

KRIS GETHIN'S 8-WEEK HARDCORE DAILY VIDEO TRAINER



DAY 19: Upper Back & Calves

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

Cardio: 30 Minutes AM / 30 Minutes PM

Upper Back

EXERCISES	SETS / REPS	WEIGHT	NOTES
1. Dumbbell Seal Row	3 x 10/10* Reps		
*All 3 sets are drop sets. Perform 10 reps, then reduce the weight and complete another 10 reps.			
2. Incline Straight-Arm Pullover	3 x 12 Reps		
3. Barbell Bentover Row	3 x 10 Reps		
Calves			
Superset	3 Sets		4a. + 4b. = 1 Superset
4a. Seated EZ-Bar Shrugs	3 x 20 Reps		
4b. Calf Press	5 x 20 Reps		Finish 2 calve sets after completing 3 supersets

Training, Nutrition, Supplementation Notes:

Blank area for notes.