

KRIS GETHIN'S 8-WEEK HARDCORE DAILY VIDEO TRAINER



DAY 8: Legs, Lower Abs & Calves

Notes: 60 seconds of rest between sets. Unless noted otherwise

Cardio: 25 Minutes AM / 25 Minutes PM

Legs

EXERCISES	SETS / REPS	WEIGHT	NOTES
1. Leg Extension*	3 x 20, 10, 20* Reps		Use resistance bands for added intensity. 45 seconds of rest between sets.
*Begin with 20 reps, then increase weight for the second set and perform 10 reps. On the third and final set, reduce the weight and complete another 20 reps. do 10 more reps. Rest for 10 seconds between drop sets.			
2. Leg Press	5 x 30,20,10,20,30 Reps		Use resistance bands for added intensity.
3. Alternating Barbell Lunge & Squat Combo	3 x 10 Reps		
*Begin by lunging forward with the right leg, then return to start position and immediately go into a squat. Lunge forward with the left leg, then return to start position and immediately go into a squat. Repeat for reps.			

Calves

4. Seated Calf Raises	5 x 30,20,10,20,30 Reps		Use resistance bands for added intensity.
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Lower Abs

Circuit	3 Sets		5a. + 5b. + 5c. = 1 Circuit set
5a. Lying Incline Leg Raises	15 Reps		
5b. Exercise Ball Knee Tuck	20 Reps		
5c. Bodyweight Plank	30 Sec Hold		

Training, Nutrition, Supplementation Notes: