

EPIC  TM
PROGRAM

CAROLINE **GIRVAN**

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EPIC IIITM

PROGRAM



INTRODUCTION

EPIC III

Hello everyone!

EPIC III, are you ready? Ready for 10 weeks of fun filled workout to get you excited, challenged, stronger and feeling EPIC?

The EPIC Heat, EPIC I, II and now EPIC III 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.

I welcome you to join me in my home as we work together to smash these workouts together!

I would like to thank you from the bottom of my heart for being part of this community. We are an incredible group of people joining from across the globe to grow!

Plenty of new challenges, exercises and structure ahead so lets get started!



OVERVIEW

THE EPIC III 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.

Each workout will be between 30 and 40 minutes duration. This duration will incorporate the actual workout itself and the 'burnouts' or finishers' that have always been one of my favourite parts! The introduction to the workout (where I discuss the workout at the beginning and details on equipment etc) your warm up, and a cool down that you can join me for will be extra to the duration so it is guaranteed you will be solidly exercising for between the 30 to 40 minutes!

Suggested warm-ups will be provided in the form of a separate video. I would always recommend a full body workout even if it is upper or lower body focused as we use our whole body to an extent during particularly compound movements. 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 Programs are 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.

CONTINUED ON NEXT PAGE

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 workouts in one go, as I like to make the program as organic as possible and take into account your feedback. The first 2 workouts of the program have been completed a few days prior as I wanted to include real footage in the trailer but after day 2, it is you who will help shape the programming!

You will notice in the calendar for EPIC III, there is more workouts involving complexes and towards the end particularly giant sets!

Often the Full Body workouts on a Friday will involve dumbbells and bodyweight. Typically this will involve the dumbbells more towards the beginning of the workout.

My notorious finishers and 'burn outs' will be typically be bodyweight but could involve partial reps with dumbbells or even a mixture of the two!

Compound movements are typically completed at the beginning of the workout when energy is higher and as we progress through the workout we may revisit those compound movements but with less weight, bodyweight or move to more isolation movements so typically the 'on paper' more demanding exercises are performed at the beginning!

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 opposed 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 session will be different and vary in format such as pace, rest periods, bodyweight only, use of dumbbells, heart rate elevation and overall structure however there will nearly always be compound exercises performed towards the beginning of the workout, isolation work towards the end of the workout and finishing with either a finisher set or a complete burnout!

Different training methods will be used including plenty of complexes as I know you love those, circuits, antagonist training, drop sets, supersets, tri-sets, giant sets, until failure, isometrics, plyometrics, calisthenics, cardio, challenges, compound movements, isolation movements, pyramids. and staple movements!

EPIC III is different from EPIC I and EPIC II in that it will contain more repetition. This means less number of exercises but more sets for the most part. For those who have completed some or all of the other programs, this is an opportunity to really master those movements completed less reps per sets due to greater range of movement, more control throughout and slowing down the lowering! There will also be a lot more abs specific within this program.

The fundamentals will always be at the heart of the training with those compound movements such as squats, lunges, RLDs, chest press, shoulder press, rows and all of the fun variations of these of course!



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 III 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!

It is important that being active works for you. A walk most evenings, morning yoga, game of tennis with friends! 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!! But the most important changes are those strength gains that are visible and more so the ones that aren't visible; mentally stronger and inner confidence!

Check out the FAQs for many of your questions answered!

And lastly, prepare yourself to work hard!

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 (Ideally 2 pairs of dumbbells; a lighter pair and a heavier pair)
- 1 x non slip exercise mat
- 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 yoga block or 2 yoga blocks. Typically I will use a yoga block to simply provide elevation during squats to target the quadriceps that bit more, front foot elevated during lunges to deepen range of movement available or for push ups for uneven!
 - Push up bars! These are a great option to use when performing push ups for greater depth and also can feel more comfortable on wrists for many.
 - Dip bars! If you do have dip bars at home and during a workout I am performing dips on the chair with feet on floor, you could use this as time to do dips on the bar.
-

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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. A heavier weight for the hip thrusts is ideal also but not necessary.

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 4kg to 25kg.



YOU CAN FIND THE EQUIPMENT I USE ON MY AMAZON US
& UK PAGES BELOW.

US

[HTTPS://AMAZON.COM/SHOP/CAROLINEGIRVAN](https://amazon.com/shop/carolinegirvan)

UK

[HTTPS://AMAZON.CO.UK/SHOP/CAROLINEGIRVAN](https://amazon.co.uk/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.

I will provide option 'add ons' which will be simply shorter duration workouts to compliment the workout of that day. I would recommend to bear this in mind; it is an option. It is simply there if you really want to increase the time spent working out that day, however these suggested add ons will typically be between 10 and 20 minutes. I personally love abs post a workout but sometimes a glute band longer finisher, a tricep annihilator post a chest workout or even some cardio!

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Resting is ESSENTIAL for growing those muscles!

Each training session should be taxing. What I mean is, 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!

REST DAYS ALLOW FOR THE BODY TO RECOVER AND REPAIR

CAROLINE GIRVAN





EPIC IIITM
NUTRITION



GENERAL NUTRITION

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.

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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, nuts / 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.

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SNACKS

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



CG COMMUNITY DIETICIAN

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

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

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 ½ -1 block feta to mix it up – slice or grate

How to make it

- Preheat oven to 180c for fish or 220c for chicken
- 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
- 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.
- Spread 1 teaspoon basil pesto sauce on each salmon fillet or chicken breast.
- Bake (uncovered) for about 15 minutes.
- Remove from the oven and add 20-30g of mozzarella or cheddar cheese to each salmon fillet or chicken breast.
- Place back in oven for about 5 minutes (until cheese is melted).



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 WORKOUT 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



INSTRUCTIONS

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



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 aiming for at least 5 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

HELPFUL INFORMATION TO FEEL EPIC

How long are the workouts?

The EPIC III workouts will range from 30 to 40 minutes duration. This will exclude brief introduction, your warm up, the 'obligatory finisher / burn out sets' 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!

Is a warm up provided prior to the workout?

There is an appropriate suggested 5 minute warm up for workouts in the playlists. This will be linked within each of the workouts, however if you need to spend longer focusing on a particular area, please ensure to take those few minutes to warm up to prevent injury.

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.

CONTINUED ON NEXT PAGE

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. All of the workouts (excluding some of the HIIT workouts) will involve no jumping. In the occasion where a HIIT workout is a majority of jumping throughout, I will provide a low impact alternative within the description box below the workout that is similar in duration & intensity!

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 benefits and can be in many forms. Even aiming for a daily step count can contribute to overall movement throughout the week on top on your specific training.

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 may perform more reps than me 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.

C O N T I N U E D O N N E X T P A G E



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 or have yet to nail it!. The same applies to the Epic Beginner Series, simply perform as you wish and even make your own alternative or give it a go!

T R Y A N D F A I L , B U T N E V E R F A I L T O T R Y !

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.

C O N T I N U E D O N N E X T P A G E



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.

C O N T I N U E D O N N E X T P A G E



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, the deficit 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!

C O N T I N U E D O N N E X T P A G E



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!

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 steady state and high intensity interval training into your weekly schedule is a great way to keep challenging yourself and improve your overall fitness.

C O N T I N U E D O N N E X T P A G E



If I am new to the EPIC Programs, should I complete the programs in order, beginning with EPIC I?

This is a frequently asked question. If you have experience with resistance training, you can absolutely begin with any of the programs. The programs can be repeated over and over with the aim to progressively overload so ideally obtaining heavier weights as you progress overtime.

The programs gradually reduce in the variety of the movements and increase in repetition so allowing more emphasis on that muscle group. There are no 'no repeats' workouts technically in EPIC III in that there will be no movement appearing only once but there may be variations of the same exercise within the workout appearing only once. For example, squats; in a workout, it may contain only one set of a variation of a squat but there may be another 4 variations of squats to follow!

Opportunity for progressive overload in the programs?

Progressively overloading is the aim overtime. However these workouts will involve training techniques that will make those dumbbells that you are using feel ALOT heavier. Your body does not know what weight it is lifting, it only knows the tension!

You will notice that one workout I may lift a lighter weight than a previous workout for the same exercise but this is all down to the intensity on the muscle, rest, exercises pre the exercise leading to pre exhaust and also if that exercise is in itself before a similar exercise, the tempo, range of motion, if it is towards the end of a workout, utilised as a burnout etc!

If you are relatively new to training, you may notice you can increase your weights at a faster pace than maybe someone who has been lifting for a longer period of time. 'Newbie gains' is a real process and don't be discouraged at all if you have been lifting for awhile and are not increasing weight at the same rate you did previously! If that was the case, I'd be squatting 2 x 50kg dumbbells and benching that too!

C O N T I N U E D O N N E X T P A G E



PREGNANCY FAQ'S

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.

CONTINUED ON NEXT PAGE



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 important that you eat foods to suit you and your requirements!
- I aim to have ½ of my plate full of vegetables, ¼ wholegrain & fibre rich carbohydrates and ¼ 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!

CONTINUED ON NEXT PAGE

- 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!
- 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 it's usually small in ingredients, quick to prepare and cook and I can bulk purchase a lot 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.**

CAROLINE GIRVAN





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!
- 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!

CONTINUED ON NEXT PAGE

- 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 lift 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!
- 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.

C O N T I N U E D O N N E X T P A G E



- 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 difference 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 any workout, 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 and plenty of sleep to help maximise the benefits!

I hope you have fun during this entire journey!



EPIC III™

CALENDAR

	M	T	W	T	F	S	S
WK 1	LEG DAY	UPPER BODY & PUSH UP PRACTICE	ABS, GLUTES & HAMSTRINGS CIRCUITS	ACTIVE / REST DAY	FULL BODY COMPLEXES	REST DAY	HIIT
WK 2	BACK, BICEPS & CORE	LOWER BODY COMPLEXES	SHOULDERS, CHEST & TRICEPS SUPERSETS	ACTIVE / REST DAY	FULL BODY UNILATERAL TRAINING	REST DAY	TABATA TIMER HIIT
WK 3	QUADS & CALVES SUPERSETS	UPPER BODY COMPLEXES	HAMSTRINGS & GLUTES SUPERSETS	ACTIVE / REST DAY	FULL BODY DUMBBELL CARDIO	REST DAY	BURPEE CARDIO
WK 4	UNILATERAL SHOULDERS	LOWER BODY DUMBBELL & BODYWEIGHT	ABS & ARMS COMPLEXES	ACTIVE / REST DAY	FULL BODY SUPERSETS	REST DAY	DUMBBELL HIIT
WK 5	LEG DAY PYRAMID TRAINING	UPPER BODY COMPLEXES	GLUTES & HAMSTRINGS TEMPO TRAINING	ACTIVE / REST DAY	FULL BODY COMPLEXES	REST DAY	HIIT
WK 6	BACK & BICEPS TEMPO TRAINING	SQUATS!	CHEST, TRICEPS & ABS	ACTIVE / REST DAY	FULL BODY TRISETS	REST DAY	CARDIO COMPLEXES
WK 7	GLUTES & HAMSTRINGS GIANT SETS	SHOULDERS & ARMS SUPERSETS	DYNAMIC & ISOMETRIC LEG DAY	ACTIVE / REST DAY	FULL BODY PYRAMID TRAINING	REST DAY	TABATA STYLE HIIT
WK 8	CHEST & TRICEPS SUPERSETS	LOWER BODY UNILATERAL TRAINING	BACK & BICEPS UNILATERAL TRAINING	ACTIVE / REST DAY	FULL BODY CALISTHENICS	REST DAY	DUMBBELL HIIT
WK 9	GLUTES & CORE COMPLEXES	UPPER BODY TEMPO TRAINING	LEG DAY DROP SETS	ACTIVE / REST DAY	FULL BODY GIANT SETS	REST DAY	EMOMI
WK 10	PUSH UPS & ABS	LOWER BODY GIANT SETS	UPPER BODY GIANT SETS	ACTIVE / REST DAY	FULL BODY COMPLEXES	REST DAY	EPIC FINALE

CAROLINE GIRVAN

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JOIN OUR COMMUNITY

We really do have the most EPIC and friendly people from all around the world. Join us for weekly tips from Caroline and daily motivation and community support.

Every Sunday evening (UK BST), there will be a community post from Caroline on the YouTube Community section and within the Private Facebook Group that will provide tips and an overview of what to expect for that week upcoming! This of course will correlate with the calendar and will provide more information regarding equipment for that week, highlights and some tips!

1.26m+



<https://youtube.com/c/carolinegirvan>

333k+



<https://instagram.com/carolinegirvan>

68k+



37k+



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

The Private Facebook Group is free but entirely managed and subject to approval by the moderation team upon agreeing to Group Rules.



DISCLAIMER

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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 may 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.



USEFUL LINKS

Caroline's Website:

<https://carolinegirvan.com>

Caroline's YouTube Channel:

<https://youtube.com/c/carolinegirvan>

Caroline's Instagram:

<https://instagram.com/carolinegirvan>

Caroline's Facebook Page:

<https://facebook.com/carolinegirvanfitness>

Caroline's Private Facebook Community:

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

EPIC III Official Playlist: (Live at launch)

[https://www.youtube.com/playlist?
list=PLhulQCKrfgPXAMz4TJv5Ub4IFvdXjuFXy](https://www.youtube.com/playlist?list=PLhulQCKrfgPXAMz4TJv5Ub4IFvdXjuFXy)

Caroline's 20 Min UNWIND Stretch Routine:

<https://youtu.be/y87vSUoIMGU>

Caroline's Latest Q&A Video:

<https://youtu.be/sR7ipCv8rwg>

Caroline's UK Equipment Amazon Store:

<https://www.amazon.co.uk/shop/carolinegirvan>

Caroline's US Amazon Equipment Store:

<https://www.amazon.com/shop/carolinegirvan>

Caroline's Official EPIC Apparel:

<https://carolinegirvan.creator-spring.com/>

Caroline's Spotify:

<https://open.spotify.com/user/6pzpdpqv881tq161hs3kj2vzu>



EPIC III™
PROGRAM

CAROLINE **GIRVAN**