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THE EPIC PROGRAM VOL I & II



FEEL INFORMED

FEEL CHALLENGED

FEEL MOTIVATED

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WELCOME

THE EPIC PROGRAM

by Caroline Cirvan

Hello Everyone!

Yes, EVERYONE!! This series is for every single person; beginner, advanced, anyone wanting to feel stronger, build muscle, improve definition, learn new ways to move their body, improve mobility, increase flexibility, significantly increase your overall level of fitness.... Simply feel EPIC!

This is X 2 full 5 day a week, 10 week programs with many exciting ways to train...from bodyweight balancing, to those single leg burpees to resisting movement of core whilst moving dumbbells!

The EPIC Programs are tailored for intermediate to advanced with the workouts being timed based, rather than reps based so it is all about working at a pace that suits and challenges you! Its up to you to train with intensity, focus and correct form!

Alongside these programs, is the EPIC Beginner Series specifically for those new to training and/or weight training or those just not feeling ready for the EPIC Program at the moment. It is a 1 week series covering all of the fundamental movements and exercises to allow you to familiarise yourself with the key aspects of each movement and the muscles used. This is perfect to work through at your own pace and can be completed several times until you feel ready to begin the EPIC Program(s), which involve more technical work, often less rest, more co-ordination and more diverse methods.

I have no doubt that you will learn a lot, grow and have a lot of fun along the way!

It is an honour for me to share this program with you.

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EPIC I

10 WEEK PROGRAM

A stylized, handwritten signature of the letters "Cq" followed by a small dot.

NEW EPIC II

10 WEEK PROGRAM

BEGINNER EPIC

5 DAY SERIES

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BEGINNER EPIC

OPTIONAL SERIES

The EPIC Beginners Series consists of 5 workouts across 1 week period, however you can complete as and when suits you.

Each workout is 30 minutes, excluding brief at beginning and cool down. There will be a link in all the workouts to a suitable warm up video.

This series for beginners is based on the main movements that will be performed throughout the EPIC Program with the aim to progress to overtime, to allow you to experience and practice the movements, improve your strength, balance, co-ordination, muscular endurance and core stability before experiencing the more intense workouts.

The first 3 workouts are bodyweight lower body, bodyweight upper body and third day core & abs to help you build the fundamental movements before moving onto a full body workout with dumbbells on the fourth workout. The last workout of this week is a low impact (but high intensity) HIIT session lasting also 30 minutes.



RECOMMENDED FOR BEGINNERS

5

DAYS OR WHEN YOU'RE READY TO PROGRESS

For this beginner series, you will need a mat, a pair of dumbbells/filled water bottles and a bottle of water to drink. You will also need a wall and stable chair briefly during some of the workouts.

The workouts are timer based so simply work at your own pace. You can of course stop at any time for a moment to reset if your form is being affected. This is a great programme to repeat again and again! If you are training with intensity and focus, you will gain many benefits to your strength and overall performance. When you feel comfortable with the movements and are ready to progress, you can then start the EPIC Program at any point!

Have fun with it! There is no pressure... simply try to challenge yourself as much as you can!

The entire Beginner EPIC Series is available on YouTube channel!

THE EPIC I & II

10 WEEK PROGRAMS

THE EPIC PROGRAMS ARE DESIGNED FOR THOSE WHO HAVE EXPERIENCE PERFORMING BODYWEIGHT EXERCISES (SUCH AS PLANKS, SQUATS, LUNGES, HOLDS, PUSH UPS), DUMBBELL AND HIIT TRAINING.

Whole body workouts, balance, isometrics, strength, various tempos, and of course burpees! The 10 week programs will involve many of the exercises you enjoy doing, although there will be moments when you simply have to perform exercises you maybe don't prefer...primarily I'm talking about sets of the same exercises. Repetitions are an important part of building strength and endurance, just as time under tension is...you will learn to embrace them I'm sure!

Some of the workouts may have a staple exercise such as plank, squats or push ups for example that may be repeated every 3rd set etc. These are implemented to increase strength and endurance but also help you practice certain movements!

All of the workouts are a minimum of 30 minutes and a maximum of 1 hour duration, excluding brief at beginning & cool down. There will be a link to a suitable warm up with each workout.

You do not need to have completed EPIC I before doing EPIC II, however it is advisable to complete a certain portion of it so that you are better equipped on the format.

The EPIC I Program is available on the YouTube channel and EPIC II will be uploaded on set days from 3rd January 2021.

CONTINUED ON NEXT PAGE...





EPIC I

PROGRAM

Week 1

The first week is a combination of bodyweight & dumbbells, focusing on those fundamental movements, providing some extra practice for some of those more challenging movements!

Week 2

Dumbbells are introduced further with upper and lower body splits, finishing week off with burpee HIIT!

Week 3

More specific muscle groups targeted with dumbbells, supersets for full body and short intervals of work in the HIIT.

Week 4

Two upper body dumbbell splits this week, combination of dumbbells & bodyweight in the full body workout and the first of the dumbbell HIIT workouts to finish the week off!

Week 5

Dumbbell splits during week, with a dumbbell only full body and finishing with a fun no-repeat HIIT!

INTERMEDIATE / ADVANCED

10

WEEKS

Week 6

A dumbbell full body to kick off the week, followed by abs & core, then hitting the posterior chain (back, glutes, hamstrings) with dumbbells. We will be ending the week with isometric and dynamic combination full body and finally a demanding EMOM (Every Minute on The Minute) session to finish week 6!

Week 7

Full body splits covered at beginning of this week, a chair for the full body (decline push ups of course!) and finally a short interval, short rest HIIT session!

Week 8

Two body splits this week and dumbbell Bulgarian lunges in between! Full body trisets with dumbbells so less rest periods that day! Finishing the week with dumbbell HIIT!

Week 9

Dumbbell splits covering the entire body, followed by full body session with dumbbells. HIIT to finish week is another intense EMOM!

Week 10

Final week is a combination of dumbbells and bodyweight to test your progress! This week will encompass all of the skills and strength you have gained during your commitment and consistency!

Finishing of course with Hardcore HIIT Part III! What better way to celebrate all your hard work than an hour of HIIT!!!!





EPIC II

PROGRAM

Week 1

The first week kicks off with high intensity followed by upper and lower body splits, and full body sessions before more muscle group divisions.

Week 2

Dumbbell HIIT begins the week before we hit specific muscle groups with compound movements followed by isolation and trisets with no rest during the 1 hour session.

Week 3

Bodyweight HIIT to start the week before targetting the glutes, then chest, then quads! Full body session is a circuit system to really keep heartrate up!

Week 4

Quick superset bodyweight HIIT, hitting the arms and shoulders this week with leg day inbetween. 1 hour session is bodyweight only so you know lots of core engagement!

Week 5

Tabata timer HIIT to start, followed by the popular lower body complexes to test mental and physical strength & endurance before a bodyweight complex session towards the end of the week!

INTERMEDIATE / ADVANCED

10
WEEKS

Week 6

Lighter weights needed ideally for HIIT! Shoulders and squats before upper body complexes! We finish the week with tempo and iso work hitting the full body which will be intense!

Week 7

Lunges & calves combinations, squat & press variations...finishing the week with bodyweight only complexes; lots of fun but don't underestimate these!

Week 8

RDLs, rows and glute specific for Monday! Tempo work for lower body followed by popular shoulder & arm day! Finishing with 1 hour drop sets!

Week 9

More Tabata timer HIIT before a full body circuit session! Then onto push ups session to test your strength! Finishing the week with a solid full body dumbbell session with lots of compound lifts.

Week 10

Kicking the last week off with EMOM! this will be a test and I urge you to aim to smash it to the best of your ability!

The final workout is 1 hour full body but format will be revealed on the day!

Then it is officially time to celebrate!



HOW TO GET STARTED

Ensure you are **Subscribed to the YouTube channel:** <https://youtube.com/c/carolinegirvan> and click the notification bell so you are notified once a workout is uploaded for that day and also any other notifications such as community posts!

Read this guide carefully so you are familiar with the structure of the 10 week programs.

You can begin the EPIC Program immediately, or if new to training and/or want further practice with movements, the 5 day EPIC Beginner Series is a great option to start with!

Plan how you are going to incorporate the workouts into your week. For example, are you planning on smashing these workouts in the morning, or evening? The programme can be followed as I am doing it or you can save workouts for other days and space it out.

Plan out complimentary cardio! If like me you walk your dog for an hour most days, 20 minute interval sprint session twice a week, a longer run at the weekend or even a 20 minute brisk walk every single day, think about moving more!

Have all your equipment ready (if applicable) for each day.

Ensure you plan out your meals even just for that day and healthy snacks available!

Don't forget to take that first photo to use for visible progress over the 10 weeks!!

Check out the FAQs for many of your questions answered!

And lastly, prepare yourself to work hard!

SEE EQUIPMENT ON NEXT PAGE...

EQUIPMENT

Essential

- 1 x pair of dumbbells (Ideally 2 pairs of dumbbells; a lighter pair and a heavier pair)
- 1 x exercise mat

Optional

- Multiple pairs of dumbbells
- Ankle weights
- Small resistance band (glute band)

Some of the workouts will require the following items:

- Stable chair
- Wall
- Yoga block (or a thick book approx. 10cm depth)

The dumbbells I will be using throughout the programme will range from 6kg to 25kg each (13 lbs to 44 lbs each).

Below is a guide if wanting to purchase dumbbells and am not sure what weight to start with. Please note; this is only a guide for those relatively new to lifting weights.

Lighter pair of dumbbells: Usually for upper body sessions, dumbbell abs or HIIT dumbbell workouts / 3kg (approx 6.6lbs) each to 6kg (11 lbs) each range for beginners

Heavier pair of dumbbells: Usually for lower body session, also back and chest overtime / 8kg (17.6 lbs) each to 10kg (22 lbs) each range for beginners.

You can find all the equipment I use on my Amazon UK & US pages below.



<http://amazon.co.uk/shop/carolinegirvan> 



<http://amazon.com/shop/carolinegirvan> 

HOW TO GET

THE BEST RESULTS

WE ALL KNOW WE, AS HUMANS SHOULD MOVE MORE, MAKE HEALTHIER CHOICES.....

Balance is key if you want to embrace a healthier lifestyle, but there is no right or wrong way as our bodies and minds are different.

Consider your daily steps, or overall activity level through the week aside from workout specific, for example; walking during your lunch break, cycling to & from work, fitting in a sprint session for 20 minutes, , swimming, cycling or going for a hike with a friend...these all add up to improve your cardiovascular health, burn energy and help with mood!

It is important throughout this programme and any training that you rest. Rest days allow for the body to recover and repair, prevents muscle fatigue, reduces risk of injury and absolutely helps your performance! Rest days look different for everyone; some enjoy low impact exercise such as walking, swimming or cycling or stretching, all of which allow you to stay active whilst letting your body recover.

Sleep, alongside rest days, are key components of a healthy lifestyle. In order to train the way you want to, to feel motivated and allow for muscle recovery, it is vital you have enough sleep. There are many other benefits to getting enough sleep that help improve overall a healthier lifestyle.

CONTINUED ON NEXT PAGE...

If you suspect you have an injury of any sort, take it easy for a few days as this is better than soldiering on, aggravating the area and being out of training for a longer time period. Always seek advice from a specialist if you think you have an injury.

As with training, the foods you eat need to be enjoyable so it is sustainable for life! It shouldn't mean completely overhauling the foods you eat, more about making small changes gradually leading to a balanced, varied, nutritious and sustainable intake full of the foods you love without feeling restricted. We all like different foods, so finding simple ways to incorporate our favourites into our nutrition is so important!

Don't be too hard on yourself!

If you still haven't mastered that movement you've aimed for, you will get there!

If you are feeling extremely tired and can't face that HIIT session, roll out your mat and stretch instead! If you miss a training day, there is always tomorrow!

It is beneficial in your free time to spend stretching even for 15 minutes per week. We complete a gentle stretch during cool down, however this can be a perfect opportunity to then continue stretching yourself whilst you are on the mat!

Each training session should be taxing. What I mean is, it you should be pushing yourself with every movement. If you perform a HIIT session and you aren't exhausted and 'done' after, it could be that you didn't give it the most intensity you could have...and that will happen absolutely. There will be days when your energy is lower, or you are preoccupied with life in general!

During the workouts, please work at your own pace and don't necessarily follow at my pace. I may be using a heavier weight and therefore be going at a slightly slower pace or if bodyweight, I may be going at a slightly faster pace than you. Just move at a pace that is suitable for the workout and to allow correct form to be maintained!

I hope you have a lot of fun throughout this program, though remember this saying; 'great things never come from comfort zones'. This will be true during parts of this program....if there is no struggle, there is no progress!

LET'S TALK ABOUT NUTRITION

#BALANCED

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GENERAL NUTRITION

FEEL EPIC

There is not one food that provides adults with all the nutrients its needs, and that's why a varied and balanced intake is so important. The following is some information readily available simplified to help with the principles of a balanced intake.

Protein is the most filling of the macronutrients, good for your bones and helps repair and build muscle! If exercising regularly, your body will need more protein compared to those who don't. Good sources include eggs, lean meats, Quorn, legumes and dairy products.

Carbohydrates are the body's main source of energy.

Choose more higher fibre or wholegrain varieties of carbohydrates such as brown rice and wholewheat pasta; as apposed to simple carbs like white bread, white pasta and many cereals. Try to increase intake of vegetables and fruit when possible.

Increase unsaturated fat found in salmon, albacore tuna, unsalted nuts & seeds and avocado. Try to avoid trans -fats and saturated fat intake such as in biscuits, fattier meats and pies.



THINK NUTRITION.... NOT A DIET!

Consider reducing your salt intake. Even if you don't add salt to your food, most of the salt is already in processed foods such as soups, bread, cereals and ready to eat snacks.

If you can, try to eat fish twice per week, one at least being oily fish such as salmon. Tinned fish is a great option to have stocked in cupboard.

Limit alcohol consumption.

Stay hydrated throughout the day with plenty of water.

Vegetarian protein sources include eggs, yoghurts, cottage / cheese, quark. If pescatarian, fish.

Vegan protein sources include Quorn, tofu, tempeh, nus / butters, lentils, chickpeas.

You may only be eating 'clean' foods and minimal processed foods but if you are eating too much of anything, this could be detrimental to your goals. Calorie counting apps (many are free) are a great way to gain some guidance on portion size etc.

SNACKS

FEEL EPIC

Who doesn't love to snack? I certainly do! However, this is one of the areas that many people tend to struggle with the most.

Having snacks between your main meals help keep sustained energy levels through the day, improves concentration, reduces cravings for unhealthier choices, actually help you make healthier main meal options and boosts your mood!

Many snacks ready-made can be high in refined carbohydrates and sugar. Having some snacks containing protein is also a great option as it helps you feel fuller with slowing digestion and contributes to increasing your overall protein intake essential for muscle repair and growth.

Having access to quick, simple and nutritious snacks helps maintain your energy levels through the day.



HERE ARE SOME SIMPLE SNACKS SOME HIGH IN FIBRE, OTHERS HIGHER IN FAT AND PROTEIN....

- A piece of fruit
- Small handful of almonds
- Greek yoghurt & mixed berries
- Apple slices dipped in almond butter
- 2 rice cakes with avocado spread and small tin of tuna
- Avocado on wholemeal toast
- 2 rice cakes with peanut butter and banana
- Homemade protein balls
- Protein shake
- 2 x hard boiled eggs
- Handful of trail mix
- Egg on toast
- Bowl of popcorn
- Almond butter on wholegrain crackers
- Dark chocolate
- Low fat popcorn
- Hummus and wholegrain crackers

HEALTHY

FOOD SWAPS

HERE ARE SOME SIMPLE FOOD SWAPS WITH LESS CALORIES PER SERVING THAT YOU CAN CONSIDER IMPLEMENTING!

FOOD	ALTERNATIVE
Biscuits	Rice Cakes
Latte	Americano
Ice Cream	Frozen Yoghurt
Fruit Smoothies	A Piece of Fruit
Crisps	Popcorn
Flavoured Yoghurt	0% Fat Greek Yoghurt
Creamy Based Pasta	Tomato Sauce Pasta
White Bread	Wholewheat Bread
Regular Mince	Extra Lean Mince
Bacon	Turkey Rashers
White Rice	Cauliflower Rice / Brown Rice
Chicken Thigh	Chicken Breast
Fries	Sweet Potato Fries (Oven Baked)
Full Fat Milk	Semi / Skimmed Milk

Shopping List Ideas

Proteins (Meat/poultry/fish)

- Chicken breast
- Whole chicken
- Ready to eat chicken breast
- Chicken sausages
- Lean steak (Sirloin / fillet)
- Low fat mince
- Low fat burgers
- Low fat meatballs
- Low fat turkey mince
- Turkey sausages
- Turkey rashers
- Pork chops
- Salmon
- Tuna
- Seabass

Fridge essentials

- Semi-skimmed milk
- Unsweetened Almond / oat milk
- Cheese
- Butter
- Free range Eggs
- Carton egg whites
- Cottage cheese
- Greek yoghurt
- Natural yoghurt
- Quark cheese
- Tofu
- Quorn mince / sausages etc
- Tempeh



Freezer

Frozen vegetables
Frozen fruit
Pre-portioned frozen
yoghurt/ice cream
Frozen edamame

Cupboard essentials

Almond nuts
Walnuts
Cashews
Peanut butter
Almond butter
Honey
Sultanas
Extra virgin Olive oil
Coconut oil
Brown rice
Whole wheat pasta
Porridge
Weetabix / Shredded wheat
Branflakes
Tinned Beans
Tinned tomatoes
Lentils
Quinoa
Tins of tuna in Spring Water
Tins of red/pink salmon
Sprinkling seeds ie. Chia, sunflower, hemp
Rice cakes
Whole grain bread
Chickpeas
Cauliflower rice

Cgr.

Fruit

Avocado
Berries (frozen or fresh)
Bananas
Apples
Grapes
Watermelon
Oranges
Pomegranate
Kiwi

Vegetables

Sweet potato
Spinach
Courgettes
Carrots
Broccoli
Garlic
Bok choy
Kale
Asparagus
Mushrooms
Squash
Peppers

Lighter sweet

Protein bar (approx. 200 kcals >10g protein)
2 x scoops protein ice cream in a cone
Chocolate rice cakes
Dark chocolate (approx. 30-50g)



FAQ'S

10 WEEK EPIC PROGRAMS

HELPFUL INFORMATION TO FEEL EPIC

How long are the workouts?

The EPIC workouts are between 30 and 50 minutes long, however the Full Body workout is 1 hour. These all exclude brief, warm up and cool down.

The EPIC Beginner Series workouts are all 30 minutes each, excluding short brief, warm up and cool down.

Is a cool down provided?

Yes, a gentle cool down is provided. However, please feel free to stretch further on your mat after for as long as you wish! There will also be 2 stretch routines uploaded during the EPIC II.

Is a warm up provided prior to the workout?

There is an appropriate suggested 5 minute warm up for workouts and a 5 minute HIIT warm up routine in the playlists. This will be linked within each of the workouts

I am completely new to strength training...where do I start?

If you are completely new to training, you can start with the EPIC Beginners Series, which is a combination of the fundamental movements you will be doing in the EPIC Programme when you feel ready.

I prefer not to jump. What shall I do?

There will be primarily no high impact jumping in the workouts, apart from some of the HIIT workouts. These higher impact HIIT workouts will be clearly indicated on the calendar so you can select a low impact HIIT session from the playlist section under 'low impact HIIT workouts.'

What if I do a different pace to Caroline on screen?

Absolutely perfect... this is your workout. You may have lighter dumbbells than you wish so you can perform more reps of course. It is better to perform push ups for example slower but deeper! All at your own pace!

Apart from HIIT workouts, the movements are performed at a slow pace, always with control. Please never feel pressured to rush. Stop, take a moment to reset then carry on anytime you feel you need to.

Throughout every single workout, work at a pace to suit you. The timer is simply a guide so stop when you feel you really need too, particularly if form is being affected.

I am unable to carry out the exercise without stopping at points before the timer beeps...what does this mean?

If you are pushing yourself and training hard, not managing to last the 40 seconds for example can be a positive! You will certainly see me having to stop at points to take a moment to reset... I consider this a positive! These workouts are time based. Focus on quality not quantity always!

FAQ'S CONTINUED

I am unable to do a movement within the workout...what should I do instead?

The EPIC Programs are for those with experience of bodyweight & strength training, however there will be times when you prefer to not do a certain exercise. The same applies to the Epic Beginner Series, simply perform as you wish and even make your own alternative!

There will be some modifications displayed for some exercises, however it is so important to adapt it to you. For example, forward stepping lunges can be performed rear stepping if the knees prefer.

If you are unable to do push ups with knees off the floor, try doing push ups with hands on a chair. Overtime aim to place hands on a lower surface such as a box/yoga blocks, then finally the floor. However, with push ups, quality is better than quantity in order to progress so even when you do reach the level of push ups on the floor if you are doing one or two during the time period, perfect! Simply stop, take a second and see if you can do another one or two; this is better than say 20 on the knees!

My knees hurt during lunges and squats, what shall I do?

Knee pain can be caused by different issues including weak glute muscles, restricted ankle mobility, or incorrect form.

Strengthening the entire hip area, including the glutes will allow extra support in a squat and lunge position.

In order for range of motion of squat, mobility of the ankle joint is important. The use of bands and bodyweight to increase flexibility of the calf muscles and leg, also post injury or surgery stiffness.

Incorrect form is often the reason for stress on the knees. Practise bodyweight squats in order to perfect technique and focus on control of movement.

For a standard squat, feet slightly wider than hips, toes slightly pointed outwards (approx. 15 degrees). Keep gaze straight ahead. Feet firmly on the floor, and toes should be able to wiggle!

Brace your core, inhale and push hips back as it to sit down, whilst keeping chest open and up entire time. As you are lowering, focus on knees staying in-line with feet; not allowing knees to cave in but also not pushing them wider than feet.

Lower slowly, aiming for hips to be lower than your knees.

Exhale to rise, maintaining alignment of knees with feet and squeeze glutes at top.

During lunges, keep chest open, chin up, brace core, and front knee in-line with front foot. The back knee should also be inline and point to the floor in bottom position, and both knees approximately 90 degrees. You may need to adjust your stance of the distance between your feet.

Practise bodyweight only and use a mirror to check for your alignment.

If you experience tightness of the quads or hip flexors it may be down to lack of flexibility, ensure more time spent warming up and stretching prior to beginning and reduce range of motion of the lunge.

FAQ'S CONTINUED

My lower back is aggravated during Romanian Deadlifts / Bent Over Rows; shall I not perform them?

Both of these exercises will help strengthen your back but if not performed correctly, can cause injury. Correct form is crucial.

Practice bodyweight or holding something very light such as small bottles of water.

During both movements, back must stay long and flat.

During Romanian deadlifts, only lower to where is comfortable and you are able to maintain flat back whilst feeling stretch in hamstrings.

During a bent over row, prevent any momentum; lift and lower at same pace.

Will this 10 week program help reduce body fat / build muscle?

This program is a full body resistance training program with lots of different training methods within, mobility, flexibility, core strength and stability, cardio and high intensity work. This, when combined with correct nutrition, sufficient sleep, rest, and movement outside of exercise specific all can contribute to reduction of fat loss if this is your goal.

If you train intensely and focused, consume sufficient protein through the day, alongside adequate calories (if in deficit, this should be minimal), perform the repetitions (particularly the compound lifts), lift heavy (of course this is different for everyone and most of us are not in a typical gym setting but you can still make those weights feel heavier with this program and perform each movement the best you can and full range of motion), give it your all on the burn outs at the end, incorporate cardio / non-exercise activity, get plenty of sleep and taking those active/rest days will all contribute to building strength, seeing changes in your body composition and help you feel simply amazing!

It is important to also have realistic expectations with this and any program you embark on. Firstly, what you put in is what you get out of it!

If you are aiming to become stronger, but don't focus on the lowering portion of the movement or are wanting to lose body fat but not move through the day aside from the workout alone, these are examples of how you could be hindering your progress.

Try to consider a realistic timetable and schedule for your training, and any extra such as that daily walk, prepping food or weekly cycle session outdoors.

Also, be realistic with the expectations of yourself...there will be days when you are fired up and much energy that that 10kg feel so much lighter, but then there'll be days where you simply could think of nothing worse than lifting a dumbbell or holding a plank! I would suggest for those days when you are feeling lethargic, go for a walk, do a stretch session, even low impact cardio and resume the next day! Though we are all different and many of us come around as soon as we begin and get into it!

FAQ'S CONTINUED

Will this ab workout help reduce fat around my tummy? Will this leg workout slim my legs?

Simply put, no; you cannot spot reduce however exercise will contribute to energy burned. Ab specific exercises help strengthen the muscles in that and surrounding areas.

If I miss a few days, should I start where I left off?

Yes! Just pick up where you left off. We all have times when we are unable to train as planned!

I am new to weight training / this intensity of training and the scales are saying I weigh heavier?

Initially, a new training program will put stress on the muscle fibres, causing micro trauma and some inflammation. This initial response can lead to temporary water retention, but this is temporary.

Ensure to listen to your body during the workouts and give your muscles rest days.

Stepping on the scales will not take into consideration muscle mass and growth, hormones, fluid retention, and females' menstrual cycles.

I am still the same weight on the scales but have definitely lost body fat?

1 kg of fat of course weighs the same as 1 kg of muscle, but muscle takes up a lot less space than fat. It is possible to weight the exact same as someone else or even heavier yet be 'leaner' than that person at same height!

Is there cardio within this program?

For many years, cardio was considered 30 minutes on the cross trainer or a walk, however weight/resistance training also benefits the heart, which is basically what cardio relates to, being any activity that requires the heart rate be elevated and sustained.

Squat to press, push ups, HIIT with dumbbells, circuits and complexes all.... these will all elevate the heart rate. Resistance training is cardio!

As well as fortnightly new steady state specific cardio sessions for you to follow along, there is weekly High Intensity Interval Training (HIIT) and plenty of burn outs to finish those sessions to spike the heart-rate too!

During the steady state cardio workout, it doesn't feel like low / medium intensity?

I would suggest you slow it down. Go at your own pace. I ensure to go at a pace that I could still talk but certainly breathing that bit harder. I would be aiming for my heart rate approx. 120-140 beats per minute throughout.

Incorporating some form of state -state and high intensity interval training into your weekly schedule is a great way to keep challenging yourself and improve your overall fitness.



PROGRESS

When we talk about progress in this programme, we will be referring to those improvements in our training and performance but also body composition, rather than numbers on the scales.

I would strongly advise everyone to try to stay off the scales as much as possible.

The scales simply may not show you the progress you have been making even if your waist is smaller!

Taking a 'selfie' or a photo (even if for your eyes only) is a fantastic way to see progress. You will feel the progress of course, and seeing how far you have come is hugely motivating.

I would suggest a picture even once every 2 weeks in the same area, same lighting and same pose.

Cgr .

EPIC I SCHEDULE

	M	T	W	T	F	S	S
WK 1	BODYWEIGHT & DUMBBELL LOWER BODY	BODYWEIGHT & DUMBBELL UPPER BODY	BODYWEIGHT ABS & CORE AND BALANCE	REST DAY	FULL BODY B/WEIGHT & DUMBBELL (CORE FOCUS)	REST DAY	HIIT
WK 2	DUMBBELL ABS & CORE AND ARMS	DUMBBELL LOWER BODY	DUMBBELL UPPER BODY	REST DAY	FULL BODY B/WEIGHT & DUMBBELL (LOWER BODY FOCUS)	REST DAY	BURPEE HIIT
WK 3	DUMBBELL ABS AND QUADS	DUMBBELL SHOULDERS	DUMBBELL HAMSTRINGS & GLUTES	REST DAY	FULL BODY B/WEIGHT & DUMBBELL (SUPERSETS)	REST DAY	TABATA STYLE HIIT
WK 4	DUMBBELL BACK & BICEPS	DUMBBELL & BODYWEIGHT LUNCES	DUMBBELL CHEST & TRICEP	REST DAY	FULL BODY B/WEIGHT & DUMBBELLS	REST DAY	DUMBBELL HIIT NO JUMPING
WK 5	DUMBBELL LOWER BODY	DUMBBELL SHOULDERS & CORE	DUMBBELL & BODYWEIGHT GLUTES & UPPER ABS	REST DAY	FULL BODY DUMBBELLS (SUPERSETS)	REST DAY	HIIT
WK 6	DUMBBELL FULL BODY	DUMBBELL & BODYWEIGHT TRICEPS & ABS	DUMBBELL POSTERIOR CHAIN	REST DAY	FULL BODY DUMBBELL (ISOMETRIC & DYNAMIC)	REST DAY	EMOM NO JUMPING
WK 7	DUMBBELL GLUTES & ABS	SHOULDERS & OBLIQUES	DUMBBELL LOWER BODY & BICEPS	REST DAY	FULL BODY (WITH CHAIR)	REST DAY	TABATA STYLE HIIT
WK 8	DUMBBELL BACK & BICEPS	DUMBBELL & BODYWEIGHT BULGARIAN LUNGES	DUMBBELL & BODYWEIGHT UPPER BODY	REST DAY	FULL BODY DUMBBELLS (TRISETS)	REST DAY	DUMBBELL HIIT
WK 9	DUMBBELL GLUTES & HAMSTRINGS	DUMBBELL SHOULDERS & CORE	DUMBBELL QUADS & LOWER ABS	REST DAY	FULL BODY (DUMBBELLS)	REST DAY	EMOM HIIT
WK 10	DUMBBELL ABS & CORE & PUSH UPS	DUMBBELL & BODYWEIGHT LOWER BODY	DUMBBELL & BODYWEIGHT UPPER BODY	REST DAY	FULL BODY (STRETCH & STRENGTH)	REST DAY	HARDCORE HIIT PART III

EPIC II SCHEDULE

	S	M	T	W	T	F	S
WK 1	HIIT & CARDIO	BODYWEIGHT & DUMBBELL LOWER BODY	BODYWEIGHT & DUMBBELL UPPER BODY	FULL BODY FOCUS ON CORE	ACTIVE / REST DAY	1 HOUR DUMBBELL & BODYWEIGHT SUPERSETS	REST DAY
	DUMBBELL HIIT	SHOULDERS & TRICEPS	DUMBBELL LOWER BODY	BACK & BICEPS	ACTIVE / REST DAY	DUMBBELL TRISETS	REST DAY
WK 2	HIIT	GLUTES & HAMSTRINGS	DUMBBELL & BODYWEIGHT CHEST & TRICEPS	QUADS & LOWER ABS	ACTIVE / REST DAY	DUMBBELL & BODYWEIGHT CIRCUITS	REST DAY
	SUPERSET HIIT	DUMBBELL & BODYWEIGHT ARMS	LEG DAY	SHOULDERS	ACTIVE / REST DAY	BODYWEIGHT FULL BODY	REST DAY
WK 4	TABATA TIMER HIIT	DUMBBELL LOWER BODY COMPLEX	ROWS	LOWER BODY & CORE	ACTIVE / REST DAY	DUMBBELL COMPLEXES	REST DAY
	DUMBBELL HIIT	SHOULDERS & ABS	SQUATS	UPPER BODY COMPLEX	ACTIVE / REST DAY	DUMBBELL & BODYWEIGHT ISOMETRICS AND TEMPO	REST DAY
WK 6	HIIT	LUNGES & CALVES	CHEST & CORE TRISETS	SQUAT & PRESS VARIATIONS	ACTIVE / REST DAY	BODYWEIGHT COMPLEXES	REST DAY
	HIIT	POSTERIOR CHAIN	TEMPO WORK ON LUNGES & SQUATS	SHOULDERS & ARMS	ACTIVE / REST DAY	DUMBBELL & BODYWEIGHT DROP SETS	REST DAY
WK 9	TABATA TIMER HIIT	FULL BODY CIRCUITS	PUSH UPS	GLUTES & ABS	ACTIVE / REST DAY	DUMBBELL FULL BODY	REST DAY
	EMOM	SHOULDERS & CALVES	LEG DAY	BODYWEIGHT FULL BODY	ACTIVE / REST DAY	TO BE CONFIRMED!	REST DAY
WK 10							

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If you are new to exercise or planning on embarking on a new fitness programme, you should consult your physician. This program may offer health, fitness or nutritional information and is meant for personal & informational purposes only.

Exercise is not without its risks and this or any other exercise program many result in injury. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy or have physical discomfort, you should stop immediately and consult a medical professional.

This information is not meant as an alternative to seeking professional medical advice or suggested treatment. There is no advice relating to prescribing, diagnosing, treating or curing. Please know that performing any exercise or programme is solely at your own risk.

The program cannot and does not guarantee that you will attain a specific or particular result, and you accept the risk that results differ for each individual.

The health, fitness, and nutrition success depends on each individual's background, dedication, desire, and motivation. As with any health-related program or service, your results may vary, and will be based on many variables, including but not limited to, your individual capacity, life experience, unique health and genetic profile, starting point, expertise, and level of commitment.

The information in this exercise guide and nutrition programme should be used in conjunction with the guidance and care of you, the readers health care provider to determine the appropriateness of the information for your own situation, as it is not taking into consideration an individual's objectives or current situation.

Under no circumstances will Caroline Girvan be responsible for any loss or damage resulting from your reliance on nutritional or general information given by this guide. By using this program, you agree to these terms.

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