# Strong Body Strong Mind

## 7 DAY TRAINING PROGRAM BY AYSUN SERTEL

## ABOUT THE TRAINER

Aysun Sertel 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.

ONLY $10.95 PER WEEK*
MORE BANG FOR YOUR BUCK!
JOIN ONLINE CRUNCH.COM.AU

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)