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# PUMP, BURN, SCULPT

4 WEEK TRAINING PROGRAM  
BY GERROD BOND



## ABOUT THE TRAINER

Personal Trainer at Crunch Fitness Chatswood, Gerrod Bond is an innovative trainer that believes fitness is the gateway to longevity and health. Utilising a combination of cardio and resistance training, Gerrod's Pump, Burn, Sculpt Program will make you rethink what you thought your body could achieve and burn those calories during and post session. Pump out the reps, embrace the burn and sculpt your body.

**START NOW**



# **ADDITIONAL NOTES**

## **WARM UP**

At the start of each session make sure to do a minimum of 2 warm up sets of the first exercise with lighter weight as you work up to your working weight.

## **REST/TEMPO**

A 45-60 second rest period is recommended between each set to allow the muscles to recover. Each rep should be performed with a 2:2 tempo - 2sec eccentric (lowering weight) : 2sec concentric (raising weight).

**GO TO DAY 1**



# DAY 1

RESISTANCE TRAINING EXERCISE	REPS	SETS	WEIGHT
Assisted Pull Ups	10	4	
Dumbbell Row	12 Per Arm	3	
Cable Face Pulls	10	3	
Incline Dumbbell Press	10	4	
Single Arm Cable Press	12 Per Side	3	
Side Plank	12 Per Side	3	N/A
V Sit Ups	10	3	N/A
CARDIO EXERCISE	INTERVAL		TIME
Rowing Machine	30 Sec Fast / 30 Sec Slow		5 Mins

**GO TO DAY 2**



## DAY 2

RESISTANCE TRAINING EXERCISE	REPS	SETS	WEIGHT
Goblet Squat	12	4	
Single Leg Romanian Deadlift	10 Per Leg	4	
Walking Lunges	20 Steps	3	
Hamstring Curl	12	3	
Sprinters Step Ups	10 Per Leg	3	N/A
CARDIO EXERCISE	INTERVAL		REPS
Battle Ropes	30 Sec Fast / 30 Sec Slow		4

GO TO DAY 4



## DAY 4

RESISTANCE TRAINING EXERCISE	REPS	SETS	WEIGHT
Seated Arnold Press	12	4	
Barbell Upright Rows	12	3	
Overhead Dumbbell Extension	10	4	
Hammer Curls	10	4	
Lying Heel Touches	40 Touches	3	N/A
Windscreen Wipers	15	3	N/A
CARDIO EXERCISE	INTERVAL		TIME
Bike	30 Sec Fast / 30 Sec Slow		5 Mins

GO TO DAY 5



## DAY 5

RESISTANCE TRAINING EXERCISE	REPS	SETS	WEIGHT
Assisted Pull Ups	10	4	
Dumbbell Row	12 Per Arm	3	
Cable Face Pulls	10	3	
Incline Dumbbell Press	10	4	
Single Arm Cable Press	12 Per Side	3	
Side Plank	12 Per Side	3	N/A
V Sit Ups	10	3	N/A
CARDIO EXERCISE	INTERVAL		TIME
Rowing Machine	30 Sec Fast / 30 Sec Slow		5 Mins



## 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.