



# NO REPEAT WEEK

M

T

W

T

QUADS  
+ NEW  
OPTIONAL  
ADD-ON

CHEST &  
SHOULDERS  
+ NEW  
OPTIONAL  
ADD-ON

HAMSTRINGS &  
GLUTES  
+ NEW  
OPTIONAL  
ADD-ON

ACTIVE / REST  
DAY

F

S

S

FULL BODY  
+ NEW  
OPTIONAL  
ADD-ON

REST DAY

HIT  
+ NEW  
OPTIONAL  
ADD-ON

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