, then update in batches.** Group sites by stack similarity (same theme, same plugin set) and update each batch after a fresh backup. Watch for plugin compatibility messages in the WordPress admin.
5. **Audit again.** After each batch, run a mySites.guru audit. The version, plugin status, and any new compatibility warnings will be picked up on the next scheduled run, or you can trigger an audit on demand.

The whole process is one screen per step. No SSH, no wp-admin tabs, no spreadsheet to track which client got updated.

Further reading

- [WordPress 7.0 "Armstrong" announcement](#) - the official wordpress.org release post.
- [WordPress 7.0 Field Guide](#) - developer-facing breaking changes on Make WordPress Core.
- [WordPress 7.0 Release Day Process](#) - the release-day log from the core team.
- [Extending the 7.0 cycle](#) - the decision that pushed the original April date.

Update every WordPress site from one dashboard

Connect unlimited sites, backup before every upgrade, and disable risky core auto-updates with one click. mySites.guru is fully compatible with WordPress 7.0 today.

[Start your free trial](#)

Frequently Asked Questions

Is mySites.guru compatible with WordPress 7.0?

Yes. mySites.guru is fully compatible with WordPress 7.0 "Armstrong". The connector, backups, restores, audits, and one-click updates all work the same on 7.0 as on 6.x. There is nothing to reinstall or reconfigure on your end.

When was WordPress 7.0 released?

WordPress 7.0 "Armstrong" was released on 20 May 2026, named after Louis Armstrong. The release was originally scheduled for 9 April 2026 but was pushed back so the core team could rework the real-time collaboration architecture, which was then deferred to 7.1.

Can I upgrade to WordPress 7.0 from inside mySites.guru?

Yes. Open the site, run a backup, then trigger the WordPress core update from the same screen. You can also queue updates across many sites at once from the WordPress 7 Compatibility Checker. No SSH, no wp-admin, no per-site logins.

Should I let WordPress 7.0 install automatically?

We recommend against it. Major core upgrades can interact badly with plugins, themes, and custom code. Disable core auto-upgrades and roll the update out yourself after a backup. mySites.guru has a one-click tool that sets `AUTOMATIC_UPDATER_DISABLED` and `WP_AUTO_UPDATE_CORE` on every connected site.

What are the WordPress 7.0 server requirements?

PHP 7.4 minimum (up from 7.2.24), MySQL 8.0 minimum (or MariaDB 10.6), with PHP 8.3+ and MySQL 8.4 LTS recommended. Sites below the minimums will not be offered the auto-update and stay on the 6.9 security branch until the host is upgraded.

How do I check which of my sites are ready for WordPress 7.0?

Open the WordPress 7 Compatibility Checker in mySites.guru (shortcut: press c then 7). It lists every connected WordPress site with PHP version, database version, and auto-update status, colour-coded against the 7.0 requirements.

Did real-time collaboration ship in WordPress 7.0?

No. Real-time collaboration was pulled on 8 May 2026 due to concerns about race conditions, server load, memory efficiency, and the need for a new core database table. It is

being re-evaluated for WordPress 7.1.

What did ship in WordPress 7.0 Armstrong?

The Modern admin redesign, a Command Palette in the admin bar, a Web Client AI API for providers, Icon and Breadcrumbs blocks, a dedicated font management page, server-side block and pattern auto-registration, and roughly 300 core plus 486 Gutenberg bug fixes.

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