

KRIS GETHIN'S 8-WEEK HARDCORE DAILY VIDEO TRAINER



DAY 22: Legs, Calves & Lower Abs

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

Cardio: 35 Minutes AM / 35 Minutes PM

Legs

EXERCISES	SETS / REPS	WEIGHT	NOTES
1. Single-Leg Extension	5 x 15,15,15,12,6 Reps		Reps Each Leg - No rest between sets.
*For the first 3 sets, reduce the weight with each successive set. For the last 2 sets, increase the weight with each successive set.			
2. Single-Leg Press	5 x 15,15,15,12,6 Reps		
*For the first 3 sets, reduce the weight with each successive set. For the last 2 sets, increase the weight with each successive set.			
3. Single-Leg Hack Squat*	5 x 10/10/10/10/10 Reps		Reps Each Leg - No rest between sets.
*All 5 sets are drop sets. Perform 10 reps using the right leