



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