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The Iron Gym is an ideal piece of exercise equipment for completing strength training exercises from the comfort of your home. Using this equipment, you can complete an array of strength exercises for the upper body including pushups, abdominal crunches, pull-ups, and dips. To use this equipment correctly,	y you must first attach it to your door frame
No other hardware is required. The routines with this equipment target all of the major muscles groups, promoting started on your Iron Gym workout, you'll first want to warm up to make sure your muscles are ready for an intense workout. This is an important step	
injury. To get ready, I recommend you spend at least three minutes jumping rope or jogging. Swing your arms in circles to warm up your joints and shoulders. You should complete three sets of the maximum number of exercise you can achieve to stimulate muscle growth. You can more efficiently complete the	workout by super-setting the routine.For
example, you can start with a set of pushups, and then move immediately to a set of pull-ups. Without rest, you can then complete the second set of pushups with pullups, you'll get the best synergy between workouts. As according to Georgia State University of the second set of pushups with pullups, you'll get the best synergy between workouts. As according to Georgia State University of the second set of pushups with pullups, you'll get the best synergy between workouts. As according to Georgia State University of the second set of pushups with pullups, you'll get the best synergy between workouts. As according to Georgia State University of the second set of pushups with pullups, you'll get the best synergy between workouts. As according to Georgia State University of the second set of pushups with pullups with	
weekly workouts at minimum is best to increase muscle size and strength. With three training days per week, it's ideal to have at least 48 hours of rest between sessions. This is best for iron gym workout routines. For example, if you workouts on Tuesday, it would be best to then workout on Thursday and Saturday and	
Wednesday and Friday would be best. To target your lats, the most massive muscles in your back, pullups are the most effective. Pull-ups also stimulate your rhomboids, traps, and biceps. Dips and pushups are great for your shoulders, chest, and triceps. The muscles in your abdomen are worked with crunches you can develop a six-pack of tightened abs. The Iron Gym is a great choice to build the major muscle groups in your upper body. With a steady routine, you'll get the results you want in no time. Don't forget to also incorporate some lower body exercises into your work out days. You should focus on practices to	
body activities you can do on the Iron Gym. Some other lower body options include items like calf raises, squats, and lunges. These can target the major muscle groups in your lower body. If you're looking for a more detailed guide on working out with the Iron Gym, click below to download a door gym workout	
Up to this point, The Classic Iron Workout Program has primarily focused on traditional, big-rock movements like squats, bench presses, deadlifts, and shoulder presses. These compound lifts—especially done at a high intensity—are arguably the single best way to build functional, all-over strength. (It's called	
reason.) To finish off Week 1, though, program creator Sean Collins, C.S.C.S., threw us a curveball. For Day 5, the head powerlifting coach of Murder of Crows Barbell Club incorporated unilateral exercises (aka single-arm and single-leg exercises) to target muscle imbalances. Traditional powerlifting moves a	
imbalances between your right and left sides. By doing these unilateral moves, however, you'll target each side equally, giving both sides of your body time to develop. Think of it like a little change of pace—and watch your "main" lifts improve as a result. Add in the stability-intensive abs work and conditioning	
looking at a perfect all-around workout routine that'll burn plenty of calories while you're at it. Here, Collins demos the workout once again to make sure you end the week on a high note. Directions Complete sets 1, 2, 4, and 5 as traditional straight sets. Do the two exercises in set three (3A, the biceps curl, as a set of the black of the	
complete both exercises back-to-back, resting only after finishing the dumbbell kickbacks. For more on conditioning and muscle imbalances Check out our four ways to correct muscle imbalances Check out our four ways to correct muscle imbalances. 10 awkward exercises that build tons of muscle, and Today's Workout 104, which incorporates unilateral moves i complete archive of our daily quick-hit routines, go to mensfitness.com/todaysworkout. Skip to content kim 16 Posted on April 6, 2022 [July 15, 2023 Caroline Girvan's Iron Series Workouts are here!! Okay, I totally love a good workout, and if it is free, even better! Caroline Girvan is one of my favorite people in	
workouts and now she has her Iron Series workouts out! They just started and it is a six-week program! My daughter and I started yesterday and our legs/butt are killing us today! *This post includes my affiliate link Caroline Girvan's Iron Series Workouts is a six-week program consisting of 5 workouts each was a six-week program.	
push you to the limits! I thought I can do at least 30 minutes a day! Right? Yes! This is resistance training so you are going to need dumbbells! I am starting off with 8lb dumbbells because though I am in shape, I want to start with lower weights and focus more on my form and reps. Caroline Girvan's Iron Ser	ries Workouts Here is a post in her Facebook
group, that she shared about the Iron Series: Hello everyone! And welcome to The IRON Series! It is a 6-week resistance training series consisting of 5 workouts per week, each workout is approximately 30 minutes duration. There will be usually 2 x upper-body focused, 2 x lower-body focused, and 1 x full-bo	
abs specific within some of the upper body workouts, usually on a Sunday. This is a series of workouts programmed to challenge the main muscle groups approx 3 times per week. (See link below for full schedule) It can be a great idea to record the weights you are using as you may consider repeating this 6-v	
heavier weights for some of the movements 2nd time around! This is particularly relevant if new to training as you will likely increase the weight you can lift earlier than you might think! TIMER-BASED Most of the workouts on this channel are time-based, as opposed to rep-based. However, a typical range of between 8-15 reps depending on the weight you are using, if 2nd or 3rd set or if the first exercise within the workouts, but I know it may feel different if you are used to counting reps. I just want to stress the fact that even though the timer is on, it is no	
lifting weights. In fact, sometimes I think of it as 'as little amount of reps as possible' as this usually involves more control, increased time under tension, and really makes the muscles work even harder! Every workout I do, I treat it as a time to practice! I am always looking to improve, even more, feel the con	
A to point B, and often imagine my muscle(s) lengthening and then contracting as I lift. These are my real workouts and even though I have performed these movements many times, sometimes I still let my head drop and neck not in line with my spine perfectly, or the last rep of chest press involves the dumble	bells being shaky slightly trying to finish that
rep but even though I am pushing myself, I know my limits also. When I pause, it is usually because I know I won't be able to perform the reps, but I might arch my lower back, lift heels off the floor or aggravate my lower back depending on the exerci	ise. Carefully set the dumbbell(s) down, pause
or reduce the weight if you prefer. I usually keep the same weight as appose to reducing the weight simply as this is how I have always trained. Sometimes all I need is to pause for a moment, reset and go for more! Also, the fact that I aim to not record using one pair of dumbbells where I can do it is easier for a moment, reset and go for more! Also, the fact that I aim to not record using one pair of dumbbells where I can do it is easier for a moment, reset and go for more! Also, the fact that I aim to not record using one pair of dumbbells where I can do it is easier for a moment, reset and go for more! Also, the fact that I aim to not record using one pair of dumbbells where I can do it is easier for a moment, reset and go for more!	
pairs of dumbbells. However, if you have the access to various weights, definitely keep those nearby! EQUIPMENT For this series I will be using several pieces of equipment however you can add or remove some of these, of which I will provide suggestions below: Dumbbells (the weight I will use will range from the land of the provide suggestions below: Dumbbells (the weight I will be using several pieces of equipment however, if you have the access to various weights, definitely keep those nearby! EQUIPMENT For this series I will be using several pieces of equipment however, if you have the access to various weights, definitely keep those nearby! EQUIPMENT For this series I will be using several pieces of equipment however, if you have the access to various weights, definitely keep those nearby! EQUIPMENT For this series I will be using several pieces of equipment however, if you have the access to various weights and the several pieces of equipment however, if you have the access to various weights in the several pieces of equipment however, if you have the access to various weights in the several pieces of equipment however, if you have the access to various weights in the several pieces of equipment however, if you have the access to various weights and the several pieces of equipment however, if you have the access to various weights and the several pieces of equipment however, if you have the access to various weights and the several pieces of equipment however, if you have the access to various weights and the several pieces of equipment however, if you have the access to various weights and the several pieces of equipment however, if you have the access to various weights and the several pieces of equipment however, if you have the access to various weights and the several pieces of equipment however, if you have the access to various weights and the several pieces of equipment however, if you have the access to various weights and the several pieces of equipment however, if you have the access to various w	
absolutely use kettlebells or barbells also for many movements. A non-slip, comfortable mat (the mat I use is approx 10mm thickness) A glute band (I prefer a fabric band with high resistance that really makes me work hard to push against) A chair (the chair I will be using also has fabric so I am comfortable for building the chair with no fabric for Bulgarian lunges etc and perform bridges as opposed to hip thrusts if you prefer) Later in the series, I will perform step-ups however this will be optional as there are great alternatives such as forward stepping lunges. A very stable and sturdy stepper, box, and chair would be needed to	
include to show as an option will be push-up bars and dip bars. These items are not needed but I may show how you can implement them into the workout if you do have access to them or perhaps would consider investing in such equipment! As with every single workout, you can use as a reference the weight	
weights available, keep those nearby! WARM UP & COOL DOWN I will provide links to suggested short-duration warm-ups as a simple suggestion. I know these off by heart as I have completed them so often so I just can perform those full-body warm-ups prior. Depending on if I feel particularly tight in my have completed them so often so I just can perform those full-body warm-ups prior. Depending on if I feel particularly tight in my have completed them so often so I just can perform those full-body warm-ups prior.	amstrings, for example, I will spend a few
extra minutes focusing on the lower body. A simple, easy-to-follow cool-down will be completed post the finisher. This cooldown is not included within the 30 minutes itself excluding cool down. ACTIVITY OUTSIDE OF WORKOUT Every of the workout is typically the full 30 minutes itself excluding cool down. ACTIVITY OUTSIDE OF WORKOUT Every of the workout is typically the full 30 minutes itself excluding cool down.	
true when it comes to energy levels, goals we are working towards, movement throughout the day such as steps at work, whether we walk a dog daily, training for a marathon, time restraints, sleep patterns, other sports, etc. It is important to have that balance in our lives so that we can continue to enjoy our	
work. Some of us train early in the morning fast, others later in the morning post the first meal of the day, and many in the evening after work. The question of what time is best or fasted versus not fasted really is personal to you. What works for you is the best way! REST & RECOVERY These workouts will de It is important to have time to really let your body rest and repair in order to build. There may be times when energy is slightly lighter weights or find you are mentally challenged even more during the workout and this is completely normal for most of us! Sleep	
performing, whether work, training, or daily life so never underestimate the power of a great night's sleep. Below!) Monday LEG DAY Kicking off the 6 weeks with a well-rounded lower body workout using 60 seconds per exercise	
of reps, more making each rep count. A pair of dumbbells will be all that is needed. I will be using 2 x 15kg dumbbells. Tuesday UPPER BODY Chest, back & shoulders are the targets for this workout involving push and pull movements with some isolation towards the end on the shoulders! A selection of weight	
lighter pair! Wednesday GLUTES! The glutes will be the focus however those hamstrings, quads, and core are all involved throughout! Hip-hinging movements and abduction work combined! A glute band will be used and a chair for hip thrusts however you can perform bridges if you prefer! A barbell can be in the combined of the combined o	
Friday FULL BODY I expect to use approx 10kg dumbbells for this workout which will incorporate a cardio element to increase the heart rate throughout but also using the fact it is a full-body to include some movements that won't be within upper / lower body specific days! A fun session to challenge you! Su are specific within this workout, although they have been working hard alongside the back, chest, and shoulders during the week! Some time on the mat also to work on core strength, stability, anti-rotation, and core endurance. Useful Links Download your FREE IRON Series High-Resolution Printable Calendary.	
Caroline Girvan's Iron Series Workouts This was an awesome one for leg day! Day 2 of Caroline Girvan's Iron Series Workouts This was a good one. I did not sweat as much as	
shaking when I was done with this arm and upper body workout! SO good! Day 3 of Caroline Girvan's Iron Series Workout, so I took one day off in between! This one made me sweat like a pig and it really got my heart rate up there! Lots of caroline Girvan's Iron Series Workout, so I took one day off in between! This one made me sweat like a pig and it really got my heart rate up there! Lots of caroline Girvan's Iron Series Workout, so I took one day off in between! This one made me sweat like a pig and it really got my heart rate up there! Lots of caroline Girvan's Iron Series Workout, so I took one day off in between!	rdio for the body. My legs were on fire! Day 4!
This was a great full-body workout! I am feeling it the next day for sure! I had to do a few things differently because I did not have the dip bars, but I still felt it! This was a great workout and had me sweating! Day 5! Oh my goodness this was another great upper body workout! My abs are on fire today for sure.	
has you sweating! WEEK TWO!!! (From Caroline!) Well done to everyone this week and I hope you are ready for week 2! Here we go! An overview of what is planned for this week! I have yet to actually program the details but here is some insight to help perhaps with equipment etc! Monday QUADS I will be for those heel elevated squats we all love! A chair will also be used for some Bulgarian lunges however you can absolutely perform regular lunges with both feet on the floor if you prefer! A favorite finisher of mine will be there to officially finish the quads for the day! Tuesday SHOULDERS & TRICEPS Working	
all areas before time on the mat with all dumbbell work for the triceps! Another favorite of mine is partial lateral raises will be at the end as the finisher! Wednesday GLUTES & HAMSTRINGS Plenty of RDLs! Oh, Yesss!! And some unilateral work before finishing with some focus on those hamstrings! Hip thru	
beginning of the session too! Friday FULL BODY Friday fun day!! All I know right now is that it will be a sweaty session hitting every muscle group and a lot of core involved too! Sunday BACK & BICEPS Plenty of unilateral work within this session along with those compound movements we all love to hit all a	areas of the back! Day 6 I am doing this one
today and will report back on how it made me feel! Wish me luck! haha! Okay, my daughter and I just did this one, and OMG. Holy lunges and squats!! If you like those workouts, then you will LOVE this one. I am shaking and sweating so badly right now! WOW. Day 7! This was easier than yesterday and all all all the contractions are the contractions of the contraction of the	
this one! Day 8! This was glutes and hamstrings! A few lunges but mainly RDLs and weighted hip thrusts, so I loved this one! I and my daughter were sweating like a filthy pig!! My heart rate stayed up there too. Great workout! Day 9! Day 10! I loved this workout! My arms are a bit sore from doing this yester dumbbells for this and then went down to 5lb dumbbells at the very end because I just couldn't do it anymore! Haha! WEEK 3 (from Caroline!) A solid leg day workout that will recruit every muscle in the lower body! It will involve movements in different planes, some unilateral exercises, and bodyweight-only	
for chest press and a lighter pair for every other movement! Some variations of push-ups will likely be in there too towards the end! I will use push-up bars within this workout to demonstrate if you have ever considered them! Many people find these actually more comfortable on the wrists plus that extra dep	
glutes, and hamstrings will be the focus of this workout. Some variations to RDLs, rows, hip thrusts, and sumo deadlifts will ensure this workout is fun and intense! Friday fun day! I have not yet thought about what the format will be but no doubt it will be demanding whilst very rewarding! This will be just the	
of dumbbells followed by a lighter pair to target each area of the shoulders. Day 11! This was SOOO hard I am not going to lie! I sweated SO dang much! My heart rate was up the whole time too! This workout was pretty much just lunges, various types of lunges galore! Haha! BUT, it was ONLY 30 minutes lo	
get me through this!) and soon I was DONE! My legs are STILL hurting me two days later! Day 12! I LOVE arm days! They are easier for me and don't make my heart race as much. I also don't sweat half as much as I do when I do leg days! But, this workout was still intense and hard! My arms are feeling it to	
workout! Day 13! Holy crap this was a hard one! When it first started, I thought 'oh this isn't bad at all!'. BUT, when the squats started all of that changed! I was dripping sweat after this workout and my heart rate was high throughout it! And? My butt hurts SO bad today!!! Exactly where I wanted to feel it! I soreness in it today made me smile! Day 14! This is another one with a lot of lunges! I was dripping sweat after this full-body workout! BUT, I got through it and it felt great, sweat and all! Week 4!	
brief overview of what is loosely planned for this week! Monday HAMSTRINGS Hip flexion and extension through hip hinging whether it standing (RDLs) or a supine position such as hamstring focused hip thrusts, this workout will be aiming to promote muscle building within the hamstrings. Although support	
back, quads, and core, it will be the hamstrings that will be doing most of the work! We will also be including variations to tempo such as slow eccentric and paused, not only for purpose of variety, but these movements allow for you to focus on keeping the weight close to your body on lowering, bottom positions to tempo such as slow eccentric and paused, not only for purpose of variety, but these movements allow for you to focus on keeping the weight close to your body on lowering, bottom positions to tempo such as slow eccentric and paused, not only for purpose of variety, but these movements allow for you to focus on keeping the weight close to your body on lowering, bottom positions are not provided by the provided by th	
the element of hips back & up and also improve YOUR positioning for what works best for you. Always remember that when performing RSLs, deeper and greater isn't always necessarily better. There is no need to lower the dumbbells past your knees, particularly when it is putting strain on the lower back, leading the property of the pro	
losing proprioceptive feedback from the targeted muscles ie. The hamstrings in this case. Tuesday UPPER BODY A complete upper body workout, involving primarily those compound lifts to recruit as much muscle as we can! A fun staple will be within this workout so it might be a shoulder exercise or more or again but of course, bodyweight dips on chair/tricep press/tricep push-ups could be performed as an alternative! Wednesday GLUTES! Supersets are going to be the format for this glute focused workout! And of course, these supersets will 'flow' and compliment one another so either a pre-exhaust or even essentially supersets.	
your glute band at the ready! Friday Friday fun day and it definitely will be! I'm not certain on format and structure but for sure it'll cover all muscle groups and hopefully, a fun-filled 30 minutes! Sunday Biceps, triceps, abs, and the entire core will be worked very hard during this workout Plenty of planks of the sure it'll cover all muscle groups and hopefully, a fun-filled 30 minutes!	
is planned for this week Day 16! I absolutely LOVED this lower body workout! It has a ton of RDLs and hip thrusts which are my all-time favorite!! I certainly felt this the next day! I also sweated SO much and my heart rate was high the whole time! Day 17! I feel this today! My shoulders, triceps, biceps, every next day in the control of the cont	
workout! Lots of sweating too! Day 18! I don't know why but I was sweating SO much with this workout! It was GOOD! It has quite a bit of lunges in it which I can't stand, but I did them! There are a lot of hip thrusts too! There is a tiny bit of RDLs as well. My butt and legs HURT today! Great workout! Day 19	
shaking! My arms, my legs, I am SHAKING! Soooo good! And the sweat is REAL! Holy heartrate! I know I will be feeling this one tomorrow! Day 20! This had my arms shaking! I loved this upper body workout! Week 5!!! (From Caroline!) Here is an overview of what is coming this week! I hope it maybe gives	
Monday LEG DAY! Ready for some step-ups? you might be surprised to hear the step-ups will be bodyweight only! And you will understand when we begin the workout! Supersets beginning with a weighted leg movement superset with a variation of step-ups! Of course, if you prefer both feet to remain on the static lunges as a great alternative! Or if you want more quad focus, forward stepping lunge! The box I am using is approx 50 cm in height for your reference. I will also be using a yoga block! And the finisher heel elevated squats! My favorite way of them all is to finish a leg day! Tuesday CHEST & BACK Si	
movements to hit the entire back and chest, along with the demand on the biceps, triceps, and front and rear delts too! I will use a chair in this workout for the bent-over rows but this isn't necessary. Sometimes I use a steady chair or table to rest my non-working hand on but in this work, I will also place my in the standard or the bent-over rows but this isn't necessary.	
on a bench in a gym. This is just to show you more ways to change up your training if you like to try it out! Wednesday GLUTES & HAMSTRINGS Supersets are on the agenda in this workout! We will have fun with tempo and foot positionings to pivot between more glute or more hamstrings focused!! I'm excit	
thrusts and a glute band will be used! Friday FULL BODY Friday Full Body fun! This will include full-body movements to provide some conditioning but maintain a moderate pace to allow for safe lifting and control throughout! It'll be sweaty! Sunday SHOULDERS! I'm most looking forward to this week! I plant the same conditioning but maintain a moderate pace to allow for safe lifting and control throughout! It'll be sweaty! Sunday SHOULDERS! I'm most looking forward to this week! I plant the same conditioning but maintain a moderate pace to allow for safe lifting and control throughout! It'll be sweaty! Sunday SHOULDERS! I'm most looking forward to this week! I plant the same conditioning but maintain a moderate pace to allow for safe lifting and control throughout! It'll be sweaty! Sunday SHOULDERS! I'm most looking forward to this week! I plant the same conditioning but maintain a moderate pace to allow for safe lifting and control throughout! It'll be sweaty! Sunday SHOULDERS! I'm most looking forward to this week! I plant the same conditioning but maintain a moderate pace to allow for safe lifting and control throughout! It'll be sweaty! Sunday SHOULDERS! I'm most looking forward to this week! I plant the same conditioning but maintain a moderate pace to allow for safe lifting and control throughout!	
more isolation exercises to hit all sides of the shoulders. I absolutely love shoulders and sometimes those movements with the lighter weights require so much control, effort, and awareness of alignment that they become very intense! It'll be one of those workouts where you feel you are literally sculpting those dumbbells will be used by me probably 12.5kg / 10kg and 6kg / 4kg. If you are relatively new to resistance training with proper intent, focus, and energy zoned in on perfecting your technique, over time you will move even closer to that mind-to-muscle connection that I am sure you likely have	
strength gains can be made if you are relatively new to this and you may be even looking for a heavier pair of dumbbells for certain movements such as legs or rows! Please ensure you increase slowly and when you are confident before lifting any new weight. And if you like me, are more advanced and more	
definitely don't come as often! It has taken me a while to progress from 17.5kg to 20kg for the chest specifically. Even getting into position with the 20s is challenging especially on camera and not on a bench to roll into! But I am pleased with moving up! For me, longevity in lifting is always on my mind. I kno	ow when I am performing HIIT, I really push
myself but when lifting weights it is so important to lift safely number 1 priority. This isn't a powerlifting channel, nor do I train to be the strongest or biggest muscles but I lift because of how it makes me feel absolutely invincible! Although when it comes to Bulgarian lunge tri-sets, I'm brought back to re	
structured rest. In the gym, you may rest 1-2 minutes between sets so 3 sets of shoulder press with weight will feel a lot more demanding with 30 seconds of rest so always bear this in mind if ever comparing weights with others. Day 21! I have NEVER sweated this MUCH. Holy cow! My heart rate was up the whole time! SO many step-ups and lunges! Day 22! I loved this workout! I sweated a LOT! My upper body was on fire! Day 23! HOLY hip thrusts!! I loved it! Day 24! This one was great!! A little bit of everything but still really intense and sweaty!! Day 25! This was tought to be a love of the sweated and sweaty!! Day 25! This was tought to be a love of the sweated and sweaty!! Day 25! This was tought to be a love of the sweated and sweaty!! Day 25! This was tought to be a love of the sweated and sweaty!! Day 25! This was tought to be a love of the sweated and sweaty!! Day 25! This was tought to be a love of the sweated and sweaty!! Day 25! This was tought to be a love of the sweated and sweaty!! Day 25! This was tought to be a love of the sweated and sweaty!! Day 26! This was tought to be a love of the sweated and sweaty!! Day 26! This was tought to be a love of the sweated and sweaty!! Day 26! This was tought to be a love of the sweated and sweaty!! Day 26! This was tought to be a love of the sweated and swe	
