

WEEK 1

RAPID BODY TRANSFORMATION

4 WEEK TRAINING PROGRAM BY ROULA ABOU KHATER

DAY 1	
WARM UP: 5min jog treadmill DYNAMIC WARM UP (3 ROUNDS): 10 Push Ups, 20 Squats, 30 Star Jumps	
12 MIN CIRCUIT ROUNDS	
Perform as many rounds as possible within 12 minutes. Record the number of rounds performed.	
5 x KB Cleans 5 x KB Presses 5 x KB Swings 5 x KB Snatches 5 x KB Windmills	
NUMBER OF ROUNDS COMPLETED	

DAY 2	
WARM UP: 5min jog treadmill DYNAMIC WARM UP (3 ROUNDS): 10 Push Ups, 20 Squats, 30 Star Jumps	
COUNTDOWN CHALLENGE	
Alternate between the 2 given exercises. Starting with 15 reps of each exercise, reduce reps by 1 each round	
Double Squat Thrusters	REPS PER ROUND
Double High Pulls	15... 15... 14... 14... 13... 13... 12... 12...
*Continue reducing the number of reps each round until 0 reps remaining	

DAY 3	
WARM UP: 5min jog treadmill DYNAMIC WARM UP (3 ROUNDS): 10 Push Ups, 20 Squats, 30 Star Jumps	
CARDIO CIRCUIT ROUNDS	
Increase treadmill speed each round of circuit. Set bike intensity at level 7 throughout all rounds.	
ROUND 1	3 min treadmill 3 min bike 3 min rower
ROUND 2	2 min treadmill 2 min bike 2 min rower
ROUND 3	1 min treadmill 1 min bike 1 min rower

DAY 4	
WARM UP: 5min jog treadmill DYNAMIC WARM UP (3 ROUNDS): 10 Push Ups, 20 Squats, 30 Star Jumps	
12 MIN CIRCUIT ROUNDS	
Perform as many rounds as possible within 12 minutes. Record the number of rounds performed.	
5 x KB Swings 5 x KB Squats 5 x KB Reverse Lunges 5 x KB Lateral Lunges 5 x KB Squat Thrusters	
NUMBER OF ROUNDS COMPLETED	

ADDITIONAL NOTES

*Ensure kettlebell exercises are performed on both sides of the body. While many exercises engage a single arm or leg, the exercise should be repeated on the alternate arm/leg to complete the set.

*Record your Day 1 and Day 4 rounds performed in the space provided. Keep this record for future reference and to accurately track your progress throughout the program.



LOCATIONS

NSW: CHATSWOOD, LIVERPOOL, BANKSTOWN, PARRAMATTA, MORTDALE, ROCKDALE, CARINGBAH, SYDNEY CBD, ALEXANDRIA & DEE WHY!
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ALL CLUB INFORMATION AVAILABLE ONLINE

ONLY \$9.95 A WEEK

ALL DAYS! NO TIME RESTRICTIONS! NO JUDGMENTS!

ABOUT THE TRAINER

Roula Abou Khater is a personal trainer at Crunch Bankstown with over 7 years experience in the fitness industry. A huge fan of CrossFit style training, she credits CrossFit for its ability to challenge both physical and mental capabilities, turning fitness goals into reality. Roula especially enjoys training her clients with kettlebells as it promotes rapid fat loss, strength, balance, power and overall body symmetry. She says, "I'm so passionate about my work and I just love seeing my clients achieve their goals!"



! 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 one of the exercises, please consult any one of our friendly PTs in-club for personalized fitness advice.

WEEK 2

RAPID BODY TRANSFORMATION

4 WEEK TRAINING PROGRAM BY ROULA ABOU KHATER

DAY 1	
WARM UP: 5min jog treadmill DYNAMIC WARM UP (3 ROUNDS): 10 Push Ups, 20 Squats, 30 Star Jumps	
15 MIN CIRCUIT ROUNDS	
Perform as many rounds as possible within 15 minutes. Record the number of rounds performed.	
5 x KB Cleans 5 x KB Presses 5 x KB Swings 5 x KB Snatches 5 x KB Windmills	
NUMBER OF ROUNDS COMPLETED	

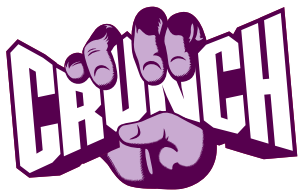
DAY 2	
WARM UP: 5min jog treadmill DYNAMIC WARM UP (3 ROUNDS): 10 Push Ups, 20 Squats, 30 Star Jumps	
COUNTDOWN CHALLENGE	
Alternate between the 2 given exercises. Starting with 15 reps of each exercise, reduce reps by 1 each round	
Double Squat Thrusters	REPS PER ROUND
Double High Pulls	15... 15... 14... 14... 13... 13... 12... 12...
	*Continue reducing the number of reps each round until 0 reps remaining

DAY 3	
WARM UP: 5min jog treadmill DYNAMIC WARM UP (3 ROUNDS): 10 Push Ups, 20 Squats, 30 Star Jumps	
CARDIO CIRCUIT ROUNDS	
Increase treadmill speed each round of circuit. Set bike intensity at level 7 throughout all rounds.	
ROUND 1	4 min treadmill 4 min bike 4 min rower
ROUND 2	3 min treadmill 3 min bike 3 min rower
ROUND 3	2 min treadmill 2 min bike 2 min rower
ROUND 4	1 min treadmill, 1 min bike, 1 min rower

DAY 4	
WARM UP: 5min jog treadmill DYNAMIC WARM UP (3 ROUNDS): 10 Push Ups, 20 Squats, 30 Star Jumps	
15 MIN CIRCUIT ROUNDS	
Perform as many rounds as possible within 15 minutes. Record the number of rounds performed.	
5 x KB Swings 5 x KB Squats 5 x KB Reverse Lunges 5 x KB Lateral Lunges 5 x KB Squat Thrusters	
NUMBER OF ROUNDS COMPLETED	

ADDITIONAL NOTES

- *Ensure kettlebell exercises are performed on both sides of the body. While many exercises engage a single arm or leg, the exercise should be repeated on the alternate arm/leg to complete the set.
- *Record your Day 1 and Day 4 rounds performed in the space provided. Keep this record for future reference and to accurately track your progress throughout the program.



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WEEK 3

RAPID BODY TRANSFORMATION

4 WEEK TRAINING PROGRAM BY ROULA ABOU KHATER

DAY 1	
WARM UP: 5min jog treadmill DYNAMIC WARM UP (3 ROUNDS): 10 Push Ups, 20 Squats, 30 Star Jumps	
20 MIN CIRCUIT ROUNDS	
Perform as many rounds as possible within 20 minutes. Record the number of rounds performed.	
5 x KB Cleans 5 x KB Presses 5 x KB Swings 5 x KB Snatches 5 x KB Windmills	
NUMBER OF ROUNDS COMPLETED	

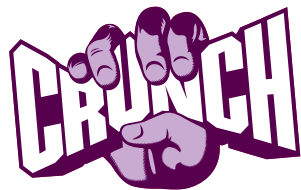
DAY 2	
WARM UP: 5min jog treadmill DYNAMIC WARM UP (3 ROUNDS): 10 Push Ups, 20 Squats, 30 Star Jumps	
COUNTDOWN CHALLENGE	
Alternate between the 2 given exercises. Starting with 15 reps of each exercise, reduce reps by 1 each round	
Double Squat Thrusters	REPS PER ROUND
Double High Pulls	15... 15... 14... 14... 13... 13... 12... 12...
	*Continue reducing the number of reps each round until 0 reps remaining

DAY 3	
WARM UP: 5min jog treadmill DYNAMIC WARM UP (3 ROUNDS): 10 Push Ups, 20 Squats, 30 Star Jumps	
CARDIO CIRCUIT ROUNDS	
Increase treadmill speed each round of circuit. Set bike intensity at level 7 throughout all rounds.	
ROUND 1	5 min treadmill, 5 min bike, 5 min rower
ROUND 2	4 min treadmill, 4 min bike, 4 min rower
ROUND 3	3 min treadmill, 3 min bike, 3 min rower
ROUND 4	2 min treadmill, 2 min bike, 2 min rower
ROUND 5	1 min treadmill, 1 min bike, 1 min rower

DAY 4	
WARM UP: 5min jog treadmill DYNAMIC WARM UP (3 ROUNDS): 10 Push Ups, 20 Squats, 30 Star Jumps	
20 MIN CIRCUIT ROUNDS	
Perform as many rounds as possible within 20 minutes. Record the number of rounds performed.	
5 x KB Swings 5 x KB Squats 5 x KB Reverse Lunges 5 x KB Lateral Lunges 5 x KB Squat Thrusters	
NUMBER OF ROUNDS COMPLETED	

ADDITIONAL NOTES

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WEEK 4

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4 WEEK TRAINING PROGRAM BY ROULA ABOU KHATER

DAY 1	
WARM UP: 5min jog treadmill DYNAMIC WARM UP (3 ROUNDS): 10 Push Ups, 20 Squats, 30 Star Jumps	
25 MIN CIRCUIT ROUNDS	
Perform as many rounds as possible within 25 minutes. Record the number of rounds performed.	
5 x KB Cleans 5 x KB Presses 5 x KB Swings 5 x KB Snatches 5 x KB Windmills	
NUMBER OF ROUNDS COMPLETED	

DAY 2	
WARM UP: 5min jog treadmill DYNAMIC WARM UP (3 ROUNDS): 10 Push Ups, 20 Squats, 30 Star Jumps	
COUNTDOWN CHALLENGE	
Alternate between the 2 given exercises. Starting with 15 reps of each exercise, reduce reps by 1 each round	
Double Squat Thrusters	REPS PER ROUND
Double High Pulls	15... 15... 14... 14... 13... 13... 12... 12...
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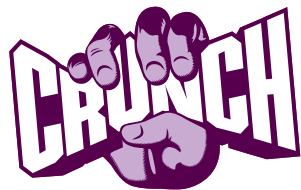
DAY 3	
WARM UP: 5min jog treadmill DYNAMIC WARM UP (3 ROUNDS): 10 Push Ups, 20 Squats, 30 Star Jumps	
CARDIO CIRCUIT ROUNDS	
Increase treadmill speed each round of circuit. Set bike intensity at level 7 throughout all rounds.	
ROUND 1	6 min treadmill, 6 min bike, 6 min rower
ROUND 2	5 min treadmill, 5 min bike, 5 min rower
ROUND 3	4 min treadmill, 4 min bike, 4 min rower
ROUND 4	3 min treadmill, 3 min bike, 3 min rower
ROUND 5	2 min treadmill, 2 min bike, 2 min rower
ROUND 6	1 min treadmill, 1 min bike, 1 min rower

DAY 4	
WARM UP: 5min jog treadmill DYNAMIC WARM UP (3 ROUNDS): 10 Push Ups, 20 Squats, 30 Star Jumps	
25 MIN CIRCUIT ROUNDS	
Perform as many rounds as possible within 25 minutes. Record the number of rounds performed.	
5 x KB Swings 5 x KB Squats 5 x KB Reverse Lunges 5 x KB Lateral Lunges 5 x KB Squat Thrusters	
NUMBER OF ROUNDS COMPLETED	

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