

KRIS GETHIN'S 8-WEEK HARDCORE DAILY VIDEO TRAINER



DAY 10: Arms

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

Cardio: 25 Minutes AM / 25 Minutes PM

Triceps

EXERCISES	SETS / REPS	WEIGHT	NOTES
1. Overhead Triceps Extensions	3 x 15* Reps		60 seconds of rest between sets.
*On the third set, perform 10 reps, then remove the band and go to failure. Use resistance bands for added intensity.			
2. Seated Rope Extensions	3 x 10/10/10* Reps		Spread rope as much as possible
*All 3 sets are triple drop sets. Perform 10 reps, reduce the weight and complete another 10 reps, then reduce the weight again and do 10 more reps.			
3. Dips	3 x 10 Reps		Use resistance bands for added intensity.

Biceps

Superset	3 Sets		
4a. EZ-Bar Spider Curls	10 to 12 Reps		4a. + 4b. = 1 Superset
4b. Standing Banded Biceps Curl	10 to 12 Reps		
Superset	3 Sets		
5a. Low Cable EZ-Bar Curls	10 to 12 Reps		5a. + 5b. = 1 Superset
5b. Low Banded Biceps Curl	8 to 10** Reps		60 seconds of rest between supersets.

*Performed in a squat position with elbows resting on inner thighs.

**Performed in a squat position with elbows resting on inner thighs. Wrap band low around cable machine.

Superset	3 Sets		
6a. Incline Dumbbell Curls	10 Reps		6a. + 6b. = 1 Superset
6b. Seated Banded Biceps Curl	10 Reps*		60 seconds of rest between supersets.

*Lean slightly forward while performing this exercise.

Training, Nutrition, Supplementation Notes: