

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



## DAY 2: Chest & Shoulders

Notes: 90 seconds of rest between sets. Unless noted otherwise

| Cardio: 20 Minutes AM / 20 Minutes PM  |                   |        |   |
|--|-------------------|--------|---|
| Chest  |                   |        |   |
| EXERCISES  | SETS / REPS       | WEIGHT | NOTES   |
| 1. Dumbbell Chest Press (DTPXtreme)  | 3 x 10/10/10 Reps |        | All 3 Sets = Triple Dropset                           |
| *Perform 10 reps, reduce weight and complete another 10 reps, then reduce weight and do 10 more reps. Rest for 10 seconds between drop sets.                                       |                   |        |   |
| <b>Superset</b>  | 3 Sets*           |        | 2a. + 2b. = 1 Superset                                |
| 2a. Incline Cable Fly*   | 12 Reps           |        | *2 Second Pause Reps on 2nd and 3rd set               |
| 2b. Dumbbell Floor Press*  | 12 Reps           |        | 45 Seconds Rest between Superset                      |
| *On the second superset, use a 2-second pause at the bottom of each rep on the flies. On the third superset, use a 2-second pause at the top of each rep on the flies.             |                   |        |   |
| <b>Superset</b>  | 3 Sets            |        | 3a. + 3b. = 1 Superset                                |
| 3a. Decline Dumbbell Fly*  | 12 Reps           |        | *2 Second Pause Reps on 2nd and 3rd set               |
| 3b. Pushups*   | Failure           |        |   |
| *On the second superset, use a 2-second pause at the bottom of each rep for both exercises. On the third superset, use a 2-second pause at the top of each rep for both exercises. |                   |        |   |
| Shoulders  |                   |        |   |
| <b>Superset</b>  | 3 Sets            |        | 4a. + 4b. = 1 Superset                                |
| 4a. Smith Machine Alternating Military Press*  | 12 Reps           |        | *Alternate from front press to behind the head press. |
| 4b. Lying Upright Cable Rows   | 12 Reps           |        |   |
| <b>Superset</b>  | 3 Sets            |        | 5a. + 5b. = 1 Superset                                |
| 5a. Lying Cable Side Raise   | 12 Reps           |        | 60 Seconds Rest between Superset                      |
| 5b. Lying Cable Front Raise  | 12 Reps           |        |   |
| <b>Superset</b>  | 3 Sets            |        | 6a. + 6b. = 1 Superset                                |
| 6a. Bent-Over Cable Rear Delt Raise  | 10 Reps           |        | 60 Seconds Rest between Superset                      |
| 6b. Standing Rope Pulls*   | 10 Reps           |        | *Focus on pulling rope apart                          |
| <b>Training, Nutrition, Supplementation Notes:</b>   |                   |        |   |