



SUMMER SHRED PROGRAM

7 DAY TRAINING PROGRAM
BY BE PHAN



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!

START NOW



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.

GO TO DAY 1



DAY 1

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	

GO TO DAY 2



DAY 2

EXERCISE	REPS/TIME	SET	TEMPO
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	

GO TO DAY 3



DAY 3

REST DAY

GO TO DAY 4



DAY 4

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

GO TO DAY 5



DAY 5

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	

GO TO DAY 6



DAY 6

REST DAY

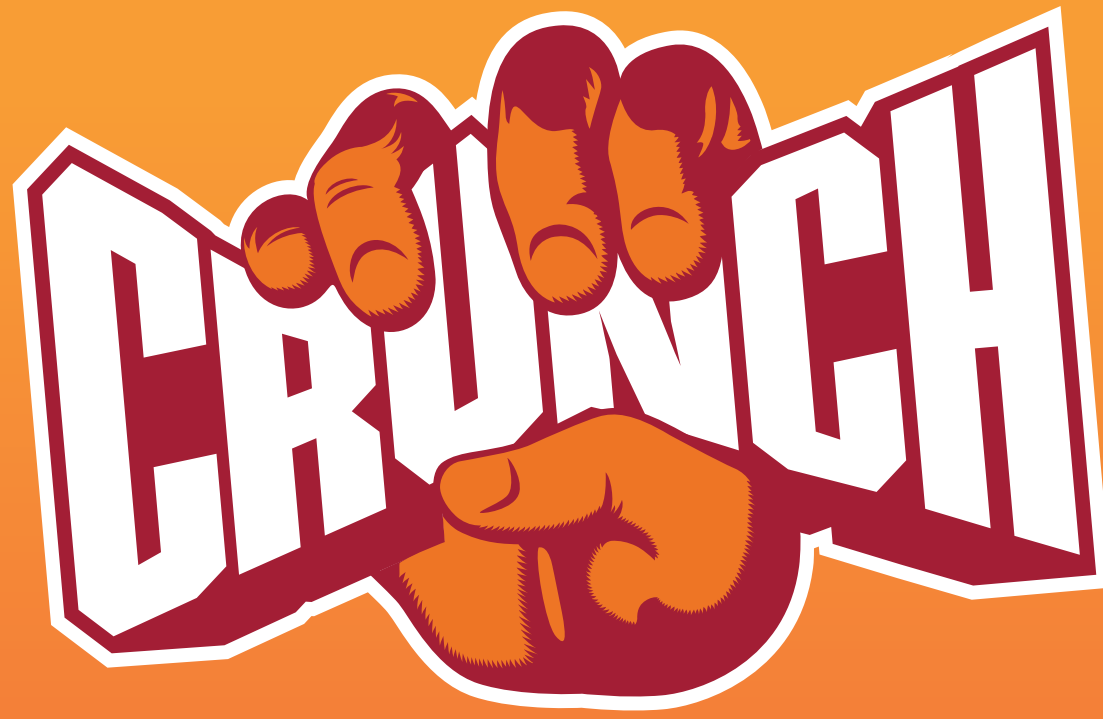
GO TO DAY 7



DAY 7

EXERCISE	REPS/TIME	SET	TEMPO
Treadmill	1km		
Sled Push			
Battle Rope	1 min		
Plank	1 min		
Laying Leg Raises	20		
Box Jump/ Step Up	10/ES		





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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, lightheadedness 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.