

# EPIC II SCHEDULE

	S	M	T	W	T	F	S
WK 1	HIIT & CARDIO	BODYWEIGHT & DUMBBELL LOWER BODY	BODYWEIGHT & DUMBBELL UPPER BODY	FULL BODY FOCUS ON CORE	ACTIVE / REST DAY	1 HOUR DUMBBELL & BODYWEIGHT SUPERSETS	REST DAY
WK 2	DUMBBELL HIIT	SHOULDERS & TRICEPS	DUMBBELL LOWER BODY	BACK & BICEPS	ACTIVE / REST DAY	DUMBBELL TRISETS	REST DAY
WK 3	HIIT	GLUTES & HAMSTRINGS	DUMBBELL & BODYWEIGHT CHEST & TRICEPS	QUADS & LOWER ABS	ACTIVE / REST DAY	DUMBBELL & BODYWEIGHT CIRCUITS	REST DAY
WK 4	SUPERSET HIIT	DUMBBELL & BODYWEIGHT ARMS	LEG DAY	SHOULDERS	ACTIVE / REST DAY	BODYWEIGHT FULL BODY	REST DAY
WK 5	TABATA TIMER HIIT	DUMBBELL LOWER BODY COMPLEX	ROWS	LOWER BODY & CORE	ACTIVE / REST DAY	DUMBBELL COMPLEXES	REST DAY
WK 6	DUMBBELL HIIT	SHOULDERS & ABS	SQUATS	UPPER BODY COMPLEX	ACTIVE / REST DAY	DUMBBELL & BODYWEIGHT ISOMETRICS AND TEMPO	REST DAY
WK 7	HIIT	LUNGES & CALVES	CHEST & CORE TRISETS	SQUAT & PRESS VARIATIONS	ACTIVE / REST DAY	BODYWEIGHT COMPLEXES	REST DAY
WK 8	HIIT	POSTERIOR CHAIN	TEMPO WORK ON LUNGES & SQUATS	SHOULDERS & ARMS	ACTIVE / REST DAY	DUMBBELL & BODYWEIGHT DROP SETS	REST DAY
WK 9	TABATA TIMER HIIT	FULL BODY CIRCUITS	PUSH UPS	GLUTES & ABS	ACTIVE / REST DAY	DUMBBELL FULL BODY	REST DAY
WK 10	EMOM	SHOULDERS & CALVES	LEG DAY	BODYWEIGHT FULL BODY	ACTIVE / REST DAY	TO BE CONFIRMED!	REST DAY