



GET LEAN

ALEX CROCKFORD

Personal Trainer & Fitness Model aka Lean Machine

LOCATION:
WEST BYFLEET

WEBSITE:
ALEXCROCKFORD.COM

TRAINING | GYM FIT

This 4 week training plan is what #CrockFit is all about! I love helping people get stronger, fitter, healthier and leaner, by using simple and effective training techniques to make results happen! If you're looking for more after this plan then check out my various programmes at www.alexcrockford.com and follow me on [Youtube](https://www.youtube.com) where I'll post videos of each exercise. #CrockFIT!

DAY 1: UPPER BODY

EXERCISE	SETS / REPS
Push up	3 sets of 10
Assisted pull up	3 sets of 10
Barbell bench press	3 sets of 8
Lat pull down	3 sets of 8
Barbell shoulder press	3 sets of 8
Seated cable row	3 sets of 8
Dumbbell bicep curl	3 sets of 10
Dumbbell tricep extension	3 sets of 10
Dumbbell lateral raise	3 sets of 10

DAY 2: LOWER BODY

EXERCISE	SETS / REPS
Glute bridge	3 sets of 10
Dumbbell walking lunge	3 sets of 10 on each leg
Squat jumps	3 sets of 10
Barbell squat	3 sets of 8
Leg press	3 sets of 10
Leg extension machine	3 sets of 15
Dumbbell straight leg deadlift	3 sets of 10
Leg curl machine	3 sets of 15
Lunge jumps	3 sets of 10 on each leg

DAY 3: REST

DAY 4: CHEST AND SHOULDERS

EXERCISE	SETS / REPS
Dumbbell flat chest press	2 sets of 10
Barbell incline bench press	3 sets of 12
Standing cable decline chest fly	3 sets of 12
Seated dumbbell shoulder press	2 sets of 10
Dumbbell front raise	3 sets of 10
Dumbbell lateral raise	3 sets of 10
Cable rope face pull	3 sets of 10

DAY 5: LEGS AND CORE

EXERCISE	SETS / REPS
Glute band squat	3 sets of 15
Barbell deadlift	3 sets of 8
Dumbbell side lunge	3 sets of 10 on each leg
Kettlebell swing	3 sets of 15
Cable woodchop	3 sets of 10 on each side
Ab rollout	3 sets of 10
Russian twist	3 sets of 10 on each side
Bicycle crunches	3 sets of 10 on each side

DAY 6: REST

DAY 7: FULL BODY HIIT SESSION

30seconds work with 30 seconds rest.
5 sets on each exercise and then move to the next exercise.

EXERCISE	SETS / REPS
Rowing	5x 30/30
Squat jumps	5x 30/30
Mountain climbers	5x 30/30
Treadmill sprint	5x 30/30
Burpees	5x 30/30

Top tip:

Consider your fitness as an equation of
Training
+ Nutrition
+ Lifestyle
= Results

Top tip:

“Nutrition for fitness is not about what you need to take out of your diet, but what you can add.”



NUTRITION

This combo is great for keeping me strong & lean and helps me to recover from my workouts. If you're looking to lose body fat and gain muscle then I recommend these in your routine.

Workout day

MORNING

Protein porridge
– Mix one scoop of Instant Whey™ Pro (salted peanut caramel flavour).

Supplements:

Before breakfast: Thermo Fusion.
With breakfast: Omega 3, Nexgen® Pro Multivitamin, Vitamin D.

SNACK

R-Bar Protein bar and apple.

Supplements:

Post workout: Protein smoothie - Almond milk, Instant Whey™ Pro (strawberry & raspberry flavour), oats, almond butter, frozen blueberries.

AFTERNOON

Chicken, mixed veg and rice.

Supplements:

Nexgen® Pro Multivitamin.

EVENING

Salmon, sweet potato and broccoli.

Supplements:

Nexgen® Pro Multivitamin.

NIGHT TIME

Greek yogurt and dark chocolate.

Rest day

MORNING

Omelette with tomatoes and almonds.

Supplements:

Before breakfast: Thermo Fusion.
With breakfast: Omega 3, Nexgen® Pro Multivitamin, Vitamin D.

SNACK

R-Bar Protein bar and apple.

Supplements:

Protein shake snack: Instant Whey™ Pro or Instant Whey™ Pro On The Go

AFTERNOON

Prawn & vegetable stir fry.

Supplements:

Nexgen® Pro Multivitamin.

EVENING

Chicken curry with vegetables and butternut squash.

Supplements:

Nexgen® Pro Multivitamin.

NIGHT TIME

Greek yogurt and dark chocolate.

KEY PRODUCTS

I like to recommend certain products with my plans. If you have any special dietary requirements Reflex has a number of vegetarian or vegan friendly options to choose from.

CLICK ON A PRODUCT TO FIND OUT MORE



INSTANT WHEY™ PRO ON THE GO



R-BAR



NEXGEN® PRO



OMEGA 3



VITAMIN D3



THERMO FUSION

* This Workout & Nutrition plan was prepared by the PT, and not Reflex, as a guide only. Certain elements may need to be adjusted to accommodate your specific circumstances, such as calorific intake. We recommend you seek your own independent professional advice before deciding to embark on a new diet and exercise regime. Reflex accepts no liability for your use of this Workout & Nutrition plan. Please see our Terms of Use for further information <https://www.reflexnutrition.com/terms-of-use/>