



# Death Sets - Plateau Busters 6, 12, 24

## 4 WEEK TRAINING PROGRAM BY DANIELLE GEORGANAKIS



### ABOUT THE PROGRAM

Lacking a little bit of intensity? Death sets are just the way to get you out of a plateau and kick start a new religion in lifting. Not for the light hearted and all for the burn and fat loss. Increase weight but all reps must be completed without failure to the very end!

### 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!

**CRUNCH.COM.AU**

ALL CLUB INFORMATION AVAILABLE ONLINE

\*Ts & Cs apply. See Club for details.

DAY 1 CHEST & BACK			
<b>SET 1</b>			
EXERCISE	REPS/TIME	SET	TEMPO
Flat Bench DB Neutral Grip	6	4	4010
DB Incline Press	12	4	3010
DB Side Lateral Raises	24	4	2010
<b>SET 2</b>			
EXERCISE	REPS/TIME	SET	TEMPO
Chin Up Neutral	6	4	4010
Bent over BB Row	12	4	3010
Stiff Arm Lat Pulldown	24	4	2010
60 Second Hang	1m	1	-

DAY 2 LEGS			
<b>SET 1</b>			
EXERCISE	REPS/TIME	SET	TEMPO
Sumo Deadlift BB	6	4	4010
Lying Leg Curl Planta Flex.	12	4	3010
Standing Calf Raises	24	4	2010
<b>SET 2</b>			
EXERCISE	REPS/TIME	SET	TEMPO
BB Squat	6	4	4010
Walking DB Lunges	12	4	3010
Leg Extension or Leg Press	24	4	2010
Sled Drag - Up and Back	1m	4	-

DAY 3 GROW DAY			
<b>REST</b>			

DAY 4 ARMS			
<b>SET 1</b>			
EXERCISE	REPS/TIME	SET	TEMPO
Close Grip BB Press	6	4	4010
French Press Cable	12	4	3010
Tricep Pushdown Cable	24	4	2010
<b>SET 2</b>			
EXERCISE	REPS/TIME	SET	TEMPO
Zottman Curl	6	4	4010
Hammer Curl	12	4	3010
Cable Supinated Curl	24	4	2010
Long Arm Plank with Hollow Hold	1m	-	-

DAY 5 SHOULDERS & LEGS			
<b>SET 1</b>			
EXERCISE	REPS/TIME	SET	TEMPO
Standing BB Press	6	4	4010
Side Lateral Raises DB	12	4	3010
Arnold DB Press Seated	24	4	2010
<b>SET 2</b>			
EXERCISE	REPS/TIME	SET	TEMPO
Bulgarian Squat each leg w/ DB	6	4	4010
RDL With DB	12	4	3010
SISI Heels elevated Squats	24	4	2010
Mountain Climbers	1m	1	-

DAY 6 GROW DAY			
<b>REST THEN REPEAT WITH DAY 1</b>			



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.