































# UNLEASH



	M	T	W	T	F	S	S
WK 1	LEGS 	UPPER BODY 	GLUTES & HAMSTRINGS 	REST / ACTIVE REST DAY	FULL BODY 	REST / ACTIVE REST DAY	SHOULDERS & TRICEPS 
WK 2	LOWER BODY 	UPPER BODY 	GLUTES, HAMSTRINGS & ABS 	REST / ACTIVE REST DAY	FULL BODY INC ABS 	REST / ACTIVE REST DAY	BACK, REAR DELTS & BICEPS 
WK 3	LEGS 	UPPER BODY 	GLUTES & HAMSTRINGS 	REST / ACTIVE REST DAY	FULL BODY 	REST / ACTIVE REST DAY	CHEST, SHOULDERS & TRICEPS 
WK 4	LEGS 	UPPER BODY 	GLUTES 	REST / ACTIVE REST DAY	FULL BODY 	REST / ACTIVE REST DAY	BACK & BICEPS 
WK 5	LEGS 	UPPER BODY 	GLUTES & HAMSTRINGS 	REST / ACTIVE REST DAY	FULL BODY 	REST / ACTIVE REST DAY	SHOULDERS 
WK 6	LEGS 	UPPER BODY 	GLUTES & HAMSTRINGS 	REST / ACTIVE REST DAY	FULL BODY 	REST / ACTIVE REST DAY	SHOULDERS & ARMS 



UNLEASH by Caroline Girvan, will be exclusive to the CGX platform and released daily as scheduled beginning January 8, 2024.  
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