

# KRIS GETHIN'S 8-WEEK HARDCORE DAILY VIDEO TRAINER



**Day 18: Hamstrings, Lower Back & Upper Abs**

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

Cardio: 30 Minutes AM / 30 Minutes PM			
<b>Hamstrings</b>			
EXERCISES	SETS / REPS	WEIGHT	NOTES
1. Single-Leg Hamstring Curl	5 x 12,10,8,8,6* Reps		*Each Leg, No Rest Between Sets
2. Dumbbell Stiff-Legged Deadlift	5 x 10 Reps		
<b>Lower Back</b>			
3. Weighted Hyperextensions	3 x 10/10* Reps		
*All 3 sets are drop sets. Perform 10 reps, then drop the weight and complete another 10 reps using bodyweight only.			
4. Barbell Good Mornings	3 x 20,18,16* Reps		
*Pyramid: for the first set, choose a weight that allows you to reach failure at 20 reps. On the next set, slightly increase the weight and complete 18 reps. On the third and final set, slightly increase the weight again and do 16 reps.			
<b>Upper Abs</b>			
Circuit	3 Sets		5a. + 5b. + 5c. + 5d. = 1 Circuit Set
5a. Weighted Crunches	20 Reps		45 seconds rest between circuits.
5b. Cross-Body Crunches	20 Reps		
5c. Exercise Ball Rollouts	20 Reps		
5d. Ab Twists	50 Reps		
<b>Training, Nutrition, Supplementation Notes:</b>			