

KRIS GETHIN'S 8-WEEK HARDCORE DAILY VIDEO TRAINER



DAY 9: Chest & Shoulders

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

Cardio: 25 Minutes AM / 25 Minutes PM

Chest

EXERCISES	SETS / REPS	WEIGHT	NOTES
1. Hammer Press	3 x 20,15,10/10* Reps		Use resistance bands for added intensity. 45 seconds of rest between sets.
*Third set is a drop set. Perform 10 reps, then immediately reduce the weight and complete another 10 reps.			
2. Incline Smith Machine Press	3 x 20,10,10/10* Reps		Use resistance bands for added intensity.
*Third set is a drop set. Perform 10 reps, then immediately reduce the weight and complete another 10 reps.			
3. Seated Cable Fly	3 x 20,15,10/10* Reps		
*Third set is a drop set. Perform 10 reps, then immediately reduce the weight and complete another 10 reps.			
4. Wide-Hands Pushup	3 x Failure		
Use resistance bands for added intensity. When using bands, perform 15 reps, then remove the band and go to failure using bodyweight only.			
Shoulders			
5. Barbell Front Raise & Shoulder Press Combo	3 x 10 Reps		90 seconds of rest between sets.
6. Barbell Side Raises	3 x 10/10* Reps		10/10* reps each arm
All three sets are drop sets. For each set, start with banded barbell side raises for 10 reps, then remove the band and complete another 10 reps each arm.			
7. Dumbbell Rear Delt Fly	3 x 20* Reps		FOR THE FIRST SET, PERFORM 10 REPS WITH PALMS FACING BACKWARD, THEN TURN PALMS TOWARD EACH OTHER AND PERFORM ANOTHER 10 REPS. IMMEDIATELY DROP THE DUMBBELLS AND GRASP HOLD OF A RESISTANCE BAND AND GO TO FAILURE. THAT'S ONE SET.

Training, Nutrition, Supplementation Notes: