

KRIS GETHIN'S 8-WEEK HARDCORE DAILY VIDEO TRAINER



Day 11: Lower Back, Hamstrings & Upper Abs

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

Cardio: 25 Minutes AM / 25 Minutes PM

Lower Back

EXERCISES	SETS / REPS	WEIGHT	NOTES
1. Deadlifts	1 x 5 Reps 1 x 5/5 Reps 1 x 8/8* Reps		

*Second set is a drop set. Perform 5 reps, then immediately reduce the weight and complete another 5 reps.

Third set is also a drop set. Perform 8 reps, then immediately reduce the weight and complete another 8 reps.

Superset	3 Sets		2a. + 2b. = 1 Superset
2a. Rack Deadlifts	10 Reps		
2b. Banded Good Mornings	20 Reps		

Hamstrings

3. Lying Hamstring Curl	1 x 20 Reps 1x 10/10 Reps 1 x 10/10/10* Reps		60 seconds of rest between sets.
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*Second set is a drop set. Perform 10 reps, then immediately reduce the weight and complete another 10 reps.

Third set is a triple drop set. Perform 10 reps, immediately reduce the weight and complete another 10 reps, then reduce the weight again and finish with 10 more reps.

4. Standing Cable Hamstring Curl	3 x 20,15,10* Reps		*Each Leg No rest between sets.
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Upper Abs

Circuit	3 Sets		5a. + 5b. + 5c. = 1 Superset
5a. Barbell Straight-Arm Situps	10 Reps		60 seconds of rest between circuits.
5b. Barbell Rollouts	10 Reps		
5c. Crunches*	10 Reps		

*On the last 2 circuits, switch the crunches to alternating oblique crunches.

Training, Nutrition, Supplementation Notes: