



DESKBOUND TO MOBILE

4 WEEK TRAINING PROGRAM BY ALAN LAU



ABOUT THE TRAINER

Alan is an ex-corporate turned PT and is passionate about human movement and helping people live their best life. We're designed to move, not sit! He has designed this 2-4 day workout is for Office Workers who are desperate to get back to any semblance of normal movement! If you sit all day, then you need to do this workout. The focus is on getting back in tune with your body, and working on fundamental movement patterns. If you haven't worked out for a while, focus on Workouts A & B for the first fortnight, add in Workouts C & D once your coordination and strength improve.

WORKOUT A - MOVEMENT & MOBILITY

EXERCISE	REPS/TIME	SET	TEMPO (IF YOU WANT TO INCLUDE THIS)
Warm Up - Joint	10		
Circuit		2 - 4	
Band Pull Apart	20		
Downward Dog to Cobra	20		
Frog Squats	10		
Cat Cows	20	3	
REPEAT	1 MIN REST		
Plank Lunges	30 Seconds	2	Each Side
Pigeon Stretch	30 Seconds	2	Each Side
Frog Stretch	30 Seconds	1	
Trx Chest & Back Stretches	10 Seconds	1	10 Second Hold On Different Angles

WORKOUT B - BODY WEIGHT CHALLENGE

EXERCISE	REPS/TIME	SET	TEMPO (IF YOU WANT TO INCLUDE THIS)
Warm Up	5 Mins		
Circuit		2 - 4	
Plank Walk	10		
Hip Thrust	15		
TRX Rows	15		
Squats	15		
Push Ups	15		
Lunge rotations	20		
Plank	30 - 60 Sec		
REPEAT	1 MIN REST		

WORKOUT C - BRINGING SEXY BACK

EXERCISE	REPS/TIME	SET	TEMPO (IF YOU WANT TO INCLUDE THIS)
Warm Up	5 Mins		
Mid-Rows	15	3	30 Sec Rest
Lat Pulldowns	15	3	30 Sec Rest
Back Extension	15	3	30 Sec Rest
Glute Presses	15	3	30 Sec Rest
Leg Curls	15	3	30 Sec Rest
Supermans (on floor)	15	3	30 Sec Rest

WORKOUT D - FUNCTIONAL TRAINING

EXERCISE	REPS/TIME	SET	TEMPO (IF YOU WANT TO INCLUDE THIS)
Circuit		2 - 4	
Battling Rope Double waves	30 Seconds		
Battling Rope Bullwhips	30 Seconds		
Kettlebell Deadlifts	15		
TRX Chest Press	15		
Kettlebell bent over rows	15		
Kettlebell Squat & Press	15		
Weighted Russian Twist	20		
REPEAT	1 MIN REST		



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!

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ALL CLUB INFORMATION AVAILABLE ONLINE

LOCATIONS

NSW: CHATSWOOD, LIVERPOOL, BANKSTOWN, PARRAMATTA, MORTDALE, ROCKDALE, CARINGBAH, SYDNEY CBD, ALEXANDRIA & DEE WHY!

VIC: HIGHPOINT, MENTONE, SPRINGVALE, EPPING & HOPPERS CROSSING