

# COMPLEX FAT BURNER

TRAINING PROGRAM BY JOHAN MOLL

SESSION 1				
CIRCUIT	ROUNDS			
5 Burpees 10 Push ups 15 Sit ups 20 Squats 250 Metre Row	5			
TIME TAKEN TO COMPLETE THIS WORKOUT	WEEK 1	WEEK 2	WEEK 3	WEEK 4

SESSION 2				
500 REP CHALLENGE	REPS			
Squat jumps	50			
Walking jumps	50			
Sit ups	50			
Leg raise	50			
Bridges	50			
Leg curls on swiss ball	50			
Renegade rows (no weights)	50			
Slam balls	50			
Mountain climbers	50			
TRX row	50			
TIME TAKEN TO COMPLETE THIS WORKOUT	WEEK 1	WEEK 2	WEEK 3	WEEK 4

SESSION 3				
KETTLEBELL CIRCUIT	REPS			
KB Squat high pull KB Squat press KB Swings	3 reps each exercise (MALE 24KG KB FEMALE 8KG KB)			
300 metre row				
KB Squat high pull KB Squat press KB Swings	6 reps each exercise (MALE 24KG KB FEMALE 8KG KB)			
300 metre row				
KB Squat high pull KB Squat press KB Swings	9 reps each exercise (MALE 24KG KB FEMALE 8KG KB)			
300 metre row				
KB Squat high pull KB Squat press KB Swings	18 reps each exercise (MALE 24KG KB FEMALE 8KG KB)			
300 metre row				
KB Squat high pull KB Squat press KB Swings	25 reps each exercise (MALE 24KG KB FEMALE 8KG KB)			
300 metre row				
TIME TAKEN TO COMPLETE THIS WORKOUT	WEEK 1	WEEK 2	WEEK 3	WEEK 4

SESSION 4				
AB CIRCUIT				
100 Metre row				
10 Crunches				
200 Metre row				
20 Crunches				
300 Metre row				
30 Crunches + 10 leg raises				
400 Metre row				
40 Crunches + 10 leg raises				
500 Metre row				
50 Crunches + 10 leg raises				
5 KM Bike sprint				
TIME TAKEN TO COMPLETE THIS WORKOUT	WEEK 1	WEEK 2	WEEK 3	WEEK 4



## YOUR WORKOUT - IMPORTANT NOTES!

This 4 day Complex Fat Burner Program features fast and effective workouts. **Beginners should take a minimum of 1 day off to recover between sessions.** Record the time taken to complete the workout each week to track your progress!

## LOCATIONS

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

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

## ABOUT THE TRAINER



Johan Moll is PT Supervisor at Crunch Fitness Mortdale with over 8 years in the fitness industry. He has a diverse range of experience from training clients for team sports to everyday weekend warriors. Johan's philosophy is that fitness is here to be enjoyed! As a passionate Certified Personal Trainer, he motivates and empowers clients to make training fun and rewarding. Johan says, "I love to see my clients achieve their personal health and fitness goals through a tailored approach of regular exercise and guided fitness programs. Life is an adventure, filled with continual improvement. We can all achieve our big hairy audacious goals - no matter how big or small!" As his favourite quote from John Muir states, "The power of imagination makes us infinite."



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 CRUNCH.COM.AU**

**ALL DAYS! NO TIME RESTRICTIONS! NO JUDGMENTS! ALL CLUB INFORMATION AVAILABLE ONLINE**