

Summer Shred Program

7 DAY TRAINING PROGRAM BY BE PHAN

DAY 2



ABOUT THE TRAINER

Be Phan is an experienced PT at Hoppers Crossing and former martial Master.

I started training in martial arts from 1990 until 2012. Along with that, training in the gym has always been with me till now.

In my PT coaching, I utilise a combination of cardio and resistance training. Many years of coaching martial arts has helped me in my PT career. I apply martial arts training philosophy into PT coaching which also bring great benefits for my clients. This Summer Shred Program is designed to drive results & transform your physique in time for summer!

\$10	95 PER WEEK*
JOIN GRUN	CH.COM.AU



DAY 1			
LEGS			
EXERCISE	REPS/TIME	SET	TEMPO
Leg Extension	12	4	
Box Squat	10/ES	3	
Leg Press	12	3	
Static Split Squat	10/ES	3	
Hamstring Curls	12	3	
Machine Hip Thrust	10	3	
Machine Hip Abductor	10	3	

DAY 5				
BACK + BICEPS				
EXERCISE	REPS/TIME	SET	TEMPO	
Close Grip Seated Row	12	3		
Lat Pulldown	12	3		
Hyper extensions	12	3		
DB Rows	12/ES	3		
BB Biceps Curl	12	3		
DB Biceps Curl	12	3		

CHEST & TRICEPS			
EXERCISE	REPS/TIME	SET	TEMP0
Incline DB Chest Press	10	3	
Flat Bench BB Chest Press	10	3	
Cable Fly/ Machine Pec Fly	12	3	
DB Shoulder Press	10	3	
DB Lateral Raises	10	3	
Cable Tricep Pushdown	12	3	
DB Overhead Skull Crusher	12	3	

DAY 6			
DATO			
REST DAY			
KEST DAT			
EXERCISE	REPS/TIME	SET	TEMP0

DAY 3				
REST DAY				
EXERCISE	REPS/TIME	SET	TEMPO	

CIRCUIT x3			
EXERCISE	REPS/TIME	SET	TEMP0
Bike	3 mins		
Slam Ball	15		
Kettle Bell Swings	20		
Russian Twists	20		
Bicycle Kicks	20		
Crunches	20		
Ski/Rowing	2 mins		

DAY 7			
CIRCUIT x3			
EXERCISE	REPS/TIME	SET	TEMP0
Treadmill	1km		
Sled Push			
Battle Rope	1 min		
Plank	1 min		
Laying Leg Raises	20		
Box Jump/	10/ES		

Step Up

EXTRA NOTES

- For strength training: 45-60 seconds rest between sets and 60-90 seconds rest between exercises.
- For circuit: 20-25 seconds rest between exercises and 90 seconds rest between sets