

Caroline Girvan

IRON SERIES



5.6" tall

CreativeCellar

IRON SERIES

EC-0008
Caroline Girvan
Iron Series

subscribe here: <https://youtube.com/c/carolinegirvan>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WK 1	Leg Day COMPLETE ☐	Upper Body COMPLETE ☐	Glutes COMPLETE ☐	Active/ Rest Day	Full Body COMPLETE ☐	Rest Day	Arms, Abs & Core COMPLETE ☐
WK 2	Quads Workout COMPLETE ☐	Shoulders & Triceps COMPLETE ☐	Glutes & Hamstrings COMPLETE ☐	Active/ Rest Day	Full Body COMPLETE ☐	Rest Day	Back & Biceps COMPLETE ☐
WK 3	Leg Day COMPLETE ☐	Chest & Triceps COMPLETE ☐	Posterior Chain COMPLETE ☐	Active/ Rest Day	Full Body COMPLETE ☐	Rest Day	Shoulders COMPLETE ☐
WK 4	Hamstrings COMPLETE ☐	Upper Body COMPLETE ☐	Glutes COMPLETE ☐	Active/ Rest Day	Full Body COMPLETE ☐	Rest Day	Arms, Abs & Core COMPLETE ☐
WK 5	Leg Day COMPLETE ☐	Chest & Back COMPLETE ☐	Glutes & Hamstrings COMPLETE ☐	Active/ Rest Day	Full Body COMPLETE ☐	Rest Day	Shoulders COMPLETE ☐
WK 6	Leg Day COMPLETE ☐	Upper Body COMPLETE ☐	Glutes COMPLETE ☐	Active/ Rest Day	Full Body COMPLETE ☐	Rest Day	Arms, Abs & Core COMPLETE ☐

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5.8" wide