

# Training Split Guide

By Clare Morrow IFBB Bikini Pro

1 hr. workouts only.  
Don't overtrain  
your muscles.



Do 20 min of  
cardio/5 days.  
Post lifting is best.

**Monday: Work Legs/Glutes (Quad Focused)**

**Tuesday: Work Chest//Triceps**

**Wednesday: Work Back/Biceps**

**Thursday: Day Off-Make Sure to Rest!**

**Friday: Work Legs/Glutes/Hamstrings  
(Hams Focused)**

**Saturday: Work Shoulders/Arms  
(Arms only if you didn't get to them on Tues, Wed).**

**Sunday: Day Off-Rest & Meal Prep 😊**

Need bands for your home or gym  
workouts? My favorite is TheXBands.com



Use Code:  
Clare10

**Visit my Amazon Page on my website  
for my fitness favorites**

## Training Tips

- Do 12-15 reps & 4 sets of each exercise
- Last 3 reps of the 12 or 15 should be strenuous
- Do 45 second-1min. rests between each set
- Avoid getting on your phone between sets or you will mess up your rests
- Get 10,000 steps in per day. This is when we burn the most calories.



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