

IRON PRO™



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	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	
WEEK 1	1 IRON PRO program day 1 ☐	2 IRON PRO program day 2 ☐	3 IRON PRO program day 3 ☐	Rest/active rest day	4 IRON PRO program day 4 ☐	Rest/active rest day	5 IRON PRO program day 5 ☐	6 IRON PRO program day 6 ☐	7 IRON PRO program day 7 ☐	8 IRON PRO program day 8 ☐	Rest/active rest day	9 IRON PRO program day 9 ☐	Rest/active rest day	10 IRON PRO program day 10 ☐	WEEK 2
	Let's start with LEG DAY!	Shoulders, chest & triceps	Glutes & hamstrings		Full body!		Back, biceps & abs!	Glutes and hamstrings!	Upper body	Quad day!		Full body!		Chest, shoulders & triceps	
WEEK 3	11 IRON PRO program day 11 ☐	12 IRON PRO program day 12 ☐	13 IRON PRO program day 13 ☐	Rest/active rest day	14 IRON PRO program day 14 ☐	Rest/active rest day	15 IRON PRO program day 15 ☐	16 IRON PRO program day 16 ☐	17 IRON PRO program day 17 ☐	18 IRON PRO program day 18 ☐	Rest/active rest day	19 IRON PRO program day 19 ☐	Rest/active rest day	20 IRON PRO program day 20 ☐	WEEK 4
	It's leg day!	Back, biceps & abs!	Glutes & hamstrings		It's time for our weekly full body!		Shoulders & triceps	'All quads' day	Back & chest	Glutes & hamstrings		Full body!		Shoulders	
WEEK 5	21 IRON PRO program day 21 ☐	22 IRON PRO program day 22 ☐	23 IRON PRO program day 23 ☐	Rest/active rest day	24 IRON PRO program day 24 ☐	Rest/active rest day	25 IRON PRO program day 25 ☐	26 IRON PRO program day 26 ☐	27 IRON PRO program day 27 ☐	28 IRON PRO program day 28 ☐	Rest/active rest day	29 IRON PRO program day 29 ☐	Rest/active rest day	30 IRON PRO program day 30 ☐	WEEK 6
	Leg day!	Upper body	Glutes & abs!		Full body!		Shoulders, chest & triceps	Glutes & hamstrings	Upper body	'All quads' day		Full body!		Back, biceps & abs	
WEEK 7	31 IRON PRO program day 31 ☐	32 IRON PRO program day 32 ☐	33 IRON PRO program day 33 ☐	Rest/active rest day	34 IRON PRO program day 34 ☐	Rest/active rest day	35 IRON PRO program day 35 ☐	36 IRON PRO program day 36 ☐	37 IRON PRO program day 37 ☐	38 IRON PRO program day 38 ☐	Rest/active rest day	39 IRON PRO program day 39 ☐	Rest/active rest day	40 IRON PRO program day 40 ☐	WEEK 8
	Glutes & hamstrings	Shoulders, chest & triceps	Lower body		Full body!		Back & chest	Glutes and abs!	Shoulders	Leg day!		Full body!		Back, biceps & abs!	
WEEK 9	41 IRON PRO program day 41 ☐	42 IRON PRO program day 42 ☐	43 IRON PRO program day 43 ☐	Rest/active rest day	44 IRON PRO program day 44 ☐	Rest/active rest day	45 IRON PRO program day 45 ☐	46 IRON PRO program day 46 ☐	47 IRON PRO program day 47 ☐	48 IRON PRO program day 48 ☐	Rest/active rest day	49 IRON PRO program day 49 ☐	Rest/active rest day	50 IRON PRO program finale ☐	WEEK 10
	'All quads' day	Shoulders, chest & triceps	Glutes & hamstrings		Full body!		Back & biceps	It's leg day!	Upper body	Glutes & abs!		Full body!		Shoulders...and it's a wrap!!	



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