

KRIS GETHIN'S 8-WEEK HARDCORE DAILY VIDEO TRAINER



DAY 1: Quads, Lower Abs & Calves

Notes: 90 seconds of rest between sets. Unless noted otherwise

Cardio: 20 Minutes AM / 20 Minutes PM

Quads

EXERCISES	SETS / REPS	WEIGHT	NOTES
1. Hack Squat	3 x 15 Reps		1.5 Rep Variation
2. Squat Press	3 x 15 Reps		Pause Reps (2 Second)
Giant Set	2 Sets Total*		
3a. Leg Extension*	10/10/10 Reps		3a. + 3b. + 3c. + 3d. = 1 Set*
*Perform 10 reps, reduce weight and complete another 10 reps, then reduce weight and do 10 more reps. Rest for 10 seconds between drop sets.			
3b. Walking Lunges	10 Reps		
3c. Body Weight Squats	10 Reps		
3d. Walking Lunges	10 Reps		
Calves			
4. Seated Calf Raise	5 x 30 Reps		
Lower Abs			
Superset	3 Sets*		5a. + 5b. = 1 Superset*
5a. Hanging Leg Raises	Failure		
5b. Lying Leg Raises	Failure		

Training, Nutrition, Supplementation Notes: