

CAROLINE GIRVAN

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# EPIC HEAT

50 WORKOUTS | 30 MINUTES EACH | 10 WEEKS





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**EPIC  
HEAT**

# WELCOME

by Caroline Girvan

Hello everyone!

I hope you are all doing great and if you are reading this, you are hopefully wanting to hear all about what you can expect during the EPIC Heat 10 week Program!

The EPIC Heat, EPIC I and EPIC II 10 week programs are based on how I have trained myself and have always trained the wonderful people who have joined me personally over the years; focusing on the feeling that exercise can bring to your life. The challenge ahead. The determination. The vision. The gritting of teeth. Doubting yourself. Focus. Pushing through. Overcoming. The amazement in realising you are stronger than you think. The inner confidence to realise its ok not to be 'perfect' at everything. The realisation that the low moments make the high moments more rewarding. The magic that is the human body. The power our minds can have. And the mind-set that we are so blessed to be able to move, no matter how it may be.

**Now more than ever, I think it's so important that we appreciate our bodies.**

We are bombarded with so much information, images, how you should train, what to do, what not to do, how we should look, how we shouldn't look, what we should and shouldn't eat, that we can sometimes lose sight of what matters.

## Fitness

Noun

1. *The condition of being physically fit and healthy*

A healthy body. A strong body. Inner confidence.

I would just like to thank every single one of you for joining me in my home.

And just a note on the past year; you all have helped motivate me but more than that, you have helped build a real, global community full of like-minded people who are prepared to step up to the challenge and at the same time offer help, motivation and guidance to others so thank you.

I am so excited to begin this new journey together! Let's make sure to have fun along the way...even during those single leg wall sits and hammer curl pulses!

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# OVERVIEW

THE EPIC HEAT PROGRAM IS BASED ON 5 WORKOUTS THROUGHOUT THE WEEK INVOLVING STRENGTH, ENDURANCE AND HIGH INTENSITY WORKOUTS TARGETING ALL MAJOR MUSCLE GROUPS TO BUILD A STRONG BODY, IMPROVE OVERALL LEVEL OF FITNESS AND MOST IMPORTANTLY FEEL EPIC.

The sessions will include all of the variety, challenges, structure and of course the fun that is the EPIC Programs condensed into 30 minutes.

The 30 minutes will be a FULL 30 minutes of hard work from start to finish. These 30 minutes will exclude brief, warm up, 'finishers' and 'burn outs' and cool down. The finishers and burn outs could last anywhere between 30 seconds and 2 minutes!

Suggested warm-ups will be provided in the form of a separate video. A cool down will be completed immediately post workout as with most workouts I do, however please feel free to spend more time cooling down or a more intense stretch after if preferred.

The EPIC Heat Program is tailored for intermediate to advanced. The workouts are typically time based so you complete at a pace that suits your experience, ability, energy level on the day and relative to the weights you have access to.

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The program will be uploaded for you once I complete each workout. I do not record the workouts in advance so I am unable to release the full program in one go, as I like to make the program as organic as possible and take into account your feedback; for example, post a workout that was particularly taxing on the shoulders, I may program the next upper body day less shoulder focused for example or if I intended on incorporating a longer complex set in but I like to see how you all feel after a shorter duration complex!

The workouts will be shared on Mondays, Tuesdays, Wednesdays, Fridays and Sundays (HIIT as normal!) however again, this is the uploads only. You are able to consider your weekly schedule and may prefer a Sunday as a rest day as apposed to a Saturday so simply complete each workout when suits you on those days that work for you. I would suggest 1 full rest day at least and 1 active rest day so this may include a wide range of activities such as running, long walk, yoga or practising a specific skill such as handstands!

Every 30 minute session will be different and vary in format such as pace, rest periods, bodyweight only, use of dumbbells, heart rate elevation and overall structure. Different training methods will be used including complexes, circuits, antagonist training, drop sets, supersets, tri-sets, giant sets, until failure, isometrics, plyometrics, calisthenics, cardio, compound movements, isolation movements, pyramids, staple movements and no repeat workouts!

There will be more cardio and bodyweight combined with the dumbbell workouts than EPIC I AND II to really push you that bit more!

There will be varied durations of 'burn outs' and 'Finishers' at the end of the 30 minutes to ensure you are left feeling finished!

It may be only 30 minutes, but we will work very hard during this time!

# HOW TO GET STARTED

I would suggest you subscribe 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! During previous EPIC Programs, there were occasions where people do not see the Community notifications or surprise workouts!

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

You can begin the EPIC Heat 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! I will be incorporating 3 x approx 20 minute hill sprint or flat sprint sessions into my week alongside EPIC Heat, however of course this is by no means required! I will be sharing my Strava data in the Facebook Community Group through the week.

It is important that being active works for you. A walk most evenings, morning yoga, game of tennis with friends or HIIT! We are all different and we all consider exercise differently!

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

**The equipment required for this program is listed below. There are further options you can include but are not necessary however having as much as possible to hand will help overall.**

## **Essential**

- 1 x pair of dumbbells
- 1 x non slip exercise mat
- 1 x yoga block
- Bottle of water nearby
- Glute band
- A towel
- A sturdy chair primarily for Bulgarian lunges and decline push ups for example.
- A wall or stable surface for wall sits

## **Optional**

A sofa/soft chair/bench for hip thrusts. Alternatively, you can place towels on edge of hard chair to help protect back or perform bridges on the mat.

A variety of weight that range from lighter pair to a heavier pair or even a single heavier weight such as dumbbell(s), kettlebell(s), barbell. Having these in close proximity allows for you to go for a heavier or lighter weight depending on the next exercise/set.

Ankle weights (I would typically recommend 1kg to 2kg per weight. The ankle weights I use in all of my workouts are 2kg each)

The weights I will be using throughout the program will range from 6kg to 25kg.

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.

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## **Importance of rest & recovery**

I would suggest everyone to have at least one rest day. I typically have 1 rest day from training (though I still usually walk my dog!) and one 'active' rest day where I either do low impact cardio such as a moderate walk with my family, go on my bike, stretching routine with some abs specific. Active rest days look different for everyone; it could be a walk, swim or cycling, stretching, all of which allow you to stay active whilst letting your body recover.

Walking is something I would recommend to everyone. It can be social so meeting a friend walking to pick up a coffee, it could be a quick 15 minute brisk walk around your neighbourhood or instead of popping into the car to pick up some groceries walk there and back! Hiking is one of my favourite things to do in the good weather and have so many memories of a backpack on, going exploring for the day!

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.

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!

CONTINUED ON NEXT PAGE...

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 alot 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!

# CARDIO

IDEAS & INSPIRATION

ALONGSIDE EPIC HEAT, I AM PLANNING ON SOME SPRINT SESSIONS APPROXIMATELY X 3 PER WEEK SESSIONS LASTING SOMEWHERE BETWEEN 15 AND 30 MINUTES (TYPICALLY 20 MINUTES).

However, this is not set in stone as I change it up with the steepness of the hill I run, or it may be a flat surface etc. Below are some of the ways I like to change up my sprints, and this usually depends on how I feel on that day!

Another point for when I do my sprints is the weather! I tend to love dry days and search for those more sunny days so if the weather is good towards the end of the week, I will wait until then to begin!

Most sessions I am for a number of sprints, it may be 15 sprints, it may be 30 sets of hill sprints depending on if it is solely sprints and no other movements.

Here are some variations I might apply to my sprints and usually depend on time available, how I feel on that day....just as some ideas for you!

Hill sprint & walk back down to starting position

Hill sprint then as soon as I reach top of hill, drop into 20 x push ups. Walk back down to starting position.

On a flat surface, x10 high knees, then sprint. Walk back to starting position.

If I have the time, I finish with 100 walking lunges just to finish off!

CONTINUED ON NEXT PAGE...

If you live not far from the hill/flat surface where you will sprint, you could run there, steady pace as 'warm up', sprint for approx. 20 minutes then run home at a pace that suits you!

I am sharing this as inspiration, some ideas! This is by no means me saying you need to do any of this. This is just what I aim to do as its short duration, awesome benefits to sprinting and the endorphins after are amazing!

I will be using my watch to record and share my workout in the Facebook Community and Strava during each week and also any other extra fun activities I feel like doing such as any additional cardio (short runs for example if the sun is shining) or indoor workouts (I will share all of these on YouTube for you to follow along if you like such as ab workouts, mini challenges, steady state cardio workouts, stretching routine).

During my sprint sessions, I will always have a bottle of water handy, perform a dynamic warmup lasting less than 10 minutes and ensure I have comfortable trainers on.

There are so many other ways to incorporate extra cardio into your training such as:

Walking

Steady state running for distance/time

Indoor cycling

Outdoor cycling

Rowing machine

Follow along steady state cardio / HIIT workouts

Taking time to just move is so important! Whether it is a walk enjoying the sun, cycling with the kids or an EPIC Workout...what matters is you move!



# LET'S TALK ABOUT NUTRITION

#BALANCED

C A R O L I N E   G I R V A N

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EPIC  
HEAT

# GENERAL NUTRITION

FEEL EPIC

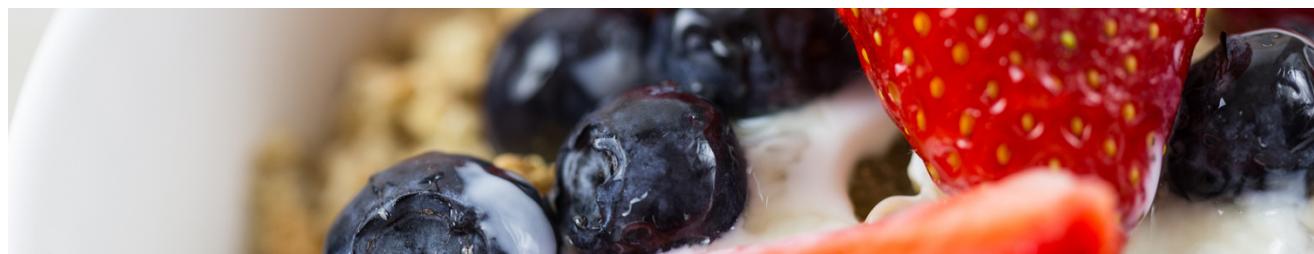
There is not one food that provides adults with all the nutrients its needs, and that's why a varied and balanced intake is so important. The following is some information readily available simplified to help with the principles of a balanced intake.

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

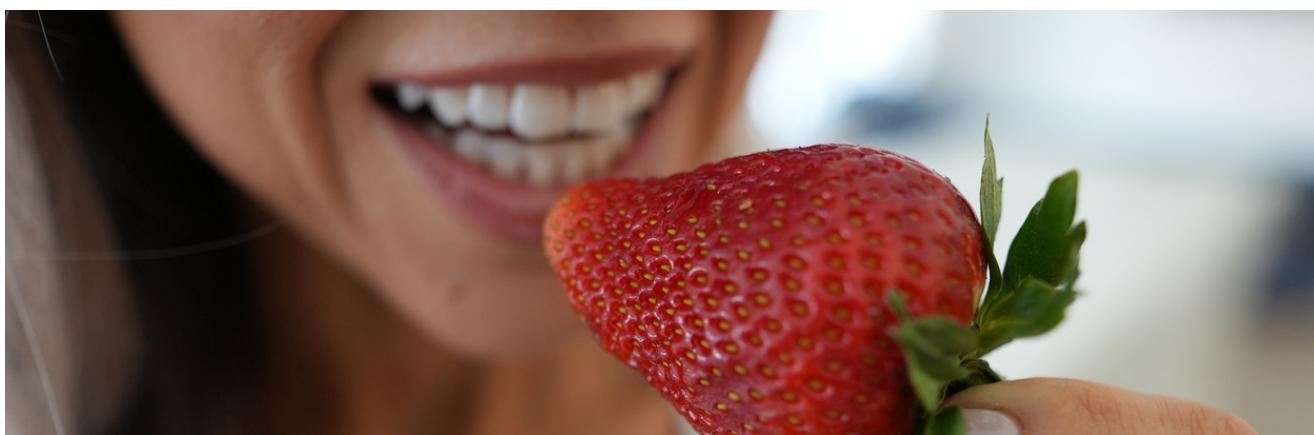
FEEL EPIC

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

# GILLIAN KILLINER

BSc. (Hons) PgDip. MSc. RD BDA HCPC

Gillian has over 24 years of successful experience spanning working in the NHS, private practice and research.

Gillan is a mother of 3 children, runs clinics, is continuously doing research yet makes time to remain active and enjoys these workouts too in her spare time as well as running. She regularly helps top-level athletes in training with excellent results and is a member of the BDA Sports Dieticians UK.

Gillan is registered with The British Dietetic Association (BDA) and the HCPC professional bodies and practices evidence-based medicine.



Gillian is the media spokesperson for Northern Ireland and features regularly in the media locally and nationally.

Her main areas of interest and those she is trained on include weight management, especially for those with resistant weight loss, Gastro-intestinal dysfunction, Eating Disorders, auto-immune conditions, Cancer, Diabetes, Heart Disease, Nutrition and mental health, sports nutrition and Nutrition-genomics.

FIND GILLIAN IN OUR  
PRIVATE FACEBOOK GROUP



<https://facebook.com/groups/carolinegirvan>

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# FOOD FOR THOUGHT...

by Gillian Killiner BSc. (Hons) PgDip. MSc. RD BDA HCPC

## NUTRITION TOP TIPS FOR SPEED AND NUTRITIONAL OPTIMIZATION

### 1 day Meal and snack Idea

**Breakfast:** 60 second nutrient rich eggstravaganza see recipes

**Snack:** Oatcakes x 2-3 and mackerel pate or cream cheese with 6 grapes or 4 olives or 1 apple

Lunch: Fresh fish 120g, or houmous 150g, Delicious eggs x 2-3 (see recipe below), 2 handfuls mixed salad leaves, 2-3 baby tomatoes, grated carrot, cucumber slices x 3, a few pickles and any other salads you like add flavours or a touch of apple cider vinegar. If needing fuel for a workout have a good portion of carbs with this.

**Mid afternoon:** 3 walnuts and a date if need a snack on the go or seeds, yoghurt and berries.

Evening meal: Protein -Tofu, tempeh, or meat alternative, or a fish poultry, meat protein you enjoy: 120-150g cook – roast, pan, saute, in olive oil or butter

3-4 or more colourful vegetables - vary as often as possible - add herbs or spices.

Carbohydrates: brown rice, wholemeal pasta, quinoa, potatoes...

**Bedtime snack** – piece of fruit and/or 1 brazil nut or a few cashews

MAKE YOUR MEALS EASY WITH 1 POT CURRY'S, BOLOGNESE, RISOTTO...  
BELOW ARE A FEW EASY RECIPES THAT ARE PACKED WITH NUTRIENTS  
AND GREAT FOR FUELING YOUR BODY FOR WORKOUTS

# RECIPE IDEAS

by Gillian Killiner BSc. (Hons) PgDip. MSc. RD BDA HCPC

## Eggstravaganza breakfast

### **Ingredients**

- 3 eggs
- 6-8 baby plum tomatoes chopped
- 4-5 asparagus sticks left over from previous meal

Heat some butter or olive oil in a pan cook the tomatoes, remove, heat the asparagus, remove to same plate as tomatoes then a little more butter and cook the 3 eggs – scramble to make it quick then place on plate with tomatoes, asparagus, relax and enjoy.

## Tasty Pesto Salmon or Chicken - 4 servings

Prep time 20 min. Cook time 10 min.

### **Ingredients**

- 4 fillets or 4 boneless skinless chicken breasts flatten the chicken
- 4 tsp. basil pesto
- 1 mozzarella cheese ball (125g) or 80-120g cheddar or  $\frac{1}{2}$  -1 block feta to mix it up - slice or grate

### **How to make it**

1. Preheat oven to 180c for fish or 220c for chicken
2. Place the salmon fillets in a casserole dish or on a baking tray/sheet – a little olive oil rubbed on the base of the tray can stop the fillets sticking
3. If using Chicken flatten the chicken breast and cut in half if they are large – and place in casserole dish or baking sheet. You can also rub a little olive oil on each breast to stop it sticking to the pan.
4. Spread 1 teaspoon basil pesto sauce on each salmon fillet or chicken breast.
5. Bake (uncovered) for about 15 minutes.
6. Remove from the oven and add 20-30g of mozzarella or cheddar cheese to each salmon fillet or chicken breast.
7. Place back in oven for about 5 minutes (until cheese is melted).

CONTINUED ON NEXT PAGE...

# RECIPE IDEAS

by Gillian Killiner BSc. (Hons) PgDip. MSc. RD BDA HCPC

Serve with large salad, greens, tomato, cucumber as much as you like, carbs can be small baked potatoes, serve of 100g cooked quinoa or brown or mix with white basmati rice.

Fast and tasty pre or post work out meal

## **Delicious eggs – serves 1**

- 2-3 semi hard-boiled eggs, cooled
- 50g plain Greek yogurt
- Medium curry powder to taste/fresh chili if you are wanting a burn!
- 1 Chopped spring onion
- Pinch of pepper to taste

## **How to make it**

In a bowl, mix Greek yogurt and curry powder.

In a large bowl, add mashed eggs. Add yogurt mixture and stir well. Add pepper. Stir until well combined. Serve with a tasty salad in a multispeed wholemeal wrap or with dipping vegetables like carrot, celery and peppers for a speedy snack or lunch.

Keep refrigerated in airtight container up to 2 days.

Vegan Protein Burgers - 6 burgers

Using many store cupboard ingredients this is easier than it looks! Play around with ingredients to suit you.

## **Ingredients**

- 1 flax egg (1 tablespoon flaxseed meal + 3 tablespoons water) or 1 egg.
- 240g brown mushrooms, roughly chopped
- 1 cup cooked brown rice 200g – great to use up leftovers can use quinoa too
- plain breadcrumbs x 2 slices whole wheat – can reduce if wish
- 1/2 cup raw walnuts – can omit if allergic
- 400g cooked chickpea or mix with kidney, pinto beans or any preferred bean drained well
- 1 scallion, thinly sliced with ends removed
- 2 cloves garlic, minced
- 3 tablespoons nutritional yeast
- 1 teaspoon smoked paprika
- Salt and pepper to taste

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# RECIPE IDEAS

by Gillian Killiner BSc. (Hons) PgDip. MSc. RD BDA HCPC

## Instructions

This is a quick and easy recipe in the food processor the only time you need to factor in is the freezer. I however skip this step, and they come out fine for me making this really quick for a hungry family!

Prepare the flax egg by mixing the flaxseed meal and water in a small bowl and setting it aside to thicken. If not vegan you can use 1 egg.

Add the mushrooms to a food processor and pulse until broken down into small pieces or alternatively chop. Add in the remaining ingredients except for the breadcrumbs and pulse for about 45-60 seconds, or until almost smooth. Make sure that the mixture is still chunky and not smooth.

Place the mixture into a large bowl and stir in the breadcrumbs. Mix until uniform and then set into the freezer for about 15-20 minutes to set. Preheat the oven to 180c and line a baking sheet with parchment paper.

Once the mixture has set, take some burger mixture and form it into a 2cm thick patty. Repeat to form 6 patties total. Place them on the lined baking sheet and into the oven. Bake for 30 minutes, turning half way.

Allow the burgers to cool and then serve with salad, a bap and/or some sweet potato fries.

These are a snapshot of meal and snack ideas for you and your family to enjoy. Adapt to suit your likes, workout goals, energy needs and any allergies/intolerances.

All the best

Gillian

# HEALTHY

## FOOD SWAPS

"BEFORE YOU START THINKING ABOUT HEALTHY SWAPS KCALS ARE ONLY HALF THE PICTURE - ALL FOODS ARE NOT CREATED THE SAME AND SO OTHER NUTRIENTS ARE IMPORTANT TO CONSIDER WHEN SELECTING FOOD THESE INCLUDE; VITAMINS AND MINERALS, FIBRE, PROTEIN AND TYPE OF FATS"

FOOD	SWAPS
Biscuits 2 cookies = 160 kcals	Rice Cakes 2 = 70kcals
Rice Cakes 2 = 70 kcals	Oat cakes 2 = 100 kcals
Latte 200 kcal	Americano 10kcal
Ice Cream 50g 100kcals	Frozen Yoghurt50g 80kcals
Fruit Smoothies – avoid	A Piece of Fruit enjoy with skin on.
Crisps – 40g 200 kcals	Popcorn plain - 40g 150kcals
Flavour Yoghurt -150g160 kcals	0% Fat Greek Yoghurt - 150g – 90kcal
Creamy Based Pasta – 500kcal	Tomato Sauce Pasta – 100kcal
White Bread 1 slice 100kcal	Wholewheat Bread – 100kcal
Regular Mince 15% 125g 260kcals	Extra Lean Mince <5% 125g 155kcal
Bacon - 3slices 35g161kcal	Turkey Rashers 3 slices 90kcal
White Rice 100g – 130kcal	Cauliflower Rice 100g 25kcal
Chicken Thigh – no skin 116g 206kcal	Chicken Breast 100g – 165kcal
Fries – medium 117g – 355 kcal	Sweet Potato Fries (Oven Baked) 117g 141kcal
Full Fat Milk 100ml 68kcal	Semi / Skimmed Milk 100ml 47kcal

# Shopping List Ideas

## Proteins (Meat/poultry/fish)

- Chicken breast
- Whole chicken
- Ready to eat chicken breast
- Chicken sausages
- Gammon joint
- Lean steak (Sirloin / fillet)
- Lean steak mince
- Good quality meat burgers
- Low fat meatballs
- Low fat turkey mince
- Turkey sausages
- Turkey rashers
- Pork chops
- Liver
- Salmon and oily fish
- Tuna
- Seabass/plaice/haddock/cod/whiting/hake
- Seafood

## Fridge essentials

- Semi-skimmed milk
- Unsweetened Almond / oat milk
- Hard and cream cheeses
- Butter
- Free range Egg
- Carton egg whites
- Cottage cheese
- Greek yoghurt
- Natural yoghurt
- Quark cheese





Vegan cheese

Coconut or oat yoghurt

Tofu

Quorn mince / chicken pieces/chicken breast plain

Tempeh

### Freezer

Frozen vegetables

Frozen fruit

Pre-portioned frozen yoghurt/ice cream

Frozen edamame

### Cupboard essentials

Almond nuts

Walnuts

Cashews

Brazil Nuts

Roasted edamame

Peanut butter

Almond butter

Honey/Stevia

Sultanas/raisins

Extra virgin Olive oil

Cold pressed rapeseed oil

Coconut oil

Coconut cream

Brown rice

Whole wheat/lentil/pea pasta

Buckwheat noodles

Porridge

Weetabix / Shredded wheat

Buckwheat flakes/puffs

Tinned Beans low sugar/low salt

Tinned tomatoes

Passata

Lentils/black beans/chickpeas

Quinoa

Risotto

Tins of tuna in Spring Water

Tins of red/pink salmon

Sprinkling seeds ie. Chia, sunflower, hemp, sesame,  
flaxseed  
Pumpkin seeds  
Oat cakes  
Rice cakes  
Wholegrain good quality bread  
Cauliflower/broccoli rice

## Fruit

Eat a wide variety but only max 3 portions spread out throughout the day-  
try to buy in season

Avocado

Berries (frozen or fresh)

Bananas

Apples

Grapes

Watermelon

Oranges/satsumas

Pomegranate

Kiwi

Grapefruit

Mango

Peach

Pear

Plum

Passion fruit

Sharon fruit

Strawberries

Rhubarb

Lemons





## Vegetables eat 7 portions per day

Sweet potato  
Spinach  
Courgettes  
Carrots  
Broccoli  
Garlic  
Bok choy  
Kale  
Asparagus  
Mushrooms  
Leeks  
Cauliflower  
Squash  
Peppers  
Onion/Spring onion  
Sprouts  
Peas  
Mangetout  
Green beans  
Rocket  
Lettuce  
Cucumber  
Beansprouts  
Pak choy  
Parsnips  
Beetroot  
Sweetcorn  
Cabbage  
Potatoes  
Tomato  
Fresh Herbs  
Fresh ginger  
Fresh mint  
Chilli  
Capers  
Olives  
Sundried tomatoes

## Lighter sweet

Protein bar (approx. 200 kcals >10g protein)

2 x scoops protein ice cream in a cone

2 Chocolate rice cakes

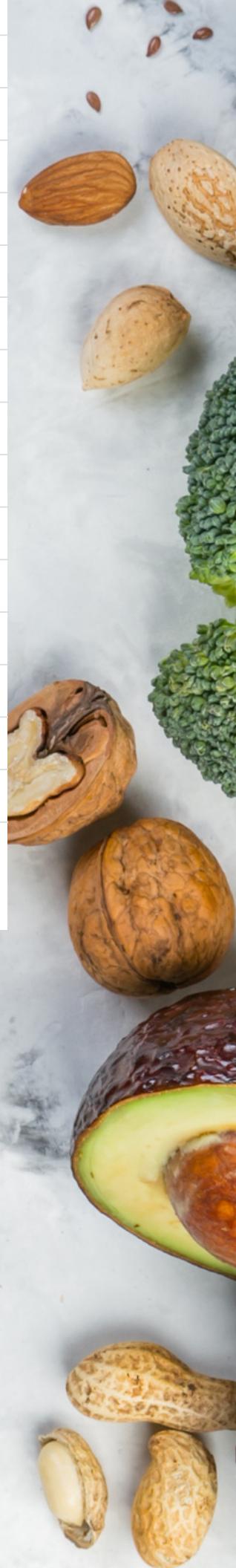
Dark chocolate (approx. 30-50g)

1-2 dried dates

cinnamon

Frozen Greek Yoghurt

Frozen 1-2 pieces Banana



# FAQ'S

## 10 WEEK EPIC PROGRAMS

### HELPFUL INFORMATION TO FEEL EPIC

#### **How long are the workouts?**

The EPIC Heat workouts are approximately 30 minutes long. These all exclude brief, warm up finisher / burn out sets and cool down. The finishers or burn outs sets may be a couple of minutes on to the workout at the very end!

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!

#### **Is a warm up provided prior to the workout?**

There is an appropriate suggested 8 minute warm up for workouts 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 Programmes when you feel ready.

#### **I prefer not to jump. What shall I do?**

There will be occasions where jumping will be in a workout however where this is the case, a low impact option will be provided.

In relation to the HIIT workouts, there will be a suggested alternative low impact HIIT workout linked in the description box.

Below are some examples of how you can replace the jumping portion if preferred.

During burpees etc, step back into plank position as apposed to hopping back into plank.

Squat jumps can simply be performed as squats as alternative.

Explosive push ups can be performed as alternating hand off floor per rep.

#### **Do I have to do extra cardio?**

No, however cardio has so many benefit and can be in many forms. Even aiming for a daily step count can contribute to overall movement throughout the week ontop on your specific training.

CONTINUED ON NEXT PAGE...

## **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 involving heavier dumbbells 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!

## **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!

CONTINUED ON NEXT PAGE...

## **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.

## **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.

CONTINUED ON NEXT PAGE...

## **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!

## **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!

CONTINUED ON NEXT PAGE...

## **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!

## **During steady state cardio workouts, 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.

PREGNANCY FAQ CONTINUED ON NEXT PAGE...

# PREGNANCY FAQ

## I am pregnant, can I do these workouts?

It is important to remain healthy during pregnancy, however in regards exercise it is important to always consult your doctor before embarking on any new fitness program or any form of exercise during this time as there are conditions where exercise may not be advised.

Remaining healthy and strong for the amazing journey ahead should be a positive and enjoyable experience. Remaining active whilst pregnant will help strengthen the muscles, improve circulation around the body, help with lower back ache and of course exercise helps you feel great!

If you have been exercising prior to pregnancy, you may need to make amendments and perform alternatives to some exercises. Depending on your prior exercise format, you may need to reduce the intensity particularly if high impact and go for the low impact option.

Your body will go through so many changes during this period and it is important to always listen to your body.

In relation to general exercise, below are some but not all, exercises that should be avoided and some points to be aware of:

Do not hold your breath during any movement.

Exercises that allow for possibility to lose balance including foot elevated lunges or step ups for example should be avoided.

Movements that induce jolting or high impact should be avoided.

Exercising in overly hot temperatures. Ensure to stop if feeling you are overheating, dizzy or light-headed.

As always, ensure you remain hydrated.

Aim to be active consistently however works for you, whether it is walking daily, or a workout 3 times per week. Training intensely then inactive for a long period should be avoided where possible.

Train with a level of intensity that you are able to maintain talking and stop if feeling exhausted.

Lying on your back should be avoided, particularly after 16 weeks as this can lead to you feeling faint due to weight in belly pressing on the main blood vessel that brings blood back to your heart.

Avoid bouncing or jarring movements during stretching. Stretch gently and smoothly.

Avoid core movements such as leg lowers, toe reaches, crunches and sit ups.

Bodyweight squats are great for strengthening the lower body including the pelvic floor muscles, maintaining hip mobility, they will gently elevate the heart rate and help you maintain centre of gravity however squats should be performed slowly, with control and to a depth suitable. Similar applies to lunges.

In regards lifting weights, there is no specific weight range however it is crucial not to over-exert and focus on control at all times. Aiming to maintain muscle mass rather than gain can be a great way to approach strength training!

# NUTRITION TIPS

HERE ARE SOME OF MY OWN TIPS YOU MIGHT FIND USEFUL RELATING TO NUTRITION!

- I have always kept my nutrition simple and varied: lean protein, wholegrains, lots of fruit, even more vegetables and water are the foundations of my nutrition.
- What I might consume on a daily basis might be too high or too low for what your body requires so it is important that you eat foods to suit you and your requirements!
- I aim to have  $\frac{1}{2}$  of my plate full of vegetables,  $\frac{1}{4}$  wholegrain & fibre rich carbohydrates and  $\frac{1}{4}$  protein rich foods. This just a simple way that works for me with my main meals.
- I tend to eat quite simple in that I don't cut any specific food out, a protein source with every meal, loads of vegetables and nutritious snacks through the day to help me eat to feel great!
- I eat a majority of natural and unprocessed foods, however I do love ice cream and chocolate but most importantly it is about balance!
- If I am going out for dinner that evening or having a take-away, I will tend to have a 'lighter' lunch high in protein such as one of my favourites, chicken and turkey bacon Caesar salad!
- Aim to limit the amount of overly processed foods you purchase.
- I tend to purchase fresh fruit and vegetables to last over 3-4 days and often have the same fruit and veg over a few days to reduce wastage. Next time I am food shopping, I would change up my fruit and vegetables.
- I always have a large portion of at least 2 types of vegetables or a large side salad with my main meals!

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- Egg whites are so versatile and are a staple in my weekly intake!
- Try to stock up on food that you can snack on if needed such as fruit, nuts, rice cakes, oat cakes, eggs, tuna, Greek yoghurts etc!
- It is a good idea to spend some time learning about the nutritional information on products to make better choices when shopping.
- Learn about portion size and just be mindful of serving size particularly nuts and labels. For example, a tin of soup may indicate salt/calories etc per serving however there may be 2 servings in the tin so if consuming the whole tin, it is double the salt and calories. This is where many people can add calories they don't expect unknowingly!
- Consider your sauces and dressings as it is extremely easy to add a lot more saturated fat, sodium and added sugar than you realise!
- Try to select the leanest type of meat.
- I always eat foods that I like! I look forward to every single meal and the food i prepare fits in with my lifestyle in that its usually small in ingredients, quick to prepare and cook and I can bulk purchase alot of it!

# MINDSET

**REMEMBER WE ARE ALL HUMAN. WE ALL HAVE CHANGES ON OUR BODIES ON A DAILY BASIS. YOU SEE ME MOST DAYS AND I DEFINITELY LOOK LEANER SOME DAYS, OTHER DAYS NOT BUT THIS IS DOWN TO SO MANY FACTORS INCLUDING MUSCLES SWOLLEN DUE TO A PREVIOUS HEAVY LIFTING WORKOUT, HORMONES, FOODS I MAY HAVE EATEN THE DAY BEFORE ETC!**

Always remember that so much of what you see on social media is filtered, lighting, angles, altered and you tend to only see the 'good side'. The concept of the perfect body is ever changing and no doubt in the near future new, perceived body ideals will be portrayed and bombarding us!

So much of what is on social media is not true or altered and can have such a detrimental effect on realistic expectations, focusing on the immediate and promising an easy route to progress, miracle exercises to grow the size of your glutes in one month, false promises of certain calorie burning claims in twenty minutes and a huge amount of focus on how others eat that it can leave you feeling confused and overwhelmed.

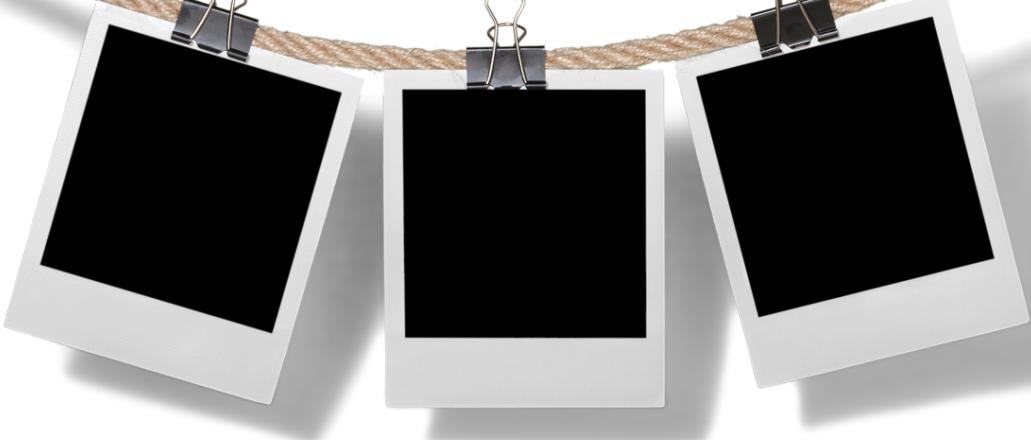
Inner confidence and feeling strong is beautiful.

# TRAINING TIPS

- It is ok to have those days where you feel everything is an effort. We all have those days, sometimes just getting started can be the hardest part! If you really do feel like you can't train that day, try to even schedule a walk in... you will return feeling refreshed, energised and ready to smash that session the next day!
- Remember these sessions are time based so not for reps. The sets may feel more difficult due to limited rest and heart rate elevated more. It is okay to pause for a moment. I will regularly pause even though I could squeeze out a few more reps but my form and control might be affected. A few seconds to pause, reset and go!
- HIIT is high intensity! It should be very difficult! Sprinting all out for 20 seconds is HIIT! We will aim to replicate this as best we can in the HIIT sessions so it is important that you really push yourself as best you can! Don't be demotivated if you struggle...I struggle during every HIIT session but it wouldn't be HIIT if I didn't have those moments! I typically only do a HIIT specific session once per week as it is so demanding and I always want to be mentally prepared to give it my all! However, in EPIC Heat, there will be elements of HIIT during many of the sessions so be ready!
- Most exercises, particularly bodyweight can be made less intense. I really would stress to aim to make each rep as challenging as possible as you will get the most out of your time and effort. Below are some examples of what you can think about during each exercise in order to make the movements that bit more challenging; these typically relate to range of motion and control!
- Push ups – in starting position of upright plank with hands on mat, think about lowering down your body so that nothing changes position except your arms bending. Aiming your chest to the floor instead of your forehead.
- Renegade rows – imagine a cup of water on your back. Would it topple if you lifting one of the dumbbells into a row? Think about opening feet wider, quads and glutes tight, hold core solid and smoothly lift dumbbell by rowing to side. Don't forget about the way down also, think about 'setting' the dumbbell down!

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- Curtsey lunge – when bringing back foot behind to get into position, think about hips still facing forward. Also, aim to bring that rear knee as low as is comfortable, whilst keeping hips facing forward!
- Using yoga block – the yoga block is typically used to increase range of motion in a movement such as greater depth in lunge or more space between your chest and the mat during push ups. Try to make use of this extra space and ease into the extra depth!
- Romanian Deadlifts – Aim to keep the dumbbells close to body at all times. Slide the dumbbells down the legs, push hips back even more, exaggerate the chest and keep those shoulder blades together! DO NOT round the upper back aiming to reach the floor.
- Hip thrusts – We are not in the gym or most of us are not using barbells so the importance of aiming to isolate the glutes and really aim for full range and control of the lowering portion is important to get the most out of this exercise.
- Using glute bands – glute bands are awesome to help strengthen the hip area and isolate the glutes using various positions, tempos and angles however it is really up to you to focus on making full use of the band. Sometimes we will apply tension then fully release however other times we will aim to maintain tension for a period of time and it is important that you aim on abducting (pushing knees apart) as best you can. You may need a higher resistance band if you are not feeling it a challenge to abduct.
- Sumo squats – an awesome exercise that we will use regularly to hit the glutes that bit more so place feet further apart than regular squats, toes pointed outwards. Push hips back to slower whilst keeping back straight. Ascend by pushing heels into the floor with chest open.
- Lying tricep exercises – The alignment and range of motion can make such a different to targeting the triceps and making them work a lot harder! During skull crushers, the upper arm should not move! This can be difficult but even practice bodyweight, bringing hands towards front of the shoulders and fully bringing back to starting position, all whilst aiming to keep elbows in! During diamond press, the dumbbells (if using x2) should be squeezed together and bring the dumbbells right down to lower to chest will help you reach full range!
- During EPIC Heat, if there are any moments where you feel disheartened such as a movement you are unable to master, try to look at it as a challenge! Overtime and with practice you will accomplish so many new movements you wouldn't have unless you tried!



# PROGRESS

Progress can be tracked several ways and is completely your preference.

Taking photos once a month or noticing the depth of your push ups or feeling like you need heavier dumbbells!

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!

I personally weigh approx. 7 lbs heavier than I did in my twenties yet I have a smaller waist and more definition and can do pull ups much better due to strength gains!

This program is focused on fitness. It is important to combine with correct nutrition, activity outside of training specific (ie. steps), recovery, sleep and nutrition to help maximise the benefits!

I hope you have fun during this entire journey!

# EPIC HEAT SCHEDULE

	M	T	W	T	F	S	S
WK 1	LEG DAY COMPLEXES	SHOULDER SUPERSETS	LOWER BODY NO REPEAT	REST DAY / ACTIVE REST DAY	FULL BODY DUMBBELL & BODYWEIGHT	REST DAY	BURPEE HIIT
	CHEST & TRICEPS	TRISET LEG DAY	BACK & BICEPS	REST DAY / ACTIVE REST DAY	FULL BODY CALESTHENICS	REST DAY	DUMBBELL HIIT
WK 2	GLUTES & HAMSTRINGS	ANTAGONIST UPPER BODY	ISOMETRIC & PLYOMETRIC LOWER BODY	REST DAY / ACTIVE REST DAY	FULL BODY ANTAGONIST TRAINING	REST DAY	COMPLEX HIIT
	SHOULDERS & TRICEPS	COMPOUND LEG DAY	CHEST & CORE	REST DAY / ACTIVE REST DAY	FULL BODY DROP SETS	REST DAY	TABATA HIIT
WK 4	GLUTES	SUPER SET UPPER BODY	ANTAGONIST LEG DAY	REST DAY / ACTIVE REST DAY	FULL BODY COMPLEXES	REST DAY	EMOM HIIT
	BACK, HAMSTRINGS & GLUTES	QUADS & CALVES	TRICEPS & LATS	REST DAY / ACTIVE REST DAY	FULL BODY CIRCUITS	REST DAY	SUPERSET HIIT
WK 6	LOWER BODY COMPLEXES	GIANT SETS UPPER BODY	LOWER BODY COMPOUNDS	REST DAY / ACTIVE REST DAY	FULL BODY PYRAMIDS	REST DAY	NO REPEAT HIIT
	SHOULDERS	NO REPEAT LEG SESSION	ARMS	REST DAY / ACTIVE REST DAY	FULL BODY GIANT SETS	REST DAY	TABATA HIIT
WK 8	GLUTES	CHEST & TRICEPS TRISETS	QUADS & CALVES	REST DAY / ACTIVE REST DAY	FULL BODY NO REPEAT	REST DAY	DUMBBELL HIIT
	UPPER BODY GIANT SETS	SUPER SET LOWER BODY	PUSH UPS	REST DAY / ACTIVE REST DAY	FULL BODY COMPLEXES	REST DAY	EMOM HIIT
WK 10							

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# DISCLAIMER

CAROLINE GIRVAN

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.



Caroline Girvan

W W W . C A R O L I N E G I R V A N . C O M