

KRIS GETHIN'S 8-WEEK HARDCORE DAILY VIDEO TRAINER



DAY 16: Chest & Shoulders

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

Cardio: 30 Minutes AM / 30 Minutes PM

Chest

EXERCISES	SETS / REPS	WEIGHT	NOTES
1. Incline Dumbbell Fly & Press Combo	3 x 20* Reps		
*Perform incline dumbbell fly, pause at the end of the movement. Bend your elbows to lower the weight toward the chest, then extend arms to press the weight back to the starting position. That's one rep each exercise, for a total of two reps. Repeat for reps.			
Superset	3 Sets		
2a. Incline Close-grip Dumbbell Press	10 Reps		2a. + 2b. = 1 Superset
2b. Incline Dumbbell Press	10 Reps		
Superset	3 Sets		
3a. Rollout Fly	10 Reps		3a. + 3b. = 1 Superset
3b. Pushups	10 Reps		
Perform 10 reps of rollout flies. Then, keeping your hands balanced on the bars, immediately do 10 pushups.			
4. Smith Machine Weighted Pushups	3 x 20* Reps		
*Perform the first 10 reps of weighted pushups, then remove the bar and do another 10 reps using bodyweight only.			
Shoulders			
5. Smith Machine Close-Grip Press	3 x 10/10* Reps		
*All 3 sets are drop sets. Perform 10 reps, then reduce weight and complete 10 more reps holding end of Smith Machine			
6. Squat Press Shoulder Press	3 x 10/10* Reps		
*All 3 sets are drop sets. Perform 10 reps, then reduce the weight and complete another 10 reps.			
7. Single-Arm Landmine Shoulder Press	3 x 20* Reps		20 Reps Each Arm
Superset x3	3 Sets		
8a. Single-Arm Bentover Rear Delt Raise	10–12 reps		8a. + 8b. = 1 Superset
8b. Leg Extension Single-Arm Rear Delt Raise	10–12 reps		

Training, Nutrition, Supplementation Notes: