



POWER-BUILDING 101

4 WEEK TRAINING PROGRAM BY ALEX RAHME



ABOUT THE TRAINER

Personal Trainer & Personal Chef, Alex Rahmé, combines Strength and Hypertrophy Training as a means to achieving your ultimate strength and body composition goals.

DAY 1				
Exercise	SETS	REPS	TEMPO	REST BETWEEN SETS
SQUAT	4	10 (70%)	1012	2M
SPOTTO BENCH PRESS	3	5 (85%)	2022	3M
DECLINE LEG PRESS	3	12	2020	-
KB SWING	3	10	XXXX	1M
HIGH TO LOW FACE PULL	3	8	2020	-
WEIGHTED DEADBUGS	3	6	2020	-
SIDE PLANK ADDUCTOR HOLD	3	8S EA	5s HOLDS	1M
ROWER INTERVALS	20S SPRINT 40S STEADY PACE X 8 SETS			

DAY 2				
Exercise	SETS	REPS	TEMPO	REST BETWEEN SETS
DEADLIFT	4	10 (70%)	1210	2M
HIP THRUST	3	10 (70%)	2020	2M
CABLE ROMANIAN DEADLIFT	3	15	2020	-
KNEELING BARBEL HIP EXTENSION	3	8	2020	1M
LAT PULL DOWN (NG)	3	6	2020	-
UH BENT OVER ROW	3	8	2020	-
SIDE PLANK ROTATION	3	5 EA	3030	1M
SLED PUSH INTERVALS	8	20 STEPS	XXXX	30S

DAY 3				
Exercise	SETS	REPS	TEMPO	REST BETWEEN SETS
BENCH PRESS	4	10 (70%)	2020	2M
LOW BLOCK PULLS	3	5 (85%)	2210	3M
BULGARIAN SPLIT SQUATS	3	6 EA	2020	-
TRX PISTOL SQUATS	3	6 EA	2020	1M
SEATED LEG CURL	3	12	2020	-
HANGING LEG RAISE	3	8	3030	-
HIGH LOW ROW	3	10	2020	1M
BIKE INTERVAL	20S SPRINT 40S STEADY PACE X 8 SETS			



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
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 & COMING TO DEE WHY!
VIC: HIGHPOINT, MENTONE & COMING TO SPRINGVALE, EPPING & HOPPERS CROSSING