

# STRONG & LEAN

4 WEEK CIRCUIT TRAINING PROGRAM BY ALAN LAU

WEEK 1 CIRCUIT		
EXERCISES	ACTION	REST
* Warm up of choice	5min	-
1 Squats	40sec	20sec
2 Push ups	40sec	20sec
3 Reverse lunges	40sec	20sec
4 Plank	40sec	20sec
5 KB deadlift	40sec	20sec
6 Overhead DB press	40sec	20sec
7 Supermans	40sec	20sec
8 Lying leg extensions	40sec	20sec

WEEK 2 CIRCUIT		
EXERCISES	ACTION	REST
* Warm up of choice	5min	-
1 Sumo squats	40sec	20sec
2 BB Floor chest press	40sec	20sec
3 Lateral lunges	40sec	20sec
4 Knee to elbow plank	40sec	20sec
5 BB Bent over Rows	40sec	20sec
6 BB Clean & press	40sec	20sec
7 Hip bridges	40sec	20sec
8 Dead bug	40sec	20sec

WEEK 3 CIRCUIT		
EXERCISES	ACTION	REST
* Warm up of choice	5min	-
1 KB/DB Goblet squat	45sec	15sec
2 Push ups	45sec	15sec
3 BB overhead Lunges	45sec	15sec
4 Spider-Man's	45sec	15sec
5 Landmine rows	45sec	15sec
6 Landmine press	45sec	15sec
7 BB deadlifts	45sec	15sec
8 Flutter kicks	45sec	15sec

WEEK 4 CIRCUIT		
EXERCISES	ACTION	REST
* Warm up of choice	5min	-
1 DB Squat + Overhead press	45sec	15sec
2 BB Floor chest press	45sec	15sec
3 Reverse Lunges + DB curls	45sec	15sec
4 Bird dog	45sec	15sec
5 BB Deadlift + bent over rows	45sec	15sec
6 RB Woodchops	45sec	15sec
7 Donkey kicks	45sec	15sec
8 Reverse crunches	45sec	15sec

## IMPORTANT PROGRAM NOTES!

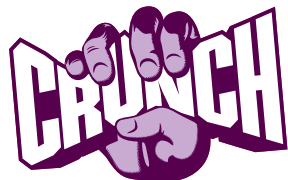
KB - Kettlebell / DB - Dumbell / BB - Barbell / RB - Resistance Band

Repeat each Circuit 2-4 times a week. Focus on breathing with the rhythm of the actions, and tense the core to support the spine on the big movements. Circuit training provides a great way to improve strength and coordination, and the full body workout improves cardiovascular fitness as you need to pump blood and oxygen all over the body. Search and download a "Fitness Timer" from the Apple/Android store and set up your circuit timer

Variations and progressions of exercises means you'll constantly be challenged and engaged. There are numerous more exercises and progressions that we have not even come close to showcasing. Stick with this basic circuit for a few months, and you'll be strong and coordinated enough to test yourself out!

## YOUR TRAINER - ALAN LAU

Alan became a Crunch PT after working in an office for 10 years. Understanding the many issues caused by sitting for 6-8 hours each day, Alan now utilises exercise to help clients achieve rapid fat loss, promote good posture, and combat the typical sedentary lifestyle. It doesn't matter what shape you're in, your age, or how many programs you've tried, Alan's STRONG & LEAN circuit program is for everyone!



## FITNESS



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**

**ALL DAYS! NO TIME RESTRICTIONS! NO JUDGMENTS!**

## LOCATIONS

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

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