4 WEEK TRAINING PROGRAM BY ALEX RAHME

## DAY 1

WARM UP: Cross Trainer 3-5mins, Full Body Foam Roll DYNAMIC STRETCHING: Broomstick Chest Expansion x 15, Lying Straight Leg T-Spine Rotation x 12 EXPLOSIVE EXERCISE: Jump Squats x 15

		SET	REP
Α	Neutral Grip Alternating Dumbbell Shoulder Press	3	18
В	Wide Grip Pull Down	3	10
С	Neutral Grip Chest Press	3	12
D	Bent-Over Dumbbell Row	3	12
Е	Single Arm Tricep Kickback	3	15
F	Seated Dumbbell Bicep Curl	3	15
G	Weighted Plank	3	30sec

## DAY 2

WARM UP: Cross Trainer 3-5mins, Full Body Foam Roll DYNAMIC STRETCHING: Broomstick Chest Expansion x 15, Lying Straight Leg T-Spine Rotation x 12 EXPLOSIVE EXERCISE: Jump Squats x 15

		SET	REP
Α	Barbell Back Squat	3	8
В	Kettle bell Single Leg Deadlift	3	16
С	Step Up (High Box, Controlled Movement)	3	16
D	Kettle Bell Sumo Deadlift	3	10
Ε	Wide Stance Leg Press	3	12
F	Paused Calf Raise	3	15
G	Bosu Ball Plank (Elbows or Palms)	3	30sec

## DAY 3

WARM UP: Cross Trainer 3-5mins. Full Body Foam Roll DYNAMIC STRETCHING: Broomstick Chest Expansion x 15, Lying Straight Leg T-Spine Rotation x 12 EXPLOSIVE EXERCISE: Jump Squats x 15

		SET	REP
А	Trap Bar Deadlift	3	8
В	Paused Goblet Squat	3	10
C1	Face Pull	3	12
C2	Push Up	3	12
D	Back Extension (Drop Set)	3	15
E1	Jackknife	3	10
E2	Shoulder Taps (Holding Plank)	3	10

## DAY 4

WARM UP: Full Body Foam Roll

STRETCHING: Hanging From Bar, Standing Chest, Overhead Tricep, Shoulder, Kneeling Lunge, Lying

Trunk Twist, Downward Facing Dog.

		TIME
Α	Treadmill	10min
В	Rower	10min
С	Bike	10min

#### ADDITIONAL NOTES

Lift a weight for each exercise that you can comfortably perform while executing proper technique and perform all cario exercises at a steady pace for the recommended period of time. Increase all weights in week 3 and add an Active Rest Exercise between all exercises in week 4 (Active rest: after performing each exercise, instead of taking a break, perform one light aerobic exercise suggested to further fire your metabolism. Examples of active rest exercises include kettle bell swings, step ups, box

#### **ABOUT THE TRAINER**

Alex Rahme is a Personal Trainer from Crunch Chatswood with over 5 years experience in the fitness industry. Prior to gaining her fitness qualifications, she studied Culinary Arts and worked as a Chef in prestigious hotels and restaurants in Sydney and Europe for 5 years. Alex now combines her love of fitness and culinary skills by running her own business as a Personal Trainer and Professional Chef, providing her clients with fitness education and recipe guides that are tailored to helping them achieve their fitness goals! You can email Alex via alexelafitness@gmail.com and make sure you follower her on instagram @alexela\_fitness for recipe ideas, food and fitness inspiration



#### LOCATIONS

NSW: CHATSWOOD, LIVERPOOL, BANKSTOWN, PARRAMATTA, MORTDALE, ROCKDALE, CARINGBAH, SYDNEY CBD, ALEXANDRIA &

VIC: HIGHPOINT, MENTONE, SPRINGVALE, EPPING & HOPPERS CROSSING



As with all new exercise programs it is important to consult with your doctor. If you experience any symptoms of weakness, unsteadiness, light-headedness or dizziness, chest pain or pressure, nausea, or shortness of breath stop immediately. If you have any questions or need advice regarding this program, or have a preexisting injury that prevents you from doing any of the exercises, please consult any one of our friendly PTs in-club for personalized fitness advice.

**4 WEEK TRAINING PROGRAM BY ALEX RAHME** 

## DAY 1

WARM UP: Cross Trainer 3-5mins, Full Body Foam Roll DYNAMIC STRETCHING: Broomstick Chest Expansion x 15, Lying Straight Leg T-Spine Rotation x 12 EXPLOSIVE EXERCISE: Jump Squats x 15

		SET	REP
А	Neutral Grip Alternating Dumbbell Shoulder Press	3	20
В	Wide Grip Pull Down	3	12
С	Neutral Grip Chest Press	3	15
D	Bent-Over Dumbbell Row	3	15
Е	Single Arm Tricep Kickback	3	18
F	Seated Dumbbell Bicep Curl	3	18
G	Weighted Plank	3	45sec

## DAY 2

WARM UP: Cross Trainer 3-5mins, Full Body Foam Roll DYNAMIC STRETCHING: Broomstick Chest Expansion x 15, Lying Straight Leg T-Spine Rotation x 12 EXPLOSIVE EXERCISE: Jump Squats x 15

		SET	REP
Α	Barbell Back Squat	4	8
В	Kettle bell Single Leg Deadlift	3	20
С	Step Up (High Box, Controlled Movement)	3	20
D	Kettle Bell Sumo Deadlift	3	12
Е	Wide Stance Leg Press	3	15
F	Paused Calf Raise	3	18
G	Bosu Ball Plank (Elbows or Palms)	3	45sec

## DAY 3

WARM UP: Cross Trainer 3-5mins, Full Body Foam Roll
DYNAMIC STRETCHING: Broomstick Chest Expansion
x 15, Lying Straight Leg T-Spine Rotation x 12
EXPLOSIVE EXERCISE: Jump Squats x 15

		SET	REP
Α	Trap Bar Deadlift	4	8
В	Paused Goblet Squat	3	12
C1	Face Pull	3	15
C2	Push Up	3	15
D	Back Extension (Drop Set)	3	20
E1	Jackknife	3	12
E2	Shoulder Taps (Holding Plank)	3	12

## DAY 4

WARM UP: Full Body Foam Roll

STRETCHING: Hanging From Bar, Standing Chest, Overhead Tricep, Shoulder, Kneeling Lunge, Lying

Trunk Twist, Downward Facing Dog.

		TIME
Α	Treadmill	10min
В	Rower	10min
С	Bike	10min

#### **ADDITIONAL NOTES**

Lift a weight for each exercise that you can comfortably perform while executing proper technique and perform all cario exercises at a steady pace for the recommended period of time. Increase all weights in week 3 and add an Active Rest Exercise between all exercises in week 4 (Active rest: after performing each exercise, instead of taking a break, perform one light aerobic exercise suggested to further fire your metabolism. Examples of active rest exercises include kettle bell swings, step ups, box jumps, skipping or low intensity exercise on any cardio machine).



**NSW:** CHATSWOOD, LIVERPOOL, BANKSTOWN, PARRAMATTA, MORTDALE, ROCKDALE, CARINGBAH, SYDNEY CBD, ALEXANDRIA & DFF WHY!

VIC: HIGHPOINT, MENTONE, SPRINGVALE, EPPING & HOPPERS CROSSING

CRUNCH.COM.AU
ALL CLUB INFORMATION AVAILABLE ONLINE

**ONLY \$9.95 A WEEK** 

#### **ABOUT THE TRAINER**

Alex Rahme is a Personal Trainer from Crunch Chatswood with over 5 years experience in the fitness industry. Prior to gaining her fitness qualifications, she studied Culinary Arts and worked as a Chef in prestigious hotels and restaurants in Sydney and Europe for 5 years. Alex now combines her love of fitness and culinary skills by running her own business as a Personal Trainer and Professional Chef, providing her clients with fitness education and recipe guides that are tailored to helping them achieve their fitness goals! You can email Alex via alexelafitness@gmail.com and make sure you follower her on instagram @alexela\_fitness for recipe ideas, food and fitness inspiration!





As with all new exercise programs it is important to consult with your doctor. If you experience any symptoms of weakness, unsteadiness, light-headedness or dizziness, chest pain or pressure, nausea, or shortness of breath stop immediately. If you have any questions or need advice regarding this program, or have a preexisting injury that prevents you from doing any of the exercises, please consult any one of our friendly PTs in-club for personalized fitness advice.

**4 WEEK TRAINING PROGRAM BY ALEX RAHME** 

## DAY 1

WARM UP: Cross Trainer 3-5mins, Full Body Foam Roll DYNAMIC STRETCHING: Broomstick Chest Expansion x 15, Lying Straight Leg T-Spine Rotation x 12 EXPLOSIVE EXERCISE: Jump Squats x 15

		SET	REP
А	Neutral Grip Alternating Dumbbell Shoulder Press	3	18
В	Wide Grip Pull Down	3	10
С	Neutral Grip Chest Press	3	12
D	Bent-Over Dumbbell Row	3	12
Е	Single Arm Tricep Kickback	3	15
F	Seated Dumbbell Bicep Curl	3	15
G	Weighted Plank	3	30sec
G	Weighted Plank	3	30se

## DAY 2

WARM UP: Cross Trainer 3-5mins, Full Body Foam Roll DYNAMIC STRETCHING: Broomstick Chest Expansion x 15, Lying Straight Leg T-Spine Rotation x 12 EXPLOSIVE EXERCISE: Jump Squats x 15

		SET	REP
А	Barbell Back Squat	3	8
В	Kettle bell Single Leg Deadlift	3	16
С	Step Up (High Box, Controlled Movement)	3	16
D	Kettle Bell Sumo Deadlift	3	10
Е	Wide Stance Leg Press	3	12
F	Paused Calf Raise	3	15
G	Bosu Ball Plank (Elbows or Palms)	3	30sec

## DAY 3

WARM UP: Cross Trainer 3-5mins, Full Body Foam Roll
DYNAMIC STRETCHING: Broomstick Chest Expansion
x 15, Lying Straight Leg T-Spine Rotation x 12
EXPLOSIVE EXERCISE: Jump Squats x 15

		SET	REP
А	Trap Bar Deadlift	3	8
В	Paused Goblet Squat	3	10
C1	Face Pull	3	12
C2	Push Up	3	12
D	Back Extension (Drop Set)	3	15
E1	Jackknife	3	10
E2	Shoulder Taps (Holding Plank)	3	10

## DAY 4

WARM UP: Full Body Foam Roll

STRETCHING: Hanging From Bar, Standing Chest, Overhead Tricep, Shoulder, Kneeling Lunge, Lying

Trunk Twist, Downward Facing Dog.

		TIME
Α	Treadmill	10min
В	Rower	10min
С	Bike	10min

#### **ADDITIONAL NOTES**

Lift a weight for each exercise that you can comfortably perform while executing proper technique and perform all cario exercises at a steady pace for the recommended period of time. Increase all weights in week 3 and add an Active Rest Exercise between all exercises in week 4 (Active rest: after performing each exercise, instead of taking a break, perform one light aerobic exercise suggested to further fire your metabolism. Examples of active rest exercises include kettle bell swings, step ups, box jumps, skipping or low intensity exercise on any cardio machine).

#### **ABOUT THE TRAINER**

Alex Rahme is a Personal Trainer from Crunch Chatswood with over 5 years experience in the fitness industry. Prior to gaining her fitness qualifications, she studied Culinary Arts and worked as a Chef in prestigious hotels and restaurants in Sydney and Europe for 5 years. Alex now combines her love of fitness and culinary skills by running her own business as a Personal Trainer and Professional Chef, providing her clients with fitness education and recipe guides that are tailored to helping them achieve their fitness goals! You can email Alex via alexelafitness@gmail.com and make sure you follower her on instagram @alexela fitness for recipe ideas, food and fitness inspiration!



#### LOCATIONS

NSW: CHATSWOOD, LIVERPOOL, BANKSTOWN, PARRAMATTA, MORTDALE, ROCKDALE, CARINGBAH, SYDNEY CBD, ALEXANDRIA & DEF WHY!

VIC: HIGHPOINT, MENTONE, SPRINGVALE, EPPING & HOPPERS CROSSING

**ONLY \$9.95 A WEEK** 

As with all new exercise programs it is important to consult with your doctor. If you experience any symptoms of weakness, unsteadiness, light-headedness or dizziness, chest pain or pressure, nausea, or shortness of breath stop immediately. If you have any questions or need advice regarding this program, or have a preexisting injury that prevents you from doing any of the exercises, please consult any one of our friendful PTs in-club for personalized fitness advice.

ALL DAYS! NO TIME RESTRICTIONS! NO JUDGMENTS!



**4 WEEK TRAINING PROGRAM BY ALEX RAHME** 

## DAY 1

WARM UP: Cross Trainer 3-5mins, Full Body Foam Roll DYNAMIC STRETCHING: Broomstick Chest Expansion x 15, Lying Straight Leg T-Spine Rotation x 12 EXPLOSIVE EXERCISE: Jump Squats x 15

		SET	REP
А	Neutral Grip Alternating Dumbbell Shoulder Press	3	20
В	Wide Grip Pull Down	3	12
С	Neutral Grip Chest Press	3	15
D	Bent-Over Dumbbell Row	3	15
E	Single Arm Tricep Kickback	3	18
F	Seated Dumbbell Bicep Curl	3	18
G	Weighted Plank	3	45sec

## DAY 2

WARM UP: Cross Trainer 3-5mins, Full Body Foam Roll DYNAMIC STRETCHING: Broomstick Chest Expansion x 15, Lying Straight Leg T-Spine Rotation x 12 EXPLOSIVE EXERCISE: Jump Squats x 15

		SET	REP
А	Barbell Back Squat	4	8
В	Kettle bell Single Leg Deadlift	3	20
С	Step Up (High Box, Controlled Movement)	3	20
D	Kettle Bell Sumo Deadlift	3	12
E	Wide Stance Leg Press	3	15
F	Paused Calf Raise	3	18
G	Bosu Ball Plank (Elbows or Palms)	3	45sec

## DAY 3

WARM UP: Cross Trainer 3-5mins, Full Body Foam Roll DYNAMIC STRETCHING: Broomstick Chest Expansion x 15, Lying Straight Leg T-Spine Rotation x 12 EXPLOSIVE EXERCISE: Jump Squats x 15

		SET	REP
А	Trap Bar Deadlift	4	8
В	Paused Goblet Squat	3	12
C1	Face Pull	3	15
C2	Push Up	3	15
D	Back Extension (Drop Set)	3	20
E1	Jackknife	3	12
E2	Shoulder Taps (Holding Plank)	3	12

## DAY 4

WARM UP: Full Body Foam Roll

STRETCHING: Hanging From Bar, Standing Chest, Overhead Tricep, Shoulder, Kneeling Lunge, Lying

Trunk Twist, Downward Facing Dog.

		TIME
Α	Treadmill	15min
В	Rower	10min
С	Bike	15min

#### **ADDITIONAL NOTES**

Lift a weight for each exercise that you can comfortably perform while executing proper technique and perform all cario exercises at a steady pace for the recommended period of time. Increase all weights in week 3 and add an Active Rest Exercise between all exercises in week 4 (Active rest: after performing each exercise, instead of taking a break, perform one light aerobic exercise suggested to further fire your metabolism. Examples of active rest exercises include kettle bell swings, step ups, box jumps, skipping or low intensity exercise on any cardio machine).

#### **ABOUT THE TRAINER**

Alex Rahme is a Personal Trainer from Crunch Chatswood with over 5 years experience in the fitness industry. Prior to gaining her fitness qualifications, she studied Culinary Arts and worked as a Chef in prestigious hotels and restaurants in Sydney and Europe for 5 years. Alex now combines her love of fitness and culinary skills by running her own business as a Personal Trainer and Professional Chef, providing her clients with fitness education and recipe guides that are tailored to helping them achieve their fitness goals! You can email Alex via alexelafitness@gmail.com and make sure you follower her on instagram @alexela fitness for recipe ideas, food and fitness inspiration!



#### LOCATIONS

NSW: CHATSWOOD, LIVERPOOL, BANKSTOWN, PARRAMATTA, MORTDALE, ROCKDALE, CARINGBAH, SYDNEY CBD, ALEXANDRIA & DFF WHY!

VIC: HIGHPOINT, MENTONE, SPRINGVALE, EPPING & HOPPERS CROSSING

IGHPOINT, MENTONE, SPRINGVALE, EPPING & HOPPERS CROSSING

ALL CLUB INFORMA

As with all new exercise programs it is important to consult with your doctor. If you experience any symptoms of weakness, unsteadiness, light-headedness or dizziness, chest pain or pressure, nausea, or shortness of breath stop immediately. If you have any questions or need advice regarding this program, or have a preexisting injury that prevents you from doing any of the exercises, please consult any one of our friendly PTs in-club for personalized fitness advice.

**ONLY \$9.95 A WEEK** 

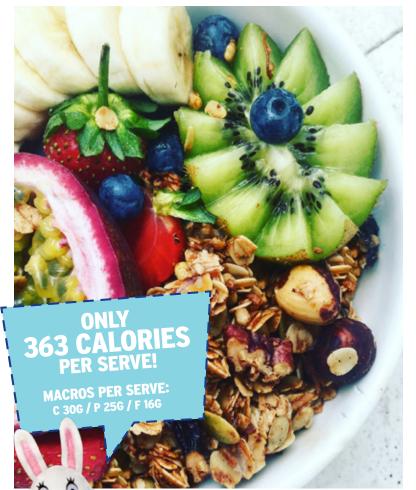




# FREE RECIPE!

**HOMEMADE GRANOLA & GREEK YOGHURT** 

**CREATED BY ALEX RAHME | PROFESSIONAL CHEF** 



INGREDIENTS	METHOD
500g Jumbo Oats	1. Preheat your oven to 190 degrees.
80g Hazelnuts	2. In a small pot, melt your Coconut Oil and Honey on low heat.
30g Desiccated Coconut	2. III a smail pot, meit your cocondt on and money of low heat.
70g Sunflower Seeds	3. In a large bowl, combine all other ingredients.
70g Sultana	4. Once melted, pour Coconut Oil and Honey over dry ingredients and combine well.
70g Slithered Almonds	5. Line a large baking tray with baking paper, spread mixture evenly onto it and bake in the oven for 35 minutes.
70g Pumpkin Seeds	and sale in the eventor as numbers.
2Tbs Ground Cinnamon	<ol><li>Take Granola out of the oven after 15 minutes and stir the mixture again to allow for even cooking (the sides of the tray will bake faster).</li></ol>
80ml Coconut Oil	7. Once baked, leave out to cool completely and store in the pantry in a plastic container.
80ml Honey	8. Mix Greek Yoghurt and Protein Powder together and serve on top.
5Tbs Chobani Plain Greek Yoghurt	o. Mix Greek Togridit and Protein Powder together and serve on top.
1/2 Scoop Protein Powder	9. Add Fresh Fruit as desired.

#### **ABOUT THE TRAINER**

Alex Rahme is a Personal Trainer from Crunch Chatswood with over 5 years experience in the fitness industry. Prior to gaining her fitness qualifications, she studied Culinary Arts and worked as a Chef in prestigious hotels and restaurants in Sydney and Europe for 5 years. Alex now combines her love of fitness and culinary skills by running her own business as a Personal Trainer and Professional Chef. providing her clients with fitness education and recipe guides that are tailored to helping them achieve their fitness goals! You can email Alex via alexelafitness@gmail.com and make sure you follower her on instagram @alexela\_fitness for recipe ideas, food and fitness inspiration!



LOCATIONS NSW: CHATSWOOD, LIVERPOOL, BANKSTOWN, PARRAMATTA, MORTDALE, ROCKDALE, CARINGBAH, SYDNEY CBD, ALEXANDRIA &
DEE WHY! VIC: HIGHPOINT, MENTONE, SPRINGVALE, EPPING & HOPPERS CROSSING