workouts and back workouts! Lots of sweat! Week 6!! (From Caroline!) Hello everyone! It's the final week! © Congratulations on making it to week 6! I hope through this series, you have maybe learned to lift with even more intent. Not always about solely the kgs you lift, but how you actually perform each re	
Program in the future! This is only a 6-week series but it is a perfect structure to repeat and focus on progressively overloading the muscles. And this doesn't have to mean the weight the range of movement that you move the weight and controlling of the negative portion. Every workout is a practice session of the negative portion.	
Tomorrow we kick it off with leg day circuits! Monday LEG DAY Ok, so this might be one of the most demanding lower body workouts of the Iron Series it's a very simple movement but you'll see what I mean when you finish! A whole variety of fun in a circuit to make this an incredible leg day! You'll be buzz	
mean as many reps as possible. In fact, the fewer reps, the more time under tension and control is the goal! A pair of dumbbells, a stepper for bodyweight step-ups, and one heavier dumbbell for sumo deadlifts squats are perfect! Tuesday UPPER BODY Supersets! We will begin with antagonist sets, chest, and unilateral may represent a representation and tompositive to go that interest the property of the time representation of the property of the	
unilateral movements and tempo variations to get that intensity high! Wednesday GLUTES! More supersets! Activation at the beginning with a band, 'slow' Bulgarian Lunges ([]]], and definitely a hip thrust finisher it's going to be good!![]] Friday FULL BODY The timer will be formatted for more rest or sl consideration to increase the weight on some movements. In fact, I plan to make this workout a perfect full-body workout to revisit to focus on that progressive overload! A bodyweight finisher is likely after such volume! Sunday Finale!! Day 30!! Abs with no specific rest. Biceps about to explode. Dip bars are	
highlight of the week the full body and of course Sunday's arm and abs! It's going to be an awesome week! I hope you will finish Sunday's workout so proud of your dedication and progress. It's such a fortunate place to be where building your body is so rewarding, a learning experience, and of course fun! I	
joining me! Let's smash this last week everyone! Cx Day 26! I did this one before day 25, oops! At least I got it over with because it was a doozy!!! LOTS of step-ups, lunges, squats, and a few RDLs mixed in there somewhere! Whoosh! Day 27! I loved this upper body workout! My arms are feeling it today! Day	y 28! SO MANY hip thrusts!! Lots of them! But,
this workout was AMAZING!!! Day 29! This full-body workout was SOOO good! It focused on a little bit of everything which I LOVED! DAY 30!!! Each day she releases the Iron Series workout, I will be adding it to this blog post for your convenience. So, who will be doing Caroline Girvan's Iron Series Workout NOW you want to join med Just think in SIX weeks you could be fit instead of flebbyl Instead of fire works are a comment below if you will be doing this works with me for the part six weeks. For set, you six weeks of PROCEES III Let's do this I leave me a comment below if you will be doing this works with me for the part six weeks.	
KNOW you want to join me! Just think, in SIX weeks you could be fit instead of flabby! Instead of six weeks of PROGRESS!!! Let's do this! Leave me a comment below if you will be doing this workout with me for the next six weeks! Don't forget to take pictures to track your probody but your mind too! Share on FacebookTweetFollow usSave	gress: rms win not omy neip improve your