



# CIRCUIT BLITZ

4 WEEK TRAINING PROGRAM BY MILO LOPEZ



## ABOUT THE TRAINER

Milo Lopez is an experienced trainer and commander for the Boot camps run at Crunch Chatswood. By utilising a combination of intensity, conditioning, and strength, Milo's Circuit Blitz program is designed to maximise calorie expenditure, build both muscular and cardiovascular endurance as well as improving functional strength and movement.

DAY 1			
Rest 10 - 30 seconds between exercises			
EXERCISE	REPS/TIME	SET	TEMPO
Treadmill warm up	10 Minutes	1	Medium
Skipping	30 Seconds		
Squat jumps	15		
Bicep curl, Shoulder press	20		
Walking lunges	20		
Bear crawls	30 Seconds		
Ball slam into plank	5		
REPEAT		5	

DAY 2			
Rest 10 - 30 seconds between exercises			
EXERCISE	REPS/TIME	SET	TEMPO
Rowing machine Warm up	5 Minutes		
Landmine single arm press	15		
Landmine rotations	15		
Landmine squats	15		
KB swings	20		
In and out planks	20		
REST - 45 seconds and repeat		5	

DAY 4			
Rest 10 - 30 seconds between exercises			
EXERCISE	REPS/TIME	SET	TEMPO
Treadmill warm up	10 Minutes		
Sled push	30 Seconds		
Sled pull	30 Seconds		
Russian twist	20		
Medicine ball push ups	20		
KB deadlift into a clean	20		
KB push press	15		
REST - 45 seconds and repeat		5	

DAY 5			
Rest 10 - 30 seconds between exercises			
EXERCISE	REPS/TIME	SET	TEMPO
Treadmill warm up	5 Minutes		
Rowing	15 Cal burn		
DB overhead lunge	15		
Box jumps	20		
Alternating shoulder press	20		
Stif leg romanian DL	15		
Crunches	20		
REST - 45 seconds and repeat		5	

### EXTRA NOTES

- FOR PROGRESSION DURING THE 4 WEEK PROGRAM MAKE SURE TO ONLY CHANGE ONE PARAMETER OF THE WORKOUT EITHER IT BE INCREASING THE WEIGHT, INCREASE WORKING PERIOD, REDUCING THE REST PERIOD OR INCREASING YOUR
- MAKE SURE TO PROPERLY WARM UP AND COOL DOWN AFTER THE WORKOUT AND PUSH YOURSELF EACH SET.



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