SUNRISE
MALLORCA EDITION

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

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