



FITNESS

GROW AND SHRED

4 WEEK TRAINING PROGRAM
BY DANIELLE GEORGANAKIS



ABOUT THE TRAINER

With over 20 years in the fitness industry, I know that this program is guaranteed to work. This Quadplex Superset Program is the new scientific way to grow muscle and dictate fat loss at the same time. 4 movements back to back, no rest. Alternate between barbell, dumbbell, plate and kettlebell. Move fast but with technique. Each workout includes these basic patterns and we rotate them each week. Upper body push, lower body knee bend, upper body pull and lower body hip extension. Let's go!

START NOW



EXTRA NOTES

- Try to keep your resistance to perceived rate of exertion 8 out of 10 and try avoid failure on this program. The set and reps are on an undulating rotation and will change every workout. have a day rest in between each workout. as the set and reps always change your body will be growing but always in confusion so it will improve fat loss and growth at the same time whilst improving its technique in the actual exercise itself.

GO TO WEEK 1 DAY 1



WEEK 1 WEEK 2 WEEK 3 WEEK 4

DAY 1

EXERCISE	REPS/TIME	SET	TEMPO
Wide grip lat pulldowns	5	4	3010
DB Romanian deadlift	8	4	3010
Weighted push ups	10	4	2010
Body WT Prisoner squats	20	4	

GO TO WEEK 1 DAY 2



WEEK 1 WEEK 2 WEEK 3 WEEK 4

DAY 2

EXERCISE	REPS/TIME	SET	TEMPO
Standing Double arm kettle bell Row	5	4	2010
Kettlebell renegade row	8	4	
Kettlebell renegade row	10	4	3010
Kettlebell push up on knees	20	4	3010

GO TO WEEK 1 DAY 3



WEEK 1 WEEK 2 WEEK 3 WEEK 4

DAY 3

EXERCISE	REPS/TIME	SET	TEMPO
Wide grip lat pulldowns	5	4	3010
DB Romanian deadlift	8	4	3010
Weighted push ups	10	4	3010
Body WT Prisoner squats	20	4	2010

GO TO WEEK 2 DAY 1



WEEK 1 **WEEK 2** WEEK 3 WEEK 4

DAY 1

EXERCISE	REPS/TIME	SET	TEMPO
Plate Row	10	4	2010
Plate Swing	10	4	
Plate Press	10	4	3010
Lateral lunges with plate	10	4	3010

GO TO WEEK 2 DAY 2



WEEK 1 **WEEK 2** WEEK 3 WEEK 4

DAY 2

EXERCISE	REPS/TIME	SET	TEMPO
Seated cable row	10	4	3010
45 degree low back extension	10	4	3010
Close grip push ups	10	4	2010
BW Prisionser Step Ups	10	4	2010

GO TO WEEK 2 DAY 3



WEEK 1 **WEEK 2** WEEK 3 WEEK 4

DAY 3

EXERCISE	REPS/TIME	SET	TEMPO
Seated cable row	10	4	3010
45 degree low back extension	10	4	3010
Close grip push ups	10	4	2010
BW Prisionser Step Ups	10	4	2010

GO TO WEEK 3 DAY 1



WEEK 1 WEEK 2 **WEEK 3** WEEK 4

DAY 1

EXERCISE	REPS/TIME	SET	TEMPO
Seated cable row	30 sec	4	3010
45 degree low back extension	30 sec	4	3010
Close grip push ups	30 sec	4	2010
BW Prisionser Step Ups	30 sec	4	2010

GO TO WEEK 3 DAY 2



WEEK 1 WEEK 2 **WEEK 3** WEEK 4

DAY 2

EXERCISE	REPS/TIME	SET	TEMPO
45 degree db bicep curls	30 sec	4	3010
EZ Bar French Press	30 sec	4	3010
Wide grip lat pulldowns	30 sec	4	3010
DB Romanian deadlift	30 sec	4	3010

GO TO WEEK 3 DAY 3



WEEK 1 WEEK 2 **WEEK 3** WEEK 4

DAY 3

EXERCISE	REPS/TIME	SET	TEMPO
BB Hack Squat	30 sec	2 - 3	3010
BB Bent over row	30 sec	2 - 3	2010
GHR Glute Hami Raises	30 sec	4	2010
Box cross over push up	30 sec	4	2010

GO TO WEEK 4 DAY 1



WEEK 1 WEEK 2 WEEK 3 **WEEK 4**

DAY 1

EXERCISE	REPS/TIME	SET	TEMPO
45 degree db bicep curls	15	2 - 3	3010
EZ Bar French Press	15	2 - 3	3010

GO TO WEEK 4 DAY 2



WEEK 1 WEEK 2 WEEK 3 **WEEK 4**

DAY 2

EXERCISE	REPS/TIME	SET	TEMPO
Weighted push ups	15	2 - 3	2010
Body WT Prisoner squats	15	2 - 3	

GO TO WEEK 4 DAY 3



WEEK 1 WEEK 2 WEEK 3 **WEEK 4**

DAY 3

EXERCISE	REPS/TIME	SET	TEMPO
45 degree db bicep curls	15	2 - 3	3010
EZ Bar French Press	15	2 - 3	3010



LOCATIONS

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

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

CRUNCH.COM.AU

ALL CLUB INFORMATION AVAILABLE ONLINE

Visit us →



As with all new exercise programs it is important to consult with your doctor. If you experience any symptoms of weakness, unsteadiness, lightheadedness 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.