



	M	T	W	T	F	S	S
WK 1	GIANT LEG DAY	UPPER CIRCUIT & CLUSTERS	GLUTES & HAMSTRING SUPERSETS	ACTIVE / REST DAY	FULL BODY SUPERSETS	REST DAY	FULL BODY CARDIO
WK 2	QUAD FOCUSED CIRCUITS	SHOULDERS, CHEST & TRICEPS COMPLEX	POSTERIOR CHAIN CIRCUITS	ACTIVE / REST DAY	FULL BODY CIRCUIT	REST DAY	DUMBBELL HIGHER INTENSITY
WK 3	LEGS COMPOUND & CLUSTERS	UPPER BODY ANTAGONIST CIRCUIT	GLUTES & HAMSTRINGS COMPLEX	ACTIVE / REST DAY	FULL BODY TEMPO	REST DAY	DUMBBELLS & BURPEES
WK 4	QUAD FOCUSED SUPERSETS	UPPER BODY GIANT SETS	GLUTES & HAMSTRINGS CIRCUITS	ACTIVE / REST DAY	FULL BODY COMPLEX	REST DAY	BODYWEIGHT ONLY HIIT
WK 5	LEG DAY CIRCUITS	UPPER COMPOUND & CLUSTERS	GLUTES & HAMSTRINGS TEMPO	ACTIVE / REST DAY	FULL BODY	REST DAY	DUMBBELL CARDIO & HIIT
WK 6	LEG DAY COMPLEX	SHOULDERS, CHEST & TRICEPS TEMPO	POSTERIOR CHAIN CLUSTERS	ACTIVE / REST DAY	FULL BODY NO REPEAT	REST DAY	DUMBBELL HIIT NO REPEAT

CAROLINE **GIRVAN**

