

IRON PRO™

	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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