

Play™

	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	
WEEK 1	1 Play program day 1 We start with a leg day!	2 Play program day 2 Next up, push day!	3 Play program day 3 Glutes & hamstrings	4 Play program day 4 Bunched back & biceps!	Rest/active rest day	5 Play program day 5 Uncomplicated full body!	Rest/active rest day	6 Play program day 6 Laps for leg day	7 Play program day 7 Delts	8 Play program day 8 'Pre-prepare' glutes and hamstrings	9 Play program day 9 Back, chest & arms	Rest/active rest day	10 Play program day 10 Full body session in range	Rest/active rest day	WEEK 2
WEEK 3	11 Play program day 11 Lower body mini sets	12 Play program day 12 Shoulders, chest & triceps	13 Play program day 13 Glutes & hamstrings!	14 Play program day 14 Back & delts	Rest/active rest day	15 Play program day 15 'Plenty of ups and downs' full body!	Rest/active rest day	16 Play program day 16 Quads...one at a time!	17 Play program day 17 Delts, chest & tris!	18 Play program day 18 Glutes & hamstrings	19 Play program day 19 Back & biceps	Rest/active rest day	20 Play program day 20 Full body...abs included!	Rest/active rest day	WEEK 4
WEEK 5	21 Play program day 21 Leg day. Lets drop it!	22 Play program day 22 Insane delt pump!	23 Play program day 23 Glutes & hamstrings; or not!	24 Play program day 24 Back & chest, triceps & biceps!	Rest/active rest day	25 Play program day 25 Big sets for full body	Rest/active rest day	26 Play program day 26 Quads but clustered!	27 Play program day 27 'One side first' back and biceps!	28 Play program day 28 Glutes & hamstrings	29 Play program day 29 Push for longer and shorter	Rest/active rest day	30 Play program day 30 A super full body session	Rest/active rest day	WEEK 6
WEEK 7	31 Play program day 31 A well paced leg day	32 Play program day 32 Delts... X 100!	33 Play program day 33 Undulating glutes & hamstrings	34 Play program day 34 Back, front, back, front	Rest/active rest day	35 Play program day 35 Complex full body	Rest/active rest day	36 Play program day 36 'More to give' quads	37 Play program day 37 Back & biceps	38 Play program day 38 Glutes & hamstrings	39 Play program day 39 A humbling push day	Rest/active rest day	40 Play program day 40 Lower, upper, full body	Rest/active rest day	WEEK 8
WEEK 9	41 Play program day 41 Simple structure for the quads!	42 Play program day 42 Delts; switch side	43 Play program day 43 Glutes & hamstrings	44 Play program day 44 Back, chest, arms and abs!	Rest/active rest day	45 Play program day 45 'Tri' our best full body	Rest/active rest day	46 Play program day 46 Leg day mini sets	47 Play program day 47 'In preparation' push session	48 Play program day 48 Glutes...4 x 4	49 Play program day 49 Back & biceps for a super pump!	Rest/active rest day	50 Play program finale The finale!	Rest/active rest day	WEEK 10



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