



IMPROVE YOUR BODY COMPOSITION WITH THE 'TTT METHOD'

4 WEEK TRAINING PROGRAM BY STEPHEN CRISTIANO



ABOUT THE PROGRAM

Stephen Cristiano is an experienced Personal Trainer at Crunch Hoppers Crossing who has created his own hypertrophy system, 'TTT Method' (The Triple Threat Method). This triple threat program is designed to hit all 3 areas; build lean muscle, increase strength and reduce body fat. This program is perfect for those who are looking to transform their bodies and improve overall body composition. Time to take action and build the physique of your dreams!

LOCATIONS

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

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

ONLY \$9.95 A WEEK*

ALL DAYS! NO TIME RESTRICTIONS! NO JUDGMENTS!

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ALL CLUB INFORMATION AVAILABLE ONLINE

EXTRA NOTES

- *Rest 60-120 seconds between each set
- *Choose a weight in which you can do 1-2 extra reps than stated for week 1
- *Each week the weight should increase by minimum 1kg

DAY 1			
EXERCISE	REPS/TIME	SET	TEMPO
Wide Grip Lat Pulldown	8-10	3	
Seated Row	8-10	3	
Incline DB Row	8-10	3	
Cable Rope Pushdown	12-15	5	
Seated Incline DB Curls	12-15	5	

DAY 2			
EXERCISE	REPS/TIME	SET	TEMPO
Flat BB Chest Press	8-10	3	
Incline DB Chest Press	8-10	3	
Incline Cable Flye	8-10	3	
Incline Leg Press	12-15	4	
Leg Extension	25	4	

DAY 3			
REST			

DAY 4			
EXERCISE	REPS/TIME	SET	TEMPO
Wide Grip Lat Pulldown	16-18	3	
Seated Row	16-18	3	
Cable Lat Pullover	16-18	3	
Machine Shoulder Press	10-12	4	
Cable Rope Face Pull	12-14	4	
Standing DB Lateral Raise	AMRAP	3	

DAY 5			
EXERCISE	REPS/TIME	SET	TEMPO
Flat BB Chest Press	14-16	3	
Incline DB Chest Press	14-16	4	
Cable Flye	14-16	4	
Prone Leg Curl	12-14	3	
Romanian Deadlift (RDL)	10-12	4	
Hyperextension	10-12	3	

DAY 6			
REST			



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.