



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!

START NOW



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 | | |

GO TO DAY 3



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 | 12 | 2:2 |
| Ab Crunches | 4 | 12 | |
| Leg Raises | 3 | 12 | |
| Jump Squats | 3 | | 35 Sec on 25 Sec off |
| Wall Sit | 1 Min Hold | | |

DAY 4

| ACTIVE RECOVERY | SET | REPS | TEMPO |
|-------------------------------------|------------|-------------|--------------|
| Slight Incline Treadmill Power Walk | 30 Min | | |

GO TO DAY 5



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 Curls | 3 | 12 | 2:2 |
| Incline Leg Raises | 3 | 10 | |
| Mountain Climbers | 3 | | 35 Sec on 25 Sec off |
| Bicycles | 3 | | 35 Sec on 25 Sec off |
| Plank | 1 Min Hold | | |

GO TO DAY 6



DAY 6

| TOTAL BODY | SET | REPS | TEMPO |
|--------------------------------------|----------------------|-------------------------------------|-------------------------|
| Step Ups | 3 | 60 Sec on 30 Sec Off | |
| Mountain Climbers | 3 | | 36 Sec on 25 Sec off |
| Dumbbell Squats to Shoulder Press | 3 | 10 | |
| Lunges | 10 Lunge R/L Side | | |
| Push Ups | 3 | 10 | |
| Wall Sit | 1 Min Hold | | |
| Plank | 1 Min Hold | | |

DAY 7

| REST DAY | SET | REPS | TEMPO |
|--------------------------------|-----|------|-------|
| Dynamic & Static Stretching | | | |

**REPEAT DAYS 1-7
4 TIMES**



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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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.