



EPIC

END GAME



	M	T	W	T	F	S	S
WK 1	LEG DAY	UPPERBODY	GLUTES	ACTIVE / RESTDAY	FULL BODY	RESTDAY	CARDIO
WK 2	CHEST & TRICEPS	LOWERBODY	BACK, BICEPS & ABS	ACTIVE / RESTDAY	FULL BODY	RESTDAY	TABATA TIMER HIIT
WK 3	LEG DAY	UPPERBODY	HAMSTRINGS & GLUTES	ACTIVE / RESTDAY	FULL BODY	RESTDAY	CARDIO
WK 4	SHOULDERS	LOWERBODY	ARMS & CORE	ACTIVE / RESTDAY	FULL BODY	RESTDAY	DUMBBELL HIIT
WK 5	QUADS & CALVES	UPPERBODY	GLUTES & HAMSTRINGS	ACTIVE / RESTDAY	FULL BODY	RESTDAY	HIIT
WK 6	CHEST & TRICEPS	LOWERBODY	BACK, BICEPS & ABS	ACTIVE / RESTDAY	FULL BODY	RESTDAY	CARDIO
WK 7	LEG DAY	UPPERBODY	GLUTES & CORE	ACTIVE / RESTDAY	FULL BODY	RESTDAY	TABATA TIMER HIIT
WK 8	SHOULDERS	LOWERBODY	ARMS & ABS	ACTIVE / RESTDAY	FULL BODY	RESTDAY	DUMBBELL HIIT
WK 9	QUADS & CALVES	UPPERBODY	GLUTES & HAMSTRINGS	ACTIVE / RESTDAY	FULL BODY	RESTDAY	EMOM!
WK 10	SHOULDERS, CHEST & TRICEPS	BULGARIAN LUNGES	PUSH UPS & ABS	ACTIVE / RESTDAY	FULL BODY	RESTDAY	EPIC FINALE!

