2021 D D **TRAINING PROGRAM**



SESSION 1 - LEGS					
EXERCISE	SETS/REPS	REST	ТЕМРО	REPS / WEIGHT LIFTEI	D
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		

WEEK 1/4

Dips

Dumbell Bicep Curls

Cable ab crunches

SESSION 4	- ACTIVE	RECOV	ERY (30 - 409	% MAX	EFFORT)
EXERCISE	SETS/REPS	REST	ТЕМРО	R	EPS / WEIG	GHT LIFTED	D
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 mi	nutes					



CRUNCH LOCATIONS

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NOTES

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				
	1						
	S	ESSION	12 - P	USH			
EXERCISE	SETS/REPS	ESSION REST	1 2 - Р		REPS / WEI	GHT LIFTE	D
EXERCISE Barbell Flat Bench					REPS / WEI	GHT LIFTE	D
	SETS/REPS	REST	ТЕМРО		REPS / WEI	GHT LIFTE	D
Barbell Flat Bench	SETS/REPS 3x12	REST <3min	темро 2-1-2.		REPS / WEI	GHT LIFTE	D
Barbell Flat Bench Dumbell Decline Bench	SETS/REPS 3x12 3x12	REST <3min <3min	темро 2-1-2. 2-1-2.		REPS / WEI	GHT LIFTE	D

<1min

<30sec

<30sec

2-1-2.

2-1-2.

2-1-2.

3xMax

2x10

3x25

		S	LEEP				
EXERCISE	SETS/REPS	REST	темро	R	EPS / WEI	GHT LIFTE	D
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				

Battle Rope Slams	4x40sec	<30Sec	2-1-2.	
Mountain Climbers	4x40sec	<30Sec	2-1-2.	
SESSION	5 - CARDI	0		SES
EXERCISE		ТІМЕ		EX
Complete any form of ph activity that challenges y cardiovascular fitness	,	- 60 mins	activi	lete any ty that ch wascular

card	iovascular fitness
Activ	vity:
Effor	rt:

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

SESSION 5 - FUNTIONAL

EXERCISE	SETS/REPS	REST	ТЕМРО	R	EPS / WEI	GHT LIFTE	D
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.				

2021 D D **TRAINING PROGRAM**



SESSION 1 - LEGS							
EXERCISE	SETS/REPS	REST	ТЕМРО	R	EPS / WEI	GHT LIFTE	D
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				

WEEK 2/4

Cable ab crunches

3x25

EXERCISE	SETS/REPS	REST	ТЕМРО	D	EDS / WEI	GHT LIFTEI	<u> </u>
LALKCIJL	JETJ/REFJ	KLJI	TEMPO	ĸ			
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 mi	nutes					
	33 00 111	10105					



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NOTE	

Leg Press	3 x 20	< 1min	2 -1 - 2				
Calf Raises	3 x 20	< 1min	2-1-2				
	9	SESSION	12 - P	USH			
EXERCISE	SETS/REPS	REST	ТЕМРО	ŀ	REPS / WEI	GHT LIFTE	D
Barbell Flat Bench	3x12	<3min	2-1-2.				
Dumbell 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.				
Dumbell Bicep Curls	2x10	<30sec	2-1-2.				

2-1-2.

		s	LEEP				
EXERCISE	SETS/REPS	REST	ТЕМРО	R	EPS / WEI	GHT LIFTE	D
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				

<30sec

	SESSI	ON 5	- FI	UNTI	ONAL
--	-------	------	------	------	------

EXERCISE	SETS/REPS	REST	ТЕМРО	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	ТІМЕ						
Complete any form of physical activity that challenges your cardiovascular fitness	30 - 60 mins						
Activity:							
Effort:							

SESSION 5	FUNTIONA
SESSION S	FUNITIONA

2021 D D **TRAINING PROGRAM**



	SESSION 1 - LEGS									
EXERCISE	SETS/REPS	REST	ТЕМРО	F	REPS / WEI	GHT LIFTE	D			
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							

WEEK 3/4

Push Ups

Dumbell Bicep Curls

Cable ab crunches

Dips

EXERCISE	SETS/REPS	REST	ТЕМРО	D	EDS / WEI	GHT LIFTEI	<u> </u>
LALKCIJL	JETJ/REFJ	KLJI	TEMPO	ĸ			
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 mi	nutes					
	33 00 111	10105					



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NOTES

Dai Dell Dack Squat	3 X 12	< Smin					
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				
	9	SESSION	12 - P	USH			I
EXERCISE	SETS/REPS	SESSION REST	12 - Р темро		REPS / WEI	GHT LIFTE	D
					REPS / WEI	GHT LIFTE	D
EXERCISE Barbell Flat Bench Dumbell Decline Bench	SETS/REPS	REST	ТЕМРО		REPS / WEI	GHT LIFTE	D
Barbell Flat Bench	SETS/REPS 3x12	REST <3min	TEMP0 2-1-2.		REPS / WEI	GHT LIFTE	D

2-1-2.

2-1-2.

2-1-2.

2-1-2.

<2min

<1min

<30sec

<30sec

3xMax

3xMax

2x10

3x25

		S	LEEP				
EXERCISE	SETS/REPS	REST	ТЕМРО	F	EPS / WEI	GHT LIFTE	D
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				

EXERCISE	SETS/REPS	REST	ТЕМРО	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:					

CARDIO SESSION 7 Complete any form of physical 30 - 60 mins activity that challenges your cardiovascular fitness

Activity:

Effort:

SESSION 5 - FUNTIONAL									
	SETS/REPS	REST	ТЕМРО	REPS / W					
	4x40sec	<30Sec	2-1-2.						
	4x40sec	<30Sec	2-1-2.						
Press	4x40sec	<30Sec	2-1-2.						
	4x40sec	<30Sec	2-1-2.						
	4x40sec	<30Sec	2-1-2.						
5	4x40sec	<30Sec	2-1-2.						
		0		SESSION 7					

2021 KICKSTARTER TRAINING PROGRAM



SESSION 1 - LEGS							
EXERCISE	SETS/REPS	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				

week 4/4

SESSION 4	- ACTIVE	RECOV	ERY (30 - 409	% MAX	EFFORT	•)
EXERCISE	SETS/REPS	REST	ТЕМРО	R	EPS / WEIG	GHT LIFTE)
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 mi	nutes					

SESSION 2 - PUSH								
EXERCISE	SETS/REPS	REST	ТЕМРО	R	EPS / WEI	GHT LIFTE	D	
Barbell Flat Bench	3x12	<3min	2-1-2.					
Dumbell 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.					
Dumbell Bicep Curls	2x10	<30sec	2-1-2.					
Cable ab crunches	3x25	<30sec	2-1-2.					

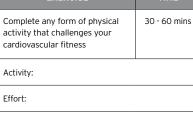
SLEEP							
EXERCISE	EXERCISE SETS/REPS REST TEMPO REPS / WEIGHT LIFTED						
Lat Pull Down (Wide)	4x12	<3min	2 - 1 - 2				
Barbell row	4x12	<3min	2 -1 - 2				
Facepulls	4x10	<3min	2 - 1 - 2				
Rear Delt Flys	3xMax	<2min	2-1-2				
Straight Arm Pull Down	3xMax	<1min	2 -1 - 2				
Cable Tricep Extensions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

SESSION 5 - FUNTIONAL

EXERCISE	SETS/REPS	REST	ТЕМРО	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



\$9.95 PER	

CRUNCH LOCATIONS

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

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As with all new exercise programs it is important to consult with your doctor. If you experience any symptoms of weakness, undetadiness, light-headendersor dizziness, cheat ain or pressure, nausea, or shortness of breath stop immediately If you ave any questions or need advice regarding this program, or have a presisting injury that prevents you from doing any of the exercises, please onsult any one of our friendly PIs in club for personalized fitness advice.

NOTES