

KRIS GETHIN'S 8-WEEK HARDCORE DAILY VIDEO TRAINER



DAY 17: Arms

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

Cardio: 30 Minutes AM / 30 Minutes PM

Triceps

EXERCISES	SETS / REPS	WEIGHT	NOTES
1. Kneeling Cable Overhead Triceps Extension	3 x 10/10* Reps		
*All 3 sets are drop sets. Perform 10 reps, then reduce the weight and complete another 10 reps.			
2. Machine Triceps Extension	3 x 10/10* Reps		
*All 3 sets are drop sets. Perform 10 reps, then reduce the weight and complete another 10 reps.			
3. Machine Triceps Pressdown	3 x 10/10* Reps		Use resistance bands for added intensity.
*All 3 sets are drop sets. Perform 10 reps, then reduce the weight and complete another 10 reps.			

Biceps

Superset	3 Sets		4a. + 4b. = 1 Superset
4a. Standing Cable Curls	10 Reps*		*Use vinyl handles on a straight-bar attachment.
4b. Lying Cable Curls	10 Reps		
Superset	3 Sets		
5a. Lying High Cable Curls	10 Reps		5a. + 5b. = 1 Superset
5b. Standing High Cable Curls	10 Reps		
Superset	3 Sets		6a. + 6b. = 1 Superset
6a. Reverse-Grip EZ-Bar Curls	10 Reps		
6b. Close-Grip EZ-Bar Curls	10 Reps		

Training, Nutrition, Supplementation Notes: