



FULL BODY

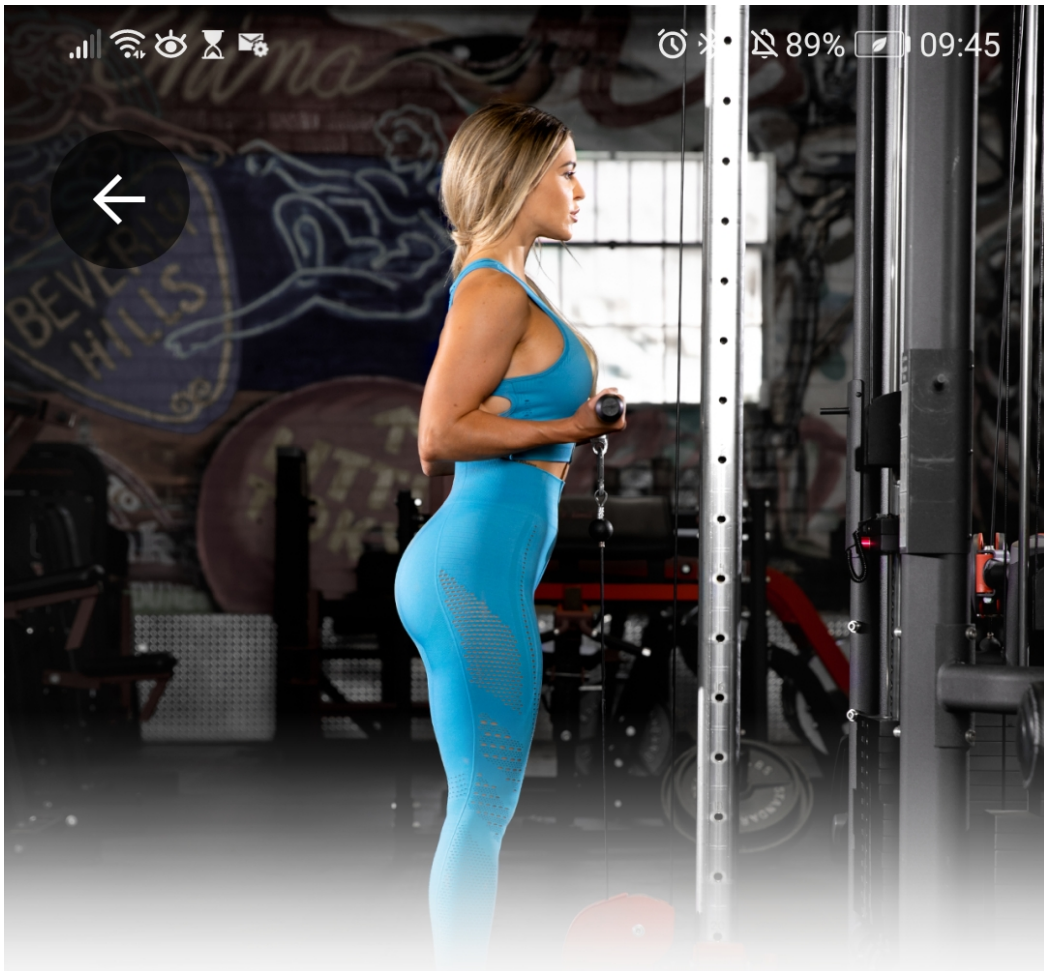
 3 Day  1 Week

 Size  Intermediate

OVERVIEW

The perfect all-rounder; put it all on the line and upgrade your workout game with the Full Body 3 Day training plan. With a focus on balance and efficiency, this workout programme builds muscle mass, strength and endurance with different focus body parts in each workout.





SCULPT YOUR SHAPE

3 Day 6 Weeks

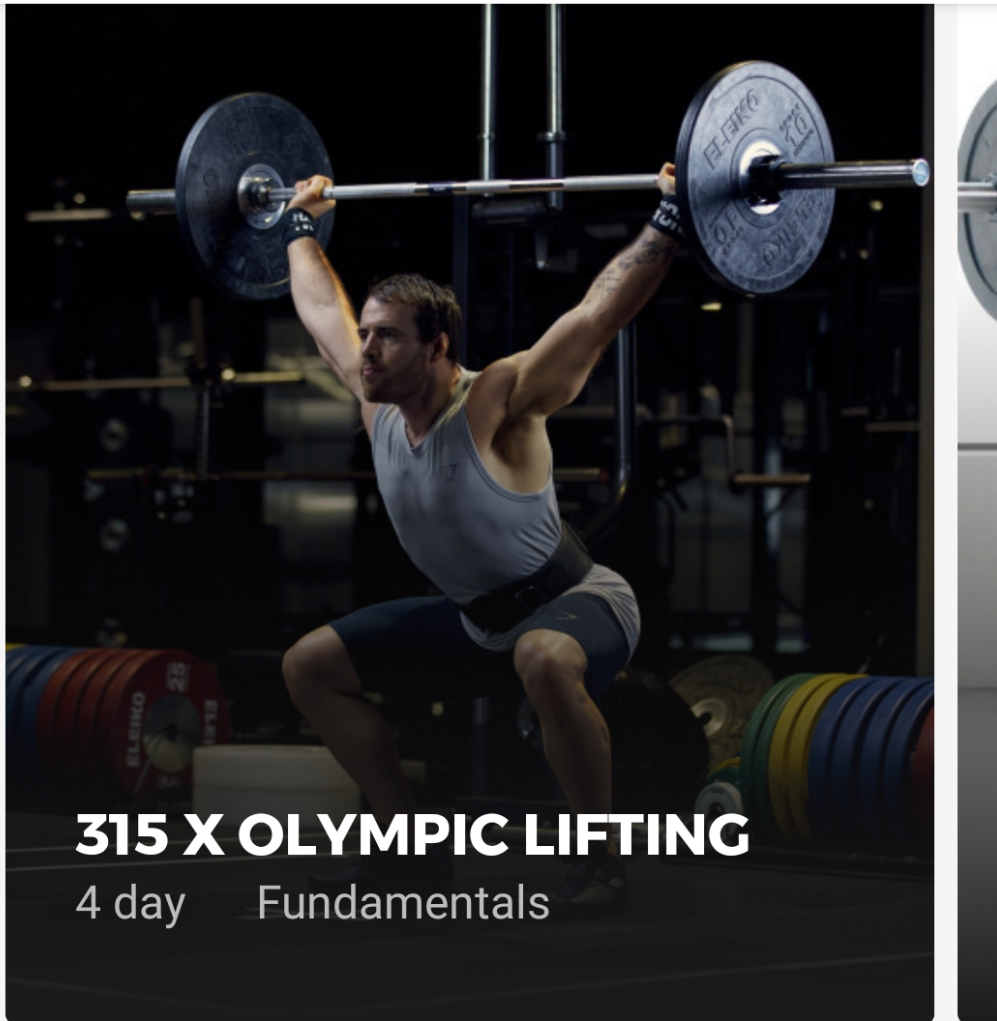
Sculpt Advanced

OVERVIEW

Tried, tested and tailored: the three-day Sculpt Your Shape plan is a dream when it comes to full-body development. You'll pack in three diverse workouts – Full Legs, Upper Body & Hamstrings and Back & Core – that use weight training to sculpt and enhance your figure.



GYMSHARK TRAIN



315 X OLYMPIC LIFTING

4 day Fundamentals

MORE ABOUT GYMSHARK TRAIN

Gymshark Train is all about going back to basics, with workouts that build strength, boost muscle growth and improve balance and agility. With clear guidance to help you achieve perfect form with every move, Gymshark Train focuses on the fundamentals of fitness to help you upgrade your training.

