



FUEL

M T W T F S S

WK 1

WART LIG
DAY

UPPER
CIRCUIT &
CLUSTERS

GLUTES &
HAMSTRINGS
SUPERSETS

ACTIVE
REST DAY

FULL BODY
SUPERSETS

REST DAY

FULL BODY
CIRCUIT

WK 2

QUAD
FOCUSED
CIRCUIT

SHOULDER,
CHEST &
TRICEPS
COMPLEX

POSTERIOR
CHAIN
CIRCUIT

ACTIVE
REST DAY

FULL BODY
CIRCUIT

REST DAY

DUMBBELL
HIGHER
INTENSITY

WK 3

LEG
COMPOUND
& CLUSTERS

UPPER BODY
ANTAGONIST
CIRCUIT

GLUTES &
HAMSTRINGS
COMPLEX

ACTIVE
REST DAY

FULL BODY
TEMPO

REST DAY

DUMBBELL
& BURNERS

WK 4

QUAD
FOCUSED
SUPERSETS

UPPER BODY
CARD SETS

GLUTES &
HAMSTRINGS
CIRCUIT

ACTIVE
REST DAY

FULL BODY
COMPLEX

REST DAY

BOOMERANG
CIRCUIT

WK 5

LEG DAY
CIRCUIT

UPPER
COMPOUND
& CLUSTERS

GLUTES &
HAMSTRINGS
TEMPO

ACTIVE
REST DAY

FULL BODY

REST DAY

DUMBBELL
CIRCUIT &
HIIT

WK 6

LEG DAY
COMPLEX

SHOULDER,
CHEST &
TRICEPS
TEMPO

POSTERIOR
CHAIN
CLUSTERS

ACTIVE
REST DAY

FULL BODY
NO REPEAT

REST DAY

DUMBBELL
HIIT NO
REPEAT

CAROLINE GIRVAN