



# Six-day split

**Day 1**  
Full body at sunset



**Abs by the sea**



**Day 3**  
Stimulate the lower body



**'Slider' core & abs in the hills**



**Day 5**  
Glutes & hamstrings to start the day



**Day 2**  
Glutes in the shade



**'Up with the sun' upper body**



**Day 4**  
Lower body as the sun is rising



**Upper body circuit on the grass**



**Day 6**  
Stimulating & energising full-body



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