

LEAN MUSCLE

TRAINING PROGRAM BY ROBERT CHEN

SESSION 1			
EXERCISES		SET	REP
A1	DEADLIFT	3-4	10
A2	DUMBBELL BENCH PRESS	3-4	10
B1	GOBLET SQUAT	3-4	10
B2	DUMBBELL 1-ARM ROW	3-4	10
C1	BACK EXTENSION	3-4	10
C2	DUMBBELL LATERAL RAISE	3-4	10
D1	FARMER'S WALK	2	LAPS
D2	ACTIVE PLANK	6	10 SEC

SESSION 2			
EXERCISES		SET	REP
A1	WEIGHTED BACK EXTENSION	3-4	10
A2	DUMBBELL VERTICAL PRESS	3-4	10
B1	BULGARIAN SPLIT SQUAT	3-4	10
B2	CHIN UP (ASSISTED IF REQUIRED)	3-4	10
C1	SINGLE LEG LYING LEG CURL	3-4	10
C2	DUMBBELL PRONE REAR DELT RAISE	3-4	10
D1	PALL OF PRESS	3-4	10
D2	SIDE LYING HIP RAISE	3-4	20

SESSION 3			
EXERCISES		SET	REP
A1	STIFF LEG DEADLIFT	3 - 4	10
A2	BARBELL BENCH PRESS	3 - 4	10
B1	BACK SQUAT	3 - 4	10
B2	BENT OVER ROW	3 - 4	10
C1	KETTLEBELL SWING	3 - 4	20
C2	BATTLE ROPE	3 - 4	45 SEC
D1	ISOMETRIC 45-DEGREE HOLD	3 - 4	45 SEC
D2	SLED PUSH	2	LAPS

CARDIO		
EXERCISES		TIME
CHOOSE ANY CARDIO EXERCISE		
OPTIONS INCLUDE: <i>BIKE, CROSS TRAINER, SKIPPING TREADMILL, ROWER</i>		
WARM UP	PROGRESSIVELY INCREASE INTENSITY TO YOUR WORKING SET INTENSITY	5 MIN
STEADY STATE	APPROX HEART RATE OF (180 - YOUR AGE)	30 MIN

YOUR WORKOUT - IMPORTANT NOTES!

Perform 2 to 3 WEIGHT SESSIONS per week
Perform 1 to 2 CARDIO SESSIONS per week

Numbering: This program uses numbering to indicate exercise order and supersets. By definition, a superset is to perform two exercises in a row, not resting until one complete set of both exercises is complete. Exercises numbered with a mutual letter (i.e. A1, A2) are to be performed as a superset.

Rest: A rest time of 30sec is suggested between all exercises/sets.

Concentric Movement: is the most popular type of muscle contraction. Imagine you are doing bicep curls with a dumbbell. In that exercise, the part when you lift the weight is the concentric movement. Following this program the concentric movement should be the most efficient part of an exercise.

Eccentric Movement: is the opposite to concentric movement. It is bringing the weight down to its initial position. Following this program the eccentric movement should be 2x3 slower than the concentric.

ABOUT THE TRAINER

Robert Chen is a Personal Trainer from Crunch Chatswood with over four years experience in the fitness industry. Specialising in resistance training for weight loss, injury rehabilitation and building muscle mass, Robert has consistently helped clients to achieve incredible lifestyle goals. Creating detailed and informative fitness programs, Robert has successfully coached clients to drop body fat for important life events and boost performance at high-level sporting events. Contact Robert at robert@robertchen.com.au or to see what his clients say about him, check out his LinkedIn page!



LOCATIONS

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

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.

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