

KRIS GETHIN'S 8-WEEK HARDCORE DAILY VIDEO TRAINER



DAY 12: Upper Back & Calves

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

Cardio: 25 Minutes AM / 25 Minutes PM

Upper Back

EXERCISES	SETS / REPS	WEIGHT	NOTES
1. Pull-ups	3 x 10/10* Reps		
*Use resistance bands for added intensity. When using bands, perform 10 reps, then remove the band and complete another 10 reps. If you do not have bands, do 20 reps total using bodyweight only.			
2. Hammer Row	3 x 10/10* Reps		
*Use resistance bands for added intensity. When using bands, perform 10 reps, then remove the band and complete another 10 reps. If you do not have bands, do 20 reps total using bodyweight only.			
3. Supported Smith Machine Row	3 x 10/10* Reps		90 seconds of rest between sets.
*All 3 sets are drop sets. Perform 10 reps, then immediately reduce the weight and go to failure.			
Superset	x3 Sets		4a. + 4b. = 1 Superset
4a. Cable Straight-Arm Pulldown	10 Reps		90 seconds of rest between supersets.
4b. High-Pulley Cable Row	10 Reps		
Calves			
Single-Leg Standing Dumbbell Calf Raise	5 x 30,25,20,20,20* Reps		
*Perform the last two sets of 20 reps each using bodyweight only.			

Training, Nutrition, Supplementation Notes: