

# EPIC III™

CALENDAR

	M	T	W	T	F	S	S
WK 1	LEG DAY	UPPER BODY & PUSH UP PRACTICE	ABS, GLUTES & HAMSTRINGS CIRCUITS	ACTIVE / REST DAY	FULL BODY COMPLEXES	REST DAY	HIIT
WK 2	BACK, BICEPS & CORE	LOWER BODY COMPLEXES	SHOULDERS, CHEST & TRICEPS SUPERSETS	ACTIVE / REST DAY	FULL BODY UNILATERAL TRAINING	REST DAY	TABATA TIMER HIIT
WK 3	QUADS & CALVES SUPERSETS	UPPER BODY COMPLEXES	HAMSTRINGS & GLUTES SUPERSETS	ACTIVE / REST DAY	FULL BODY DUMBBELL CARDIO	REST DAY	BURPEE CARDIO
WK 4	UNILATERAL SHOULDERS	LOWER BODY DUMBBELL & BODYWEIGHT	ABS & ARMS COMPLEXES	ACTIVE / REST DAY	FULL BODY SUPERSETS	REST DAY	DUMBBELL HIIT
WK 5	LEG DAY PYRAMID TRAINING	UPPER BODY COMPLEXES	GLUTES & HAMSTRINGS TEMPO TRAINING	ACTIVE / REST DAY	FULL BODY COMPLEXES	REST DAY	HIIT
WK 6	BACK & BICEPS TEMPO TRAINING	SQUATS!	CHEST, TRICEPS & ABS	ACTIVE / REST DAY	FULL BODY TRISETS	REST DAY	CARDIO COMPLEXES
WK 7	GLUTES & HAMSTRINGS GIANT SETS	SHOULDERS & ARMS SUPERSETS	DYNAMIC & ISOMETRIC LEG DAY	ACTIVE / REST DAY	FULL BODY PYRAMID TRAINING	REST DAY	TABATA STYLE HIIT
WK 8	CHEST & TRICEPS SUPERSETS	LOWER BODY UNILATERAL TRAINING	BACK & BICEPS UNILATERAL TRAINING	ACTIVE / REST DAY	FULL BODY CALISTHENICS	REST DAY	DUMBBELL HIIT
WK 9	GLUTES & CORE COMPLEXES	UPPER BODY TEMPO TRAINING	LEG DAY DROP SETS	ACTIVE / REST DAY	FULL BODY GIANT SETS	REST DAY	EMOMI
WK 10	PUSH UPS & ABS	LOWER BODY GIANT SETS	UPPER BODY GIANT SETS	ACTIVE / REST DAY	FULL BODY COMPLEXES	REST DAY	EPIC FINALE

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