



CAROLINE GIRVAN



PRE & POST EXHAUST

PROGRAM

Fifty new workouts over ten weeks





	M	T	W	T	F	S	S	M	T	W	T	F	S	S
WK 1	1 Glutes & hamstrings <i>'It was those Bulgarians...'</i>	2 Shoulders, chest & triceps <i>'Pushed to the limit'</i>	3 All quads! <i>'Starting with only bodyweight squats?'</i>	Rest/active rest day	4 Back, biceps & rear delts <i>'Absolute muscular failure on last curl'</i>	Rest/active rest day	5 Glutes & hamstrings <i>'Ending as we began...bridges!'</i>	6 Shoulders, chest & triceps <i>'Pec, delt & tricep pump guaranteed'</i>	7 Lower body <i>'Partial reps to prime? Or exhaust?'</i>	8 Back, biceps & rear delts <i>'Biceps about to burst' session</i>	Rest/active rest day	9 Glutes & hamstrings <i>'Even 1 bodyweight thrust will be a challenge!'</i>	Rest/active rest day	10 Shoulders, chest & triceps <i>'Controlled cheating to finish'</i>
WK 3	11 All quads! <i>'Sweat inducing knee extension & hip flexion'</i>	12 Back, biceps & rear delts <i>'momentum then strict, partials then full range'</i>	13 Glutes & hamstrings <i>'Bridge and band to build'</i>	Rest/active rest day	14 Shoulders, chest & triceps <i>'Dead arms by the end'</i>	Rest/active rest day	15 Lower body <i>Squats, lunges, thrust, RDL...& wall sits!</i>	16 Back, biceps & rear delts <i>Fresh for curls!</i>	17 Glutes & hamstrings <i>Glutes from all angles</i>	18 Shoulders, chest & triceps <i>'Triceps will have zero in the tank'</i>	Rest/active rest day	19 Lower body <i>'Quads, glutes, then hamstrings... jumps optional!'</i>	Rest/active rest day	20 Back, biceps & rear delts <i>Let's intentionally move those elbows!</i>
WK 5	21 Glutes & hamstrings <i>Shortened partials of bridges...fire!!</i>	22 Shoulders, chest & triceps <i>'To lift arms for cool down...a struggle!'</i>	23 All quads! <i>'Squats, lunges & wall sits...its QUADS!'</i>	Rest/active rest day	24 Back, biceps & rear delts <i>'End as we begin...bicep curls!'</i>	Rest/active rest day	25 Glutes & hamstrings <i>'Who knew 1 lateral step could be so difficult?'</i>	26 Shoulders, chest & triceps <i>'The pump will be pretty insane...'</i>	27 Lower body <i>'Variety in varying planes'</i>	28 Back, biceps & rear delts <i>'Do you agree... the most intense P.E upper so far?'</i>	Rest/active rest day	29 Glutes & hamstrings <i>'A very enjoyable session? Confident you'll agree!'</i>	Rest/active rest day	30 Shoulders, chest & triceps <i>'Post fatigue is correct'</i>
WK 7	31 Lower body <i>'Bilateral then all unilateral!'</i>	32 Back, biceps & rear delts <i>'Weakening... but finished feeling strong!'</i>	33 Glutes & hamstrings <i>'Some iso & plyo sets!'</i>	Rest/active rest day	34 Shoulders, chest & triceps <i>'Deficit push ups... one of my favourites!'</i>	Rest/active rest day	35 All quads! <i>'No denying... it's all quads!'</i>	36 Back, biceps & rear delts <i>'Transient hypertrophy occurring at the end!'</i>	37 Glutes & hamstrings <i>'Curtseys for the glutes!'</i>	38 Shoulders, chest & triceps <i>'Plenty of pressing!'</i>	Rest/active rest day	39 Lower body <i>'Bodyweight likely the more challenging!'</i>	Rest/active rest day	40 Back, biceps & rear delts <i>'Insane amount of tension... mission accomplished!'</i>
WK 9	41 Glutes & hamstrings <i>'Mostly unilateral work!'</i>	42 Shoulders, chest & triceps <i>'Triceps out of action for the rest of the day!'</i>	43 Lower body <i>'Less about WHAT we do, more about HOW we do!'</i>	Rest/active rest day	44 Back, biceps & rear delts <i>'Some body language to assist the biceps!'</i>	Rest/active rest day	45 Glutes & hamstrings <i>'Bodyweight lunges making you deadstop literally!'</i>	46 Shoulders, chest & triceps <i>Create force from a deadstop!</i>	47 All quads! <i>Lunges at the beginning... the quads warm up'</i>	48 Back & biceps <i>'The set up means tension is inevitable!'</i>	Rest/active rest day	49 Glutes & hamstrings <i>'The bodyweight superset being the most challenging?'</i>	Rest/active rest day	50 Shoulders, chest & triceps <i>'There's no easy way out' Robert Tepper</i>

