

WINTER SHRED

4 WEEK TRAINING PROGRAM BY JOHAN MOLL



DAY 1						
EXERCISE	SETS/REPS	REST	REPS / WEIGHT LIFTED			
Kettlebell Squats	4 x 15	<1min				
Walking Lunges	4 x 20	<1min				
Leg Extensions	3 x 12	<1min				
Bike - Hill Sprints	3mins	<3min				
Leg Curl	3 x 12	<1min				
Glute Bridges	3 x 15	<1min				
Lying Leg Curls - Fast Reps	4 x 20	<1min				
Calf Raises	3 x 20	<1min				
Stairmaster	10mins	<3min				

DAY 2						
EXERCISE	SETS/REPS	REST	REPS / WEIGHT LIFTED			
Bench Press	3 x 12	<1min				
Push Ups	3 x 5	<1min				
Shoulder Press	3 x 10	<1min				
Lateral Raises	3 x 10	<3min				
Front Raises	3 x 10	<1min				
Upright Rows	3 x 10	<1min				
Pec Fly	3 x 15	<1min				
Crunches	3 x 30	<1min				
Tricep Dips	3 x 20	<3min				
Face Pulls	3 x 20	<3min				
Overhead Tricep Extension	3 x 20	<1min				
Stairmaster	10mins	<3min				

DAY 3						
EXERCISE	SETS	REST	REPS / WEIGHT LIFTED			
Lat Pulldown	3 x 12	<1min				
Seated Row	3 x 15	<1min				
1 Arm Row	3 x 10	<1min				
Reverse Fly	3 x 15	<1min				
Leg Raises	3 x 10	<1min				
Russian Twist	3 x 30	<1min				
Alternating Bicep Curls	3 x 10	<1min				
Plank	45sec	<30sec				
Straight Bar Curls	3 x 10	<1min				
Bent Over DB Rows	4 x 15	<1min				
Stairmaster	10mins	<3min				

DAY 4						
PHASE 1 - EXERCISE COUNTDOWN				PHASE 2 - CIRCUIT		
1) 300m Row	8) 10 Pushups			2 Sled Pushes on astro turf		
2) 5 Burpess	9) 15 Squat Jumps			10 Slam Balls		
3) 10 Pushups	10) 20 Crunches			REST <45sec		
4) 15 Squat jumps	11) 100m Row			2 Sled Pushes on astro turf		
5) 20 Crunches	12) 20 Crunches			15 Slam Balls		
6) 200m Row	13) 10 Pushups			REST <45sec		
7) 10 Burpess	14) 15 Squat Jumps			2 Sled Pushes on astro turf		
REST <3-5 Mins				20 Slam Balls		
<p>Workout Notes Day 4: Complete each phase as quickly as possible. Record the time taken to complete each phase below. Push yourself and attempt to beat your previous times each week.</p> <p>*A single sled push involves going up and down the turf one time.</p>						
PHASE 1 _____			PHASE 2 _____			

ABOUT THE TRAINER

Johan Moll is PT Supervisor at Crunch Fitness Mortdale with over 9 years in the fitness industry. Johan's philosophy is that fitness is here to be enjoyed! As a passionate Certified Personal Trainer, he motivates and empowers clients to make training and rewarding. Johan says, "I love to see my clients achieve their personal health and fitness goals through a tailored approach of regular exercise and guided fitness programs. Life is an adventure, filled with continual improvement. We can all achieve our big hairy audacious goals, no matter how big or small!"



ABOUT THE PROGRAM

Winter Shred is a 4 week Program featuring effective, total body workouts. Push yourself each workout and record the weight lifted in applicable exercises. Try to increase weight every week to ensure continual progress. Beginners take 1 recovery day between sessions.

ONLY \$9.95 A WEEK*
ALL DAYS! NO TIME RESTRICTIONS! NO JUDGMENTS!

CRUNCH.COM.AU
ALL CLUB INFORMATION AVAILABLE ONLINE

LOCATIONS
NSW: CHATSWOOD, LIVERPOOL, BANKSTOWN, PARRAMATTA, MORTDALE, ROCKDALE, CARINGBAH, SYDNEY CBD, ALEXANDRIA & DEE WHY
VIC: HIGHPOINT, MENTON, HOPPERS CROSSING, EPPING & SPRINGVALE

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