

**WEEK
1/4**

2021 KICKSTARTER TRAINING PROGRAM



SESSION 1 - LEGS							
EXERCISE	SETS/REPS	REST	TEMPO	REPS / WEIGHT LIFTED			
Dumbbell Split Squat	3 x 12	< 3min	2 - 1 - 2				
Barbell Back Squat	3 x 12	< 3min	2 - 1 - 2				
Conventional Deadlift	4 x 10	< 3min	2 - 1 - 2				
Lying Hamstring Curls	3 x 20	< 2min	2 - 1 - 2				
Leg Press	3 x 20	< 1min	2 - 1 - 2				
Calf Raises	3 x 20	< 1min	2 - 1 - 2				

SESSION 2 - PUSH							
EXERCISE	SETS/REPS	REST	TEMPO	REPS / WEIGHT LIFTED			
Barbell Flat Bench	3x12	<3min	2-1-2.				
Dumbbell Decline Bench	3x12	<3min	2-1-2.				
Military Press	4x10	<3min	2-1-2.				
Push Ups	3xMax	<2min	2-1-2.				
Dips	3xMax	<1min	2-1-2.				
Dumbbell Bicep Curls	2x10	<30sec	2-1-2.				
Cable ab crunches	3x25	<30sec	2-1-2.				

SLEEP							
EXERCISE	SETS/REPS	REST	TEMPO	REPS / WEIGHT LIFTED			
Lat Pull Down (Wide)	4x12	<3min	2 - 1 - 2				
Barbell row	4x12	<3min	2 - 1 - 2				
Facepulls	4x10	<3min	2 - 1 - 2				
Rear Delt Flys	3xMax	<2min	2 - 1 - 2				
Straight Arm Pull Down	3xMax	<1min	2 - 1 - 2				
Cable Tricep Extensions underhand	2x10	<30sec	2 - 1 - 2				
Back Extensions	3x15	<30sec	2 - 1 - 2				

SESSION 4 - ACTIVE RECOVERY (30 - 40% MAX EFFORT)							
EXERCISE	SETS/REPS	REST	TEMPO	REPS / WEIGHT LIFTED			
Body Weight Squats	1x15	<30sec	1-1-1.				
Dips on Bench	1x15	<30sec	1-1-1.				
Body weight pull ups	as many as you can	<30sec	1-1-1.				
Close grip lat Pull Down	1x15	<30sec	1-1-1.				
Dumbbell Shoulder Press	1x15	<30sec	1-1-1.				
Light Cardio	30 - 60 minutes						

SESSION 5 - FUNTIONAL							
EXERCISE	SETS/REPS	REST	TEMPO	REPS / WEIGHT LIFTED			
Tyre Flips	4x40sec	<30Sec	2-1-2.				
Sleed Runs	4x40sec	<30Sec	2-1-2.				
Squat w Shouder Press	4x40sec	<30Sec	2-1-2.				
TRX Row	4x40sec	<30Sec	2-1-2.				
Battle Rope Slams	4x40sec	<30Sec	2-1-2.				
Mountain Climbers	4x40sec	<30Sec	2-1-2.				

SESSION 6 - CARDIO	
EXERCISE	TIME
Complete any form of physical activity that challenges your cardiovascular fitness	30 - 60 mins
Activity:	
Effort:	

SESSION 7 - CARDIO	
EXERCISE	TIME
Complete any form of physical activity that challenges your cardiovascular fitness	30 - 60 mins
Activity:	
Effort:	

ONLY \$9.95 PER WEEK*
GO MONTH TO MONTH

CRUNCH LOCATIONS

NSW - ALEXANDRIA, BANKSTOWN, CARINGBAH, CHATSWOOD, DEE WHY, MORTDALE, PARRAMATTA, ROCKDALE, SYDNEY CBD & HOXTON PARK

VIC - EPPING, HIGHPOINT, HOPPERS CROSSING, MENTONE, NUNAWADING, RICHMOND & SPRINGVALE

JOIN US ONLINE

CRUNCH.COM.AU
ALL CLUB INFO AVAILABLE ONLINE!

! 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 pre-existing injury that prevents you from doing any of the exercises, please consult any one of our friendly PTs in-club for personalized fitness advice.

NOTES

**WEEK
2/4**

2021 KICKSTARTER TRAINING PROGRAM



SESSION 1 - LEGS							
EXERCISE	SETS/REPS	REST	TEMPO	REPS / WEIGHT LIFTED			
Dumbbell Split Squat	3 x 12	< 3min	2 - 1 - 2				
Barbell Back Squat	3 x 12	< 3min	2 - 1 - 2				
Conventional Deadlift	4 x 10	< 3min	2 - 1 - 2				
Lying Hamstring Curls	3 x 20	< 2min	2 - 1 - 2				
Leg Press	3 x 20	< 1min	2 - 1 - 2				
Calf Raises	3 x 20	< 1min	2 - 1 - 2				

SESSION 2 - PUSH							
EXERCISE	SETS/REPS	REST	TEMPO	REPS / WEIGHT LIFTED			
Barbell Flat Bench	3x12	<3min	2-1-2.				
Dumbbell Decline Bench	3x12	<3min	2-1-2.				
Military Press	4x10	<3min	2-1-2.				
Push Ups	3xMax	<2min	2-1-2.				
Dips	3xMax	<1min	2-1-2.				
Dumbbell Bicep Curls	2x10	<30sec	2-1-2.				
Cable ab crunches	3x25	<30sec	2-1-2.				

SLEEP							
EXERCISE	SETS/REPS	REST	TEMPO	REPS / WEIGHT LIFTED			
Lat Pull Down (Wide)	4x12	<3min	2 - 1 - 2				
Barbell row	4x12	<3min	2 - 1 - 2				
Facepulls	4x10	<3min	2 - 1 - 2				
Rear Delt Flys	3xMax	<2min	2 - 1 - 2				
Straight Arm Pull Down	3xMax	<1min	2 - 1 - 2				
Cable Tricep Extensions underhand	2x10	<30sec	2 - 1 - 2				
Back Extensions	3x15	<30sec	2 - 1 - 2				

SESSION 4 - ACTIVE RECOVERY (30 - 40% MAX EFFORT)							
EXERCISE	SETS/REPS	REST	TEMPO	REPS / WEIGHT LIFTED			
Body Weight Squats	1x15	<30sec	1-1-1.				
Dips on Bench	1x15	<30sec	1-1-1.				
Body weight pull ups	as many as you can	<30sec	1-1-1.				
Close grip lat Pull Down	1x15	<30sec	1-1-1.				
Dumbbell Shoulder Press	1x15	<30sec	1-1-1.				
Light Cardio	30 - 60 minutes						

SESSION 5 - FUNTIONAL							
EXERCISE	SETS/REPS	REST	TEMPO	REPS / WEIGHT LIFTED			
Tyre Flips	4x40sec	<30Sec	2-1-2.				
Sleed Runs	4x40sec	<30Sec	2-1-2.				
Squat w Shouder Press	4x40sec	<30Sec	2-1-2.				
TRX Row	4x40sec	<30Sec	2-1-2.				
Battle Rope Slams	4x40sec	<30Sec	2-1-2.				
Mountain Climbers	4x40sec	<30Sec	2-1-2.				

SESSION 6 - CARDIO	
EXERCISE	TIME
Complete any form of physical activity that challenges your cardiovascular fitness	30 - 60 mins
Activity:	
Effort:	

SESSION 7 - CARDIO	
EXERCISE	TIME
Complete any form of physical activity that challenges your cardiovascular fitness	30 - 60 mins
Activity:	
Effort:	

ONLY \$9.95 PER WEEK*
GO MONTH TO MONTH

CRUNCH LOCATIONS

NSW - ALEXANDRIA, BANKSTOWN, CARINGBAH, CHATSWOOD, DEE WHY, MORTDALE, PARRAMATTA, ROCKDALE, SYDNEY CBD & HOXTON PARK

VIC - EPPING, HIGHPOINT, HOPPERS CROSSING, MENTONE, NUNAWADING, RICHMOND & SPRINGVALE

JOIN US ONLINE

CRUNCH.COM.AU
ALL CLUB INFO AVAILABLE ONLINE!

! 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 pre-existing injury that prevents you from doing any of the exercises, please consult any one of our friendly PTs in-club for personalized fitness advice.

NOTES

2021 KICKSTARTER TRAINING PROGRAM



SESSION 1 - LEGS							
EXERCISE	SETS/REPS	REST	TEMPO	REPS / WEIGHT LIFTED			
Dumbbell Split Squat	3 x 12	< 3min	2 - 1 - 2				
Barbell Back Squat	3 x 12	< 3min	2 - 1 - 2				
Conventional Deadlift	4 x 10	< 3min	2 - 1 - 2				
Lying Hamstring Curls	3 x 20	< 2min	2 - 1 - 2				
Leg Press	3 x 20	< 1min	2 - 1 - 2				
Calf Raises	3 x 20	< 1min	2 - 1 - 2				

SESSION 2 - PUSH							
EXERCISE	SETS/REPS	REST	TEMPO	REPS / WEIGHT LIFTED			
Barbell Flat Bench	3x12	<3min	2-1-2.				
Dumbbell Decline Bench	3x12	<3min	2-1-2.				
Military Press	4x10	<3min	2-1-2.				
Push Ups	3xMax	<2min	2-1-2.				
Dips	3xMax	<1min	2-1-2.				
Dumbbell Bicep Curls	2x10	<30sec	2-1-2.				
Cable ab crunches	3x25	<30sec	2-1-2.				

SLEEP							
EXERCISE	SETS/REPS	REST	TEMPO	REPS / WEIGHT LIFTED			
Lat Pull Down (Wide)	4x12	<3min	2 - 1 - 2				
Barbell row	4x12	<3min	2 - 1 - 2				
Facepulls	4x10	<3min	2 - 1 - 2				
Rear Delt Flys	3xMax	<2min	2 - 1 - 2				
Straight Arm Pull Down	3xMax	<1min	2 - 1 - 2				
Cable Tricep Extensions underhand	2x10	<30sec	2 - 1 - 2				
Back Extensions	3x15	<30sec	2 - 1 - 2				

SESSION 4 - ACTIVE RECOVERY (30 - 40% MAX EFFORT)							
EXERCISE	SETS/REPS	REST	TEMPO	REPS / WEIGHT LIFTED			
Body Weight Squats	1x15	<30sec	1-1-1.				
Dips on Bench	1x15	<30sec	1-1-1.				
Body weight pull ups	as many as you can	<30sec	1-1-1.				
Close grip lat Pull Down	1x15	<30sec	1-1-1.				
Dumbbell Shoulder Press	1x15	<30sec	1-1-1.				
Light Cardio	30 - 60 minutes						

SESSION 5 - FUNTIONAL							
EXERCISE	SETS/REPS	REST	TEMPO	REPS / WEIGHT LIFTED			
Tyre Flips	4x40sec	<30Sec	2-1-2.				
Sleed Runs	4x40sec	<30Sec	2-1-2.				
Squat w Shouder Press	4x40sec	<30Sec	2-1-2.				
TRX Row	4x40sec	<30Sec	2-1-2.				
Battle Rope Slams	4x40sec	<30Sec	2-1-2.				
Mountain Climbers	4x40sec	<30Sec	2-1-2.				

SESSION 6 - CARDIO	
EXERCISE	TIME
Complete any form of physical activity that challenges your cardiovascular fitness	30 - 60 mins
Activity:	
Effort:	

SESSION 7 - CARDIO	
EXERCISE	TIME
Complete any form of physical activity that challenges your cardiovascular fitness	30 - 60 mins
Activity:	
Effort:	

ONLY
\$9.95 PER WEEK
GO MONTH TO MONTH

CRUNCH LOCATIONS

NSW - ALEXANDRIA, BANKSTOWN, CARINGBAH, CHATSWOOD, DEE WHY, MORTDALE, PARRAMATTA, ROCKDALE, SYDNEY CBD & HOXTON PARK

VIC - EPPING, HIGHPOINT, HOPPERS CROSSING, MENTONE, NUNAWADING, RICHMOND & SPRINGVALE

JOIN US ONLINE

CRUNCH.COM.AU
ALL CLUB INFO AVAILABLE ONLINE!

! 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 pre-existing injury that prevents you from doing any of the exercises, please consult any one of our friendly PTs in-club for personalized fitness advice.

NOTES

2021 KICKSTARTER TRAINING PROGRAM



SESSION 1 - LEGS							
EXERCISE	SETS/REPS	REST	TEMPO	REPS / WEIGHT LIFTED			
Dumbbell Split Squat	3 x 12	< 3min	2 - 1 - 2				
Barbell Back Squat	3 x 12	< 3min	2 - 1 - 2				
Conventional Deadlift	4 x 10	< 3min	2 - 1 - 2				
Lying Hamstring Curls	3 x 20	< 2min	2 - 1 - 2				
Leg Press	3 x 20	< 1min	2 - 1 - 2				
Calf Raises	3 x 20	< 1min	2 - 1 - 2				

SESSION 2 - PUSH							
EXERCISE	SETS/REPS	REST	TEMPO	REPS / WEIGHT LIFTED			
Barbell Flat Bench	3x12	<3min	2-1-2.				
Dumbbell Decline Bench	3x12	<3min	2-1-2.				
Military Press	4x10	<3min	2-1-2.				
Push Ups	3xMax	<2min	2-1-2.				
Dips	3xMax	<1min	2-1-2.				
Dumbbell Bicep Curls	2x10	<30sec	2-1-2.				
Cable ab crunches	3x25	<30sec	2-1-2.				

SLEEP							
EXERCISE	SETS/REPS	REST	TEMPO	REPS / WEIGHT LIFTED			
Lat Pull Down (Wide)	4x12	<3min	2 - 1 - 2				
Barbell row	4x12	<3min	2 - 1 - 2				
Facepulls	4x10	<3min	2 - 1 - 2				
Rear Delt Flys	3xMax	<2min	2 - 1 - 2				
Straight Arm Pull Down	3xMax	<1min	2 - 1 - 2				
Cable Tricep Extensions underhand	2x10	<30sec	2 - 1 - 2				
Back Extensions	3x15	<30sec	2 - 1 - 2				

SESSION 4 - ACTIVE RECOVERY (30 - 40% MAX EFFORT)							
EXERCISE	SETS/REPS	REST	TEMPO	REPS / WEIGHT LIFTED			
Body Weight Squats	1x15	<30sec	1-1-1.				
Dips on Bench	1x15	<30sec	1-1-1.				
Body weight pull ups	as many as you can	<30sec	1-1-1.				
Close grip lat Pull Down	1x15	<30sec	1-1-1.				
Dumbbell Shoulder Press	1x15	<30sec	1-1-1.				
Light Cardio	30 - 60 minutes						

SESSION 5 - FUNTIONAL							
EXERCISE	SETS/REPS	REST	TEMPO	REPS / WEIGHT LIFTED			
Tyre Flips	4x40sec	<30Sec	2-1-2.				
Sleed Runs	4x40sec	<30Sec	2-1-2.				
Squat w Shouder Press	4x40sec	<30Sec	2-1-2.				
TRX Row	4x40sec	<30Sec	2-1-2.				
Battle Rope Slams	4x40sec	<30Sec	2-1-2.				
Mountain Climbers	4x40sec	<30Sec	2-1-2.				

SESSION 6 - CARDIO	
EXERCISE	TIME
Complete any form of physical activity that challenges your cardiovascular fitness	30 - 60 mins
Activity:	
Effort:	

SESSION 7 - CARDIO	
EXERCISE	TIME
Complete any form of physical activity that challenges your cardiovascular fitness	30 - 60 mins
Activity:	
Effort:	

ONLY \$9.95 PER WEEK*
GO MONTH TO MONTH

CRUNCH LOCATIONS

NSW - ALEXANDRIA, BANKSTOWN, CARINGBAH, CHATSWOOD, DEE WHY, MORTDALE, PARRAMATTA, ROCKDALE, SYDNEY CBD & HOXTON PARK

VIC - EPPING, HIGHPOINT, HOPPERS CROSSING, MENTONE, NUNAWADING, RICHMOND & SPRINGVALE

JOIN US ONLINE

CRUNCH.COM.AU
ALL CLUB INFO AVAILABLE ONLINE!

! 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 pre-existing injury that prevents you from doing any of the exercises, please consult any one of our friendly PTs in-club for personalized fitness advice.

NOTES
