

KRIS GETHIN'S 8-WEEK HARDCORE DAILY VIDEO TRAINER



DAY 15: Legs, Calves & Lower Abs

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

Cardio: 30 Minutes AM / 30 Minutes PM

Legs

EXERCISES	SETS / REPS	WEIGHT	NOTES
1. Leg Extension*	1 x 25/25* Reps 5 x 10** Reps		

*First set is a drop set. Perform 25 reps, then immediately reduce the weight and complete another 25 reps.

**Pyramid: perform the first 10 reps using a weight that is light, then immediately increase the weight and complete another 10 reps. Continue increasing the weight every 10 reps until you've completed a total of 50 reps.

Superset	3 Sets		2a. + 2b. = Superset
2a. Landmine Squat	25 reps		No rest between supersets.
2b. Hex Bar Squat	25 reps		
3. Bulgarian Split Squat	3 x 20* Reps		20 reps each leg*

*Rest pause: perform 10 rest pause reps (pausing at the bottom of the movement and the top), then immediately do 10 more reps using a quicker tempo, then finish with a 10-second hold at the bottom of your last rep.

4. Smith Machine Front Squat	3 x 20		90 seconds of rest between sets.
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Calves

5. Seated Calf Raises	5 x 30		
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Lower Abs

Circuit	3 Sets		6a. + 6b. + 6c. = Circuit set
6a. Captain's Chair Leg Raises	20 Reps		
6b. Medicine Ball Pass	Failure		
6c. Cross-body Mountain Climbers	Failure		

Training, Nutrition, Supplementation Notes: