

MAX™

	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	
WEEK 1	1 MAX program day 1	2 MAX program day 2	3 MAX program day 3	Rest/active rest day	4 MAX program day 4	5 MAX program day 5	Rest/active rest day	6 MAX program day 6	7 MAX program day 7	8 MAX program day 8	Rest/active rest day	9 MAX program day 9	10 MAX program day 10	Rest/active rest day	WEEK 2
	The most 'well known' compounds to start!	A higher rep output!	Start & end with shortened hammies!		It will have been those sumos!	Our 'fun' day of the week!		New found love for banded RDLs!	Higher reps with 'constant' tension flies	Playing with different foot positions in bridges!		Less about lifting, more about lowering!	Only 1 quad movement...but it's highly isolating!		
WEEK 3	11 MAX program day 11	12 MAX program day 12	13 MAX program day 13	Rest/active rest day	14 MAX program day 14	15 MAX program day 15	Rest/active rest day	16 MAX program day 16	17 MAX program day 17	18 MAX program day 18	Rest/active rest day	19 MAX program day 19	20 MAX program day 20	Rest/active rest day	WEEK 4
	Lighter loading for greater ROM!	Higher reps are just a lot of fun!	Just 2 movements for the lower body!		Seeking lower reps, focus on quality here!	Bi's, tri's, abs, glutes & delts!		Finish with single arm rows for a change!	Plenty of knee flexion for the hammies!	Fresh for the banded hip thrusts!		8-12 rep range if you follow my tempo!	Our weekly isolation/accessory session!		
WEEK 5	21 MAX program day 21	22 MAX program day 22	23 MAX program day 23	Rest/active rest day	24 MAX program day 24	25 MAX program day 25	Rest/active rest day	26 MAX program day 26	27 MAX program day 27	28 MAX program day 28	Rest/active rest day	29 MAX program day 29	30 MAX program day 30	Rest/active rest day	WEEK 6
	One isolation amid the compounds!	Let's not turn these isolations to compounds!	Banded bridges after the fwd tilting lunges...fire!		Clusters of hip thrusts to finish!	Weight abs, Sissy's and arms!		Slow to lower & exploding to lift	Bodyweight unilateral supersets for the glutes!	Lateral lunges with cossack squat optional at the end!		It's a lat movement...not a tricep isolation!	Stabilising our core while limbs moving...deadbugs!		
WEEK 7	31 MAX program day 31	32 MAX program day 32	33 MAX program day 33	Rest/active rest day	34 MAX program day 34	35 MAX program day 35	Rest/active rest day	36 MAX program day 36	37 MAX program day 37	38 MAX program day 38	Rest/active rest day	39 MAX program day 39	40 MAX program day 40	Rest/active rest day	WEEK 8
	Just 2 movements for the lower body today!	Iso delt abduction in the finisher...fire!	Getting into the rear delts!		Push ups to push us to a deadstop literally!	Triceps will be brought to failure!		Let's lift heavy things!	3 movements all at the shoulder joint!	Sumo deadlift squats at slightly higher reps!		Deadstop bridges but constant tension??	SO much isolation!		
WEEK 9	41 MAX program day 41	42 MAX program day 42	43 MAX program day 43	Rest/active rest day	44 MAX program day 44	45 MAX program day 45	Rest/active rest day	46 MAX program day 46	47 MAX program day 47	48 MAX program day 48	Rest/active rest day	49 MAX program day 49	50 MAX program day 50	Rest/active rest day	WEEK 10
	Tempo can directly impact no. of reps performed!	Lengthened...straight into shortened!	Extra attention to the quads!		The upper biased towards the front delts!	That time of the week for lots of isolating!		Deadstops, deadlifts and 1 1/2 reps ahead!	A lunge superset for the quads!	Playing with tempo!		5 compounds and 1 isolation!	The finale!		



Caroline Girvan's MAX program is exclusively available on the CGX platform.
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