



# Six-day split

## Day 1

Full body at sunset



CGX

Abs by the sea



CGX

## Day 3

Stimulate the lower body



CGX

'Slider' core & abs in the hills



## Day 5

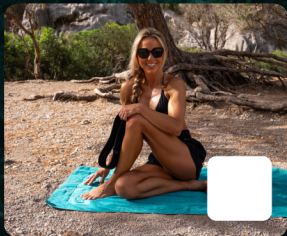
Glutes & hamstrings to start the day



CGX

## Day 2

Glutes in the shade



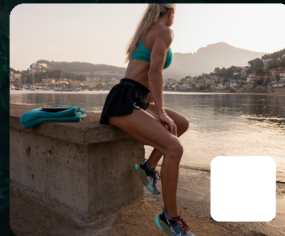
CGX

'Up with the sun' upper body



## Day 4

Lower body as the sun is rising



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Upper body circuit on the grass

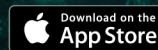
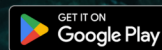


## Day 6

Stimulating & energising full-body



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