



GET SHREDDED TRAINING PROGRAM

4 WEEK TRAINING PROGRAM BY AL KENNETH DE LARA



ABOUT THE TRAINER

Al's 'Get Shredded Program' is designed to get your body into shape fast! He is an experienced Hiit, strength and endurance Crunch Fitness Personal Trainer and his program will help you get the results you've been longing for!

DAY 1			
PULL & CARDIO	SET	REPS	TEMPO
Bent Over Row	3	12	2:2
Lat Pull Down	3	12	2:2
Seated Row	3	12	2:2
Assisted Pull Ups	2	10	2:2
Ab Crunches	4	12	
Side Crunches	4	12	
Mountain Climbers	3		35 Sec on 25 Sec off
Leg Raises	3	12	

DAY 2			
ACTIVE RECOVERY	SET	REPS	TEMPO
Slight Incline Treadmill Power Walk	30 Min		

DAY 3			
PUSH & CARDIO	SET	REPS	TEMPO
Dumbbell Bench Press	3	12	2:2
Bench Press	3	12	2:2
Seated Shoulder Press	3	12	2:2
Standing Barbell Overhead Press	3	10	2:2
Ab Crunches	4	12	
Leg Raises	3	12	
Jump Squats	3		35 Sec on 25 Sec off
Wall Sit	1 Min Hold	12	

DAY 4			
ACTIVE RECOVERY	SET	REPS	TEMPO
Slight Incline Treadmill Power Walk	30 Min		

DAY 5			
LEGS, ABS & CARDIO	SET	REPS	TEMPO
Barbell Squats	3	12	2:2
Dumbbell Static Lunges	3	12	2:2
Leg Press	3	12	2:2
Leg Extension	3	12	2:2
Leg Curl	3	12	2:2
Incline Leg Raisers	3	10	
Mountain Climbers	3		35 Sec on 25 Sec off
Bicycles	3		35 Sec on 25 Sec off
Plank	1 Min Hold		

DAY 6			
TOTAL BODY	SET	REPS	TEMPO
Step Ups	3	60 Sec On 30 Sec Off	
Mountain Climbers	3	12	35 Sec on 25 Sec off
Dumbbell Squats to Shoulder Press	3	10	
Lunges	10 Lunger R/L Side		
Push Ups	3	10	
Wall Sit	1 Min Hold	10	
Plank	1 Min Hold		

DAY 7
REST DAY
Dynamic & Static Stretching

REPEAT DAYS 1-7 4 TIMES



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