



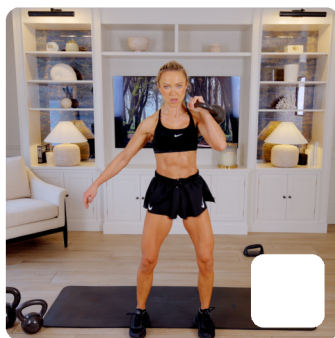
CGX K5 series day 1
Monday

**Glutes & hamstrings
focused with abs included!**



CGX K5 series day 2
Tuesday

**Upper body workout with
abs included!**



CGX K5 series day 3
Wednesday

**Quad focused workout
with abs included!**



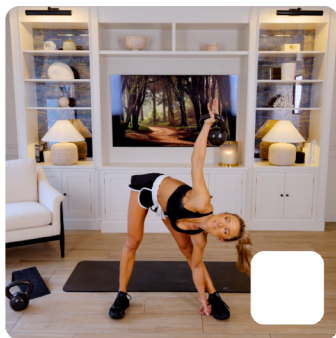
CGX Rest
Thursday

**Rest / active rest
day**



CGX K5 series day 4
Friday

**Full body workout with abs
included!**



CGX Rest
Saturday

**Rest / active rest
day**



CGX K5 series day 5
Sunday

**Upper body workout with
abs included!**



S E A S O N O N E



Caroline Girvan's K5 series is exclusively available on the CGX platform.
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