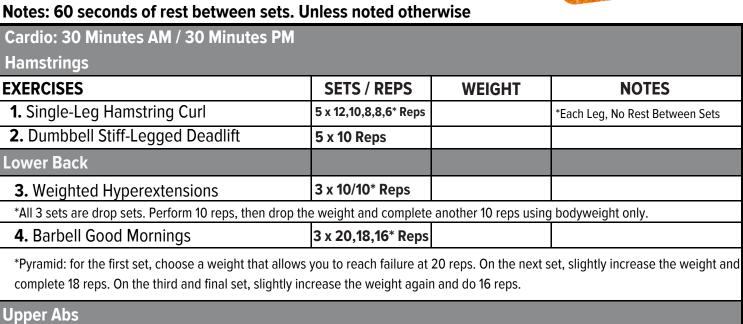
KRIS GETHIN'S 8-WEEK

HARDCORE

DAILY VIDEO TRAINER

Day 18: Hamstrings, Lower Back & Upper Abs



Upper Abs		
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	

Training, Nutrition, Supplementation Notes: