



# GET LEAN

## ALEX CROCKFORD

Trainer & Fitness Model,  
aka Mr Crockfit

LOCATION:  
WEST BYFLEET

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# TRAINING

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](http://www.alexcrockford.com) and follow me on You tube where I'll post videos of each exercise. #CrockFIT!

### DAY 1: LEGS

| EXERCISE                         | SETS / REPS                            |
|----------------------------------|--|
| Warm up and mobility             | 5-10 minutes                           |
| Barbell squat                    | 3 sets of 10                           |
| Leg extension                    | 3 sets of 15                           |
| Leg curl                         | 3 sets of 15                           |
| Dumbbell walking lunge           | 3 sets of 20 steps                     |
| Finisher: Bodyweight squat jumps | 30 seconds work/<br>30 seconds rest x5 |
| Cool down and stretch            | 5-10 minutes                           |

### DAY 2: REST

### DAY 3: PUSH

| EXERCISE                | SETS / REPS       |
|-------------------------|-------------------|
| Warm up and mobility    | 5-10 minutes      |
| Barbell bench press     | 3 sets of 10      |
| Dumbbell shoulder press | 3 sets of 10      |
| Cable chest fly         | 3 sets of 15      |
| Dumbbell lateral raise  | 3 sets of 15      |
| Finisher: pushups       | 1 set of 1 minute |
| Cool down and stretch   | 5-10 minutes      |

### DAY 4: REST

### DAY 5: PULL

| EXERCISE               | SETS / REPS   |
|------------------------|---|
| Warm up and mobility   | 5-10 minutes  |
| Barbell deadlift       | 3 sets of 10  |
| Lat pull down          | 3 sets of 10  |
| Seated row             | 3 sets of 10  |
| Cable reverse fly      | 3 sets of 15  |
| Hyperextensions        | 3 sets of 10  |
| Finisher: Pull up hold | 1 set of 1 minute<br>(as many sets you<br>need to accumulate<br>1 minute overall) |

### DAY 6: PULL

| EXERCISE  | SETS / REPS  |
|---|--|
| Warm up and mobility                                  | 5-10 minutes   |
| Front plank   | 3 sets of 30 seconds   |
| Side plank  | 3 sets of 30 seconds   |
| Ab rollout  | 3 sets of 10   |
| Lying leg raises                                      | 3 sets of 15   |
| Russian twist   | 3 sets of 10 each side   |
| Choose a cardio machine<br>(treadmill, bike, row etc) | 5 minutes steady state<br>10 minutes HIIT:<br>30 seconds work hard,<br>30 seconds rest<br>5 minutes steady state<br>(20 minutes overall) |

### DAY 7: REST

### Top tip:

Make sure before each session you do 5 minutes on the cross trainer, followed by dynamic body weight movements for that body part.

'It's easy to break up workouts in a push and pull split, as this would usually mean 'push' focuses on chest, shoulders and triceps, and 'pull' focuses on back and biceps.'

" Rest and regeneration is as important as working out, this is where your body recovers and adapts to the training."



## NUTRITION

This combo is great for keeping me lean strong and recovering from my workouts, if you're looking to lose body fat and gain muscle then I recommend these in your supplement routine.

### Workout day

#### MORNING

Protein porridge.

##### Supplements:

Before breakfast: Thermo Fusion.

With breakfast: Omega 3, Nexgen Multivitamin, Vitamin D.

#### SNACK

R-Bar Protein bar and apple.

##### Supplements:

Post workout: Protein smoothie - Almond milk, Instant Whey Pro, oats, almond butter, frozen blueberries.

#### AFTERNOON

Chicken, mixed veg and rice.

##### Supplements:

Nexgen Multivitamin.

#### EVENING

Salmon, sweet potato and broccoli.

##### Supplements:

Nexgen 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 Multivitamin, Vitamin D.

#### SNACK

R-Bar Protein bar and apple.

##### Supplements:

Protein shake snack: Instant Whey Pro

#### AFTERNOON

Prawn & vegetable stir fry.

##### Supplements:

Nexgen Multivitamin.

#### EVENING

Chicken curry with vegetables and butternut squash.

##### Supplements:

Nexgen 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**



**R-BAR**



**NEXGEN®**



**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 caloric intake. We recommend you seek your own independent professional advice before deciding to embark on a new diet and exercise regime. We refer to our Terms of Use <https://www.reflexnutrition.com/terms-of-use/>