

FIT IN 4

4 WEEK TRAINING PROGRAM BY GREG GEORGOPOULOS

WEEK 1

MONDAY				DATE : <input type="text"/>			
EXERCISE	SETS	REPS	REPS / WEIGHT LIFTED				
Front Squat	4	8 - 12					
Barbell Row	4	8 - 12					
Flat Bench Press	4	8 - 12					
Military Press	4	8 - 12					
Barbell Curl	4	8 - 12					
Rope Pushdown 4x8-12	4	8 - 12					
Plank	4	30sec					

WEDNESDAY				DATE : <input type="text"/>			
EXERCISE	SETS	REPS	WEIGHT LIFTED				
Leg Extension	4	12 - 15					
Lat Pulldown	4	8 - 12					
Cable Flys	4	12 - 15					
Front DB Raise	4	12 - 15					
Hammer Curls	4	8 - 12					
Bench Tricep Dips 4x12-15	4	12 - 15					
Sit ups	4	12					

FRIDAY				DATE : <input type="text"/>			
EXERCISE	SETS	REST	WEIGHT LIFTED				
Hack Squat	4	8 - 12					
Seated Cable Row 4x8-12	4	8 - 12					
Incline DB Press	4	8 - 12					
DB Lateral Raise	4	12 - 15					
Preacher Curl	4	8 - 12					
Close Grip Bench 4x8-12	4	8 - 12					
Leg Raises	4	4 - 12					

WEEK 2

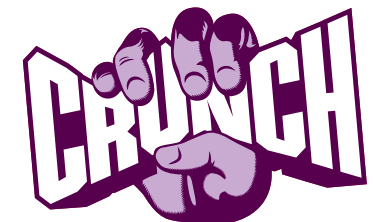
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Barbell Curl	4	8 - 12					
Rope Pushdown 4x8-12	4	8 - 12					
Plank	4	30sec					

WEDNESDAY				DATE : <input type="text"/>			
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Leg Extension	4	12 - 15					
Lat Pulldown	4	8 - 12					
Cable Flys	4	12 - 15					
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Hammer Curls	4	8 - 12					
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Incline DB Press	4	8 - 12					
DB Lateral Raise	4	12 - 15					
Preacher Curl	4	8 - 12					
Close Grip Bench 4x8-12	4	8 - 12					
Leg Raises	4	4 - 12					

ABOUT THE TRAINER

Personal Trainer at Crunch Caringbah, Greg Georgopoulos is an expert trainer with over 5 years training experience. Greg's 4 week training program, Fit in 4, uses killer full-body workouts to hit both major & minor muscle groups to elicit unbelievable physical changes! Fast track your fitness goals & build your best physique with these fun yet challenging workouts!



FITNESS

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.

ONLY \$9.95 A WEEK CRUNCH.COM.AU

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

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WEEK 3

MONDAY		DATE : <input type="text"/>					
EXERCISE	SETS	REPS	REPS / WEIGHT LIFTED				
Front Squat	4	8 - 12					
Barbell Row	4	8 - 12					
Flat Bench Press	4	8 - 12					
Military Press	4	8 - 12					
Barbell Curl	4	8 - 12					
Rope Pushdown 4x8-12	4	8 - 12					
Plank	4	30sec					

WEDNESDAY		DATE : <input type="text"/>					
EXERCISE	SETS	REPS	WEIGHT LIFTED				
Leg Extension	4	12 - 15					
Lat Pulldown	4	8 - 12					
Cable Flys	4	12 - 15					
Front DB Raise	4	12 - 15					
Hammer Curls	4	8 - 12					
Bench Tricep Dips 4x12-15	4	12 - 15					
Sit ups	4	12					

FRIDAY		DATE : <input type="text"/>					
EXERCISE	SETS	REST	WEIGHT LIFTED				
Hack Squat	4	8 - 12					
Seated Cable Row 4x8-12	4	8 - 12					
Incline DB Press	4	8 - 12					
DB Lateral Raise	4	12 - 15					
Preacher Curl	4	8 - 12					
Close Grip Bench 4x8-12	4	8 - 12					
Leg Raises	4	4 - 12					

WEEK 4

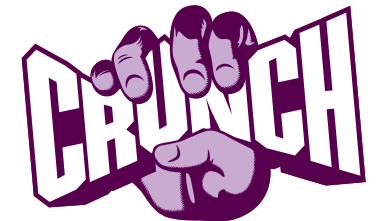
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EXERCISE	SETS	REPS	REPS / WEIGHT LIFTED				
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