

WEEK
1/2

LOSE FAT FAST

2 WEEK TRAINING PROGRAM BY LUCA DE MARTINO

DAY 1 WORKOUT 1 LEGS/ BICEPS/ CHEST/ ABS		
EXERCISE	REPS/TIME	SET
Back squat	6-8	3
DB hammer curls	12-15	3
Heels elevated Goblet squat	10-12	3
DB curl	12-15	3
Sled sprint	40m	3
Rest for 2-3 minutes in between sets		
BB bench press	6-8	3
Ab crunch	10-12	3
Incline DB press	10-12	3
V-sit or plank	30 sec	3
Med ball wall pass and slam	20-30	3

DAY 2
EXERCISE
Cardio

DAY 3 WORKOUT 2 LEGS/ SHOULDERS/ BACK/ TRICEPS		
EXERCISE	REPS/TIME	SET
Dead lift or Trap bar	6-8	3
Lateral raise	10-12	3
KB/ BB sumo squat	10-12	3
Rear delt fly	10-12	3
Rest for 2-3 minutes in between sets		
Lat pulldown supinated grip	6-8	3
Tricep pushdown	10-12	3
Seated Row	10-12	3
Tricep rope pulls	10-12	3
Row ergometer sprint	250m	3

DAY 4
EXERCISE
Cardio

DAY 5 WORKOUT 1 LEGS/ BICEPS/ CHEST/ ABS		
EXERCISE	REPS/TIME	SET
Back squat	6-8	3
DB hammer curls	12-15	3
Heels elevated Goblet squat	10-12	3
DB curl	12-15	3
Sled sprint	40m	3
Rest for 2-3 minutes in between sets		
BB bench press	6-8	3
Ab crunch	10-12	3
Incline DB press	10-12	3
V-sit or plank	30 sec	3
Med ball wall pass and slam	20-30	3

DAY 6
EXERCISE
Cardio

DAY 7
EXERCISE
Rest

PRO TIP

Make sure to go heavy with your first main lift, this will help preserve strength while being calorie deficit. Rep ranges indicate that you should be struggling to hit the final reps of your lifts. Go **HARD** on the cardio/ sprints in the final parts of the workout.

! 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



ABOUT THE TRAINER

Luca has a degree in sport and exercise science and has been a fitness professional for 3 years. This program is designed to burn fat fast whilst preserving strength and muscle mass. It is geared towards people with a reasonable level of physical fitness. Perform workout 1 on Monday and Friday, workout 2 on Wednesday. Do the opposite on week 2. Rinse and repeat. Perform cardio

or circuit training in between on Tuesday/ Thursday/ Saturday. Accompany with a healthy, calorie deficit diet for optimum results.

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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WORKOUT 2
LEGS/ SHOULDERS/ BACK/ TRICEPS**

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EXERCISE
Cardio

**DAY 3
WORKOUT 1
LEGS/ BICEPS/ CHEST/ ABS**

EXERCISE	REPS/TIME	SET
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EXERCISE
Cardio

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WORKOUT 2
LEGS/ SHOULDERS/ BACK/ TRICEPS**

EXERCISE	REPS/TIME	SET
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