

WINTER WARRIOR

4 WEEK TRAINING PROGRAM BY DANIELLE GEORGANAKIS

LEGS				
		REPS	SETS	TEMPO
1	Barbell back Squat	8	4	40/10
2	Step UP	8	4	30/10
3	Lunge	12	3	30/10
4	Leg curl	15	3	30/10
5	Romanian deadlift BB with band on hips	8-12	3	30/10

	WEIGHT WEEK 1	WEIGHT WEEK 2	WEIGHT WEEK 3	WEIGHT WEEK 4
1				
2				
3				
4				
5				

CHEST + UPPER BACK				
		REPS	SETS	TEMPO
1	Barbell bench	6-8	4	30/10
2	Barbell bent over row	6	4	40/20
3	Incline bb bench press	10	3	30/10
4	DB row	8	3	30/10
5	Cable Row	8	3	30/10

	WEIGHT WEEK 1	WEIGHT WEEK 2	WEIGHT WEEK 3	WEIGHT WEEK 4
1				
2				
3				
4				
5				

BACK + CORE				
		REPS	SETS	TEMPO
1	Deadlift	12	4	30/10
2	Hanging leg raises	10	4	20/10
3	Good mornings	8	4	40/10
4	Wood choop	20	3	20/10
5	Trunk side raises	20	3	20/10
6	KB swings	20	3	-

	WEIGHT WEEK 1	WEIGHT WEEK 2	WEIGHT WEEK 3	WEIGHT WEEK 4
1				
2				
3				
4				
5				
6				

ARMS + BACK + SHOULDERS				
		REPS	SETS	TEMPO
1	DB Lateral arm circles	20	3	-
2	Pull-up	10	3	30/10
3	DB overhead press	8-10	3	30/10
4	Tricep db overhead press	15	3	30/10
5	Straight arm lat pulldown	15	3	40/20
6	Standing bb bicep curl	10-12	3	30/10
7	Close grip bench press	10-12	3	30/10

	WEIGHT WEEK 1	WEIGHT WEEK 2	WEIGHT WEEK 3	WEIGHT WEEK 4
1				
2				
3				
4				
5				
6				
7				

INTERVAL TRAINING	
ACTIVITY OF CHOICE	
- Running	- Running Stairs
- Skipping	- KB Swings
- Cycling	- Rowing
*Interval training involves alternating short, intense bursts of activity with periods of low intensity or rest	

REST DAY 1	
Take when desired!	

REST DAY 2	
Take when desired!	



LOCATIONS

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

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

YOUR WORKOUT - IMPORTANT NOTES!

The Winter Warrior training program is made up of:

- 4 strength workouts (per week)
- 1 Interval workout (per week)
- 2 Rest days (per week)

Workout Order: This program uses numbering to indicate workout order. This workout order should be followed, however your 2 rest days should be implemented as necessary throughout the week. It is strongly recommended rest days be taken not be taken consecutively

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.

ABOUT THE TRAINER

Danielle Georganakis is our Personal Training Supervisor at Crunch Fitness Mentone. With over 15 years' experience in the fitness industry, she adapts her coaching to the needs and interests of her clients, achieving maximum results while inspiring confidence in everyone she trains! Start her Winter Warrior program today to transform your physique and Perspire to Greatness!



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