

FUEL

	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	
WK 1	DAY 1 Leg day Of course... it's a leg day to begin!	DAY 2 Upper body A giant upper body session ahead	DAY 3 Glutes & hamstrings Geared up glutes & hamstrings	REST Active rest day	DAY 4 Full body Peripheral Heart Actioning circuit	REST Active rest day	DAY 5 Cardio · HIIT Fast AND fun!	DAY 6 Leg day Lunge day... sorry, I meant leg day!	DAY 7 Upper body The upper body hit muscular failure several times	DAY 8 Glutes & hamstrings That wee fabric circle... wow!	REST Active rest day	DAY 9 Full body Feel the intended muscle group at each station	REST Active rest day	DAY 10 Cardio · HIIT Pace yourself... then give it your all!	WK 2
WK 3	DAY 11 Glutes & hamstrings A staple for the glutes & hamstrings	DAY 12 Upper body A very spicy upper body circuit!	DAY 13 Lower body Quads...done!	REST Active rest day	DAY 14 Full body Another opportunity to touch those muscle groups!	REST Active rest day	DAY 15 Cardio · HIIT 20 on, 20 off!	DAY 16 Lower body Super strict to finish lower body	DAY 17 Upper body Arm isolation included upper body	DAY 18 Glutes & hamstrings 'GIANT' giant sets for glutes & hamstrings!	REST Active rest day	DAY 19 Full body Straight, super & triset full body	REST Active rest day	DAY 20 Cardio · HIIT Three different durations for cardio	WK 4
WK 5	DAY 21 Leg day Variety to compounds lower body session	DAY 22 Upper body Highlighting quality > quantity upper session	DAY 23 Glutes & hamstrings 'Deficit bridge / reverse thrust'	REST Active rest day	DAY 24 Full body 'Only 6 movements' full body!	REST Active rest day	DAY 25 Cardio · HIIT Balance & core disguised as HIIT?	DAY 26 Glutes & hamstrings 'Complexes in a circuit'	DAY 27 Upper body 'I've fallen in love with pike push-ups' upper body	DAY 28 Leg day 'Bunches of compounds' leg day	REST Active rest day	DAY 29 Full body 'Lots of side delts' but still full body!	REST Active rest day	DAY 30 Cardio · HIIT Dumbbell cardio & HIIT	WK 6
WK 7	DAY 31 Glutes 'Some bodyweight fun too' glute workout	DAY 32 Upper body 'Thoughtful trisets' upper body	DAY 33 Leg day The feeling after a leg day is hard to beat!	REST Active rest day	DAY 34 Full body Different tempos & durations full body	REST Active rest day	DAY 35 Cardio · HIIT Burpee pyramids ahead!	DAY 36 Glutes & hamstrings A scorcher of a session ahead!	DAY 37 Upper body 'Only 20 seconds for a set?' upper body	DAY 38 Leg day 'Hamstrings, quads, then lunges' leg day	REST Active rest day	DAY 39 Full body 'Keep it tight, right to the end' full body	REST Active rest day	DAY 40 Cardio · HIIT 'On paper' no repeat dumbbell cardio	WK 8
WK 9	DAY 41 Glutes & hamstrings 'The band at the end... fire!'	DAY 42 Upper body 'Plenty of diamonds in the finisher' upper body!	DAY 43 Leg day 'Fire & fun combined' leg day	REST Active rest day	DAY 44 Full body 'Technique endurance' at the end full body	REST Active rest day	DAY 45 Cardio · HIIT 'Single leg balancing included!' HIIT & cardio	DAY 46 Glutes & hamstrings 'Stop, go' glutes & hamstrings	DAY 47 Upper body A 'no repeat' upper body session	DAY 48 Leg day Another no repeat workout? Leg day!	REST Active rest day	DAY 49 Full body Let's 'maker' it a good one!	REST Active rest day	DAY 50 Cardio · HIIT Cardio & HIIT... let's finish this strong!	WK 10



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