



Strong Body Strong Mind

7 DAY TRAINING PROGRAM BY AYSUN OSMAN



ABOUT THE TRAINER

Aysun Osman is a Personal Trainer at Crunch Epping. She loves lifting weights & believes that the key to a long, healthy & happy life is to stay fit, strong & active. The Strong Body Strong Mind program is designed to help you build shape, strength & confidence. When you want to become stronger physically, you need to also become strong mentally. Your mindset will determine how effective your training will be. My program will help you transform your body & mind into something you didn't know was possible.

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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, 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.

*Ts & Cs apply. See Club for details.

DAY 1			
LEGS			
EXERCISE	REPS/TIME	SET	TEMPO
Hip Thrust Machine	10-12	3	
Leg Press	10-12	3	
Leg Curls	10-12	3	
Abductions	10-12	3	
Inner Thigh Machine	15	3	
Deadbugs	20	3	

DAY 2			
UPPERBODY			
EXERCISE	REPS/TIME	SET	TEMPO
Shoulder Press	10-12	3	
Lateral Raises	10-12	3	
Standing Face Pull	10-12	3	
Bicep Curls	10-12	3	
Hammer Curls	10-12	3	
Plank Hold	10-12	3	
Sled Drag - Up & Back	Up to 60secs	3	

DAY 3			
REST DAY			
EXERCISE	REPS/TIME	SET	TEMPO

DAY 4			
LEGS			
EXERCISE	REPS/TIME	SET	TEMPO
Hack Squat	10-12	3	
Split Squat	10-12	3	
Leg Extension	10-12	3	
Sled Push & Pull	30m	3	
Isometric Crunch Hold	10-15	3	
Reverse Crunch	10-15	3	

DAY 5			
REST DAY			
EXERCISE	REPS/TIME	SET	TEMPO

DAY 6			
BACK			
EXERCISE	REPS/TIME	SET	TEMPO
Lat Pulldown	10-12	3	
Seated Row	10-12	3	
Seated Facepull	10-12	3	
Incline KB Row	10-12	3	
Leg Raises	10-15	3	
Assult Bike	20sec FAST	5min	

DAY 7			
CHEST			
EXERCISE	REPS/TIME	SET	TEMPO
Incline Chest Press	10-12	3	
Close Grip Press	10-12	3	
Chest Fly	10-12	3	
Tricep Pushdown	10-12	3	
Tricep DB Extension	10-15	3	
Rower	20sec FAST	5min	

EXTRA NOTES

- First set per exercise will be a warm up set of 15, so use a weight that is light. (this set is not counted)
