



Ten-day split

Day 1

Full body at sunset



Day 2

Abs by the sea



Day 3

Glutes in the shade



Day 4

'Up with the sun' upper body



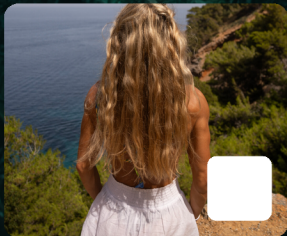
Day 5

Stimulate the lower body



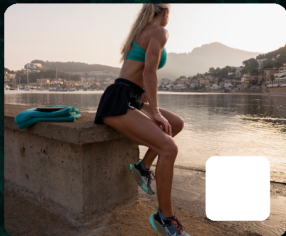
Day 6

'Slider' core & abs in the hills



Day 7

Lower body as the sun is rising



Day 8

Upper body circuit on the grass



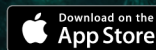
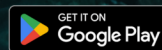
Day 9

Glutes & hamstrings to start the day



Day 10

Stimulating & energising full-body



Sunrise Collection: Mallorca Edition series is available exclusively to CGX members.
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