



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

CAROLINE GIRVAN