

TOTAL BODY TRANSFORMATION

4 WEEK TRAINING PROGRAM BY LUCA ZANDONA

WEEK 1		DAY 1	DAY 2	DAY 3	START EACH SESSION
SETS	REPS	EXERCISE			
1-2	12 - 15	Back squat	Back squat	Back squat	5 - 10 min warmup <i>e.g. light jog, body rotations, lifts with very light weights.</i>
1-2	12 - 15	Glute bridges	Glute bridges	Glute bridges	
1-2	12 - 15	Barbell Bench press	Barbell Bench press	Barbell Bench press	
1-2	12 - 15	Lat pull-down	Lat pull-down	Lat pull-down	FINISH EACH SESSION
1-2	12 - 15	Military press	Military press	Military press	
1-2	12 - 15	Barbell or Ez bar curls	Barbell or Ez bar curls	Barbell or Ez bar curls	5 min of light cardio <i>e.g. cross trainer, spin bike, rowing machine, treadmill.</i>
1-2	12 - 15	Triceps pull downs with rope	Triceps pull downs with rope	Triceps pull downs with rope	
1-2	12 - 15	Lying back extension	Lying back extension	Lying back extension	5 min of stretching <i>e.g. spinal twist, forward lunge, cat stretch, child's pose.</i>
1-2	12 - 15	Lying crunches	Lying crunches	Lying crunches	

WEEK 2		DAY 1	DAY 2	DAY 3	START EACH SESSION
SETS	REPS	EXERCISE			
1-2	12 - 15	Back squat	Deadlift	Back squat	5 - 10 min warmup <i>e.g. light jog, body rotations, lifts with very light weights.</i>
1-2	12 - 15	Glute bridges	Stability ball glute bridge	Glute bridges	
1-2	12 - 15	Barbell Bench press	Db Incline bench	Barbell Bench press	
1-2	12 - 15	Lat pull-down	Underhand grip pull-down	Lat pull-down	FINISH EACH SESSION
1-2	12 - 15	Military press	Db lateral raise	Military press	
1-2	12 - 15	Barbell or Ez bar curls	Hammer curls	Barbell or Ez bar curls	5 min of light cardio <i>e.g. cross trainer, spin bike, rowing machine, treadmill.</i>
1-2	12 - 15	Triceps pull downs with rope	Db tricep kickbacks	Triceps pull downs with rope	
1-2	12 - 15	Lying back extension	Lying back extension	Lying back extension	5 min of stretching <i>e.g. spinal twist, forward lunge, cat stretch, child's pose.</i>
1-2	12 - 15	Lying crunches	Plank	Lying crunches	

*Complete moderate intensity cardio such as power walking, jogging or cycling on rest/off days.

Personal Trainer at Crunch CBD, Luca has had an impressive 13 years of industry experience. Specialising in fat loss, body re-composition, resistance training & muscle building, as well as being mentored by some of the world's most well recognised strength coaches, Luca's 4 week program, 'Total Body Transformation' entails cardio & full-body strength workouts guaranteed to drive results!



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

TOTAL BODY TRANSFORMATION

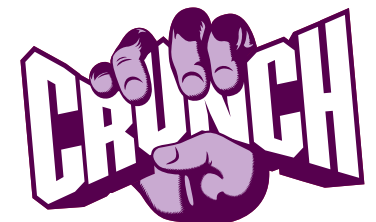
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WEEK 3		DAY 1	DAY 2	DAY 3	
SETS	REPS	EXERCISE			START EACH SESSION
2 - 3	8 - 12	Back squat	Deadlift	Lunges	5 - 10 min warmup <i>e.g. light jog, body rotations, lifts with very light weights.</i>
2 - 3	8 - 12	Stability ball glute bridge	Stability ball glute bridge	Single leg glute bridge	
2 - 3	8 - 12	Barbell Bench press	Db Incline bench	Db flat bench	
2 - 3	8 - 12	Lat pull-down	Underhand grip pull-down	Seated row	FINISH EACH SESSION
2 - 3	8 - 12	Military press	Db lateral raise	Db overhead press	5 min of light cardio <i>e.g. cross trainer, spin bike, rowing machine, treadmill.</i>
2 - 3	8 - 12	Barbell or Ez bar curls	Hammer curls	DB bicep curl	
2 - 3	8 - 12	Triceps pull-down with rope	Db tricep kickbacks	Tricep Dips	5 min of stretching <i>e.g. spinal twist, forward lunge, cat stretch, child's pose.</i>
2 - 3	8 - 12	Stability ball back extensions	Stability ball back extensions	Stability ball back extensions	
2 - 3	8 - 12	Stability ball Crunches	Stability ball Plank	Side plank	

WEEK 4		DAY 1	DAY 2	DAY 3	
SETS	REPS	EXERCISE			START EACH SESSION
2 - 3	8 - 12	Back squat	Deadlift	Lunges	5 - 10 min warmup <i>e.g. light jog, body rotations, lifts with very light weights.</i>
2 - 3	8 - 12	Stability ball glute bridge	Stability ball glute bridge	Single leg glute bridge	
2 - 3	8 - 12	Barbell Bench press	Db Incline bench	Db flat bench	
2 - 3	8 - 12	Lat pull-down	Underhand grip pull-down	Seated row	FINISH EACH SESSION
2 - 3	8 - 12	Military press	Db lateral raise	Db overhead press	5 min of light cardio <i>e.g. cross trainer, spin bike, rowing machine, treadmill.</i>
2 - 3	8 - 12	Barbell or Ez bar curls	Hammer curls	DB bicep curl	
2 - 3	8 - 12	Triceps pull-down with rope	Db tricep kickbacks	Tricep Dips	5 min of stretching <i>e.g. spinal twist, forward lunge, cat stretch, child's pose.</i>
2 - 3	8 - 12	Stability ball back extensions	Stability ball back extensions	Stability ball back extensions	
2 - 3	8 - 12	Stability ball Crunches	Stability ball Plank	Side plank	

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FITNESS

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