

WEEK
1/4

SUMMER SHRED

4 WEEK TRAINING PROGRAM BY ALEKS CAGORSKI

DAY 1 LEGS				
Warm up: Cross-Trainer 5 mins				
CARDIO PHASE (10 MIN)		INTERVALS (SECONDS)		
1.	Bike Intervals	30 Fast / 30 Slow		
RESISTANCE PHASE		REPS	SETS	WEIGHT
1.	Leg Press	15	3	
2.	Leg Extensions	15	3	
3.	Leg Curls	15	3	
4.	Walking Lunges	20	3	N/A
CORE PHASE		REPS	SETS	WEIGHT
1.	Crunches	20	3	N/A

DAY 2 PUSH				
Warm Up: Treadmill 5min				
CARDIO PHASE (12 MIN)		INTERVALS (SECONDS)		
1.	Treadmill Intervals	60 Fast / 120 Slow		
RESISTANCE PHASE		REPS	SETS	WEIGHT
1.	Chest Press	15	3	
2.	Chest Fly	15	3	
3.	Shoulder Press	15	3	
4.	Triceps Pushdown	15	3	
CORE PHASE		REPS	SETS	WEIGHT
1.	Leg Raises	20	3	N/A

DAY 3 PULL				
Warm Up: Rower 5min				
12 MIN CARDIO PHASE		INTERVALS (SECONDS)		
1.	Close Grip Seated Row	30 Fast / 60 Slow		
RESISTANCE PHASE		REPS	SETS	WEIGHT
1.	Close Grip Seated Row	15	3	
2.	Lat-Pulldown	15	3	
3.	Hyperextensions	15	3	N/A
4.	Bicep Curls	15	3	
CORE PHASE		REPS	SETS	WEIGHT
1.	Leg Raises	20	3	N/A

DAY 4 CARDIO AND CORE										
Warm up: Cross-Trainer 5 mins										
CIRCUIT 1		REPS	1 MIN REST	CIRCUIT 2		REPS	1 MIN REST	CIRCUIT 3		REPS
1.	Treadmill 1km	-		1.	Treadmill 750m	-		1.	Treadmill 500m	-
2.	Crunches	20	2.	Crunches	20	2.	Crunches	20		
3.	Leg Raises	20	3.	Leg Raises	20	3.	Leg Raises	20		
4.	Russian Twist	20	4.	Russian Twist	20	4.	Russian Twist	20		
5.	Bicycle Kicks	20	5.	Bicycle Kicks	20	5.	Bicycle Kicks	20		

ABOUT THE TRAINER

Personal Training Supervisor at Crunch Liverpool, Aleks Cagorski is an experienced trainer, soccer player & martial artist. Utilising a combination of cardio and resistance training, Alex's training program is expertly designed to drive results & transform your physique in time for summer! Get summer ready with Crunch Fitness!



YOUR WORKOUT - IMPORTANT NOTES!

The 4 week Summer Shred training program is composed of 4 workouts per week. Integrating cardio, resistance training & core exercises, each workout is designed to increase strength and endurance.

RESTS: A 30-60 second rest period is recommended between each set. This time period will allow muscles to re-energise between exercises, whilst preventing muscles from cooling down at risk of injury.

WEIGHT: Using the blank spaces above, record the weight used with each resistance exercise. Challenge yourself using progressively heavier weights week by week.



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

LOCATIONS

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

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



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2/4

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RESISTANCE PHASE		REPS	SETS	WEIGHT
1.	Leg Press	15	4	
2.	Leg Extensions	15	4	
3.	Leg Curls	15	4	
4.	Walking Lunges	20	4	N/A
CORE PHASE		REPS	SETS	WEIGHT
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3.	Leg Raises	20	3.	Leg Raises	20	3.	Leg Raises	20		
4.	Russian Twist	20	4.	Russian Twist	20	4.	Russian Twist	20		
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FITNESS

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RESISTANCE PHASE		REPS	SETS	WEIGHT
1.	Leg Press	15	5	
2.	Leg Extensions	15	5	
3.	Leg Curls	15	5	
4.	Walking Lunges	20	5	N/A
CORE PHASE		REPS	SETS	WEIGHT
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