

IRON SERIES

	M	T	W	T	F	S	S
WK 1	LEG DAY ☐	UPPER BODY ☐	GLUTES ☐	ACTIVE / REST DAY	FULL BODY ☐	REST DAY	ARMS, ABS & CORE ☐
WK 2	QUADS WORKOUT ☐	SHOULDERS & TRICEPS ☐	GLUTES & HAMSTRINGS ☐	ACTIVE / REST DAY	FULL BODY ☐	REST DAY	BACK & BICEPS ☐
WK 3	LEG DAY ☐	CHEST & TRICEPS ☐	POSTERIOR CHAIN ☐	ACTIVE / REST DAY	FULL BODY ☐	REST DAY	SHOULDERS ☐
WK 4	HAMSTRINGS ☐	UPPER BODY ☐	GLUTES ☐	ACTIVE / REST DAY	FULL BODY ☐	REST DAY	ARMS, ABS & CORE ☐
WK 5	LEG DAY ☐	CHEST & BACK ☐	GLUTES & HAMSTRINGS ☐	ACTIVE / REST DAY	FULL BODY ☐	REST DAY	SHOULDERS ☐
WK 6	LEG DAY ☐	UPPER BODY ☐	GLUTES ☐	ACTIVE / REST DAY	FULL BODY ☐	REST DAY	ARMS, ABS & CORE ☐

CAROLINE GIRVAN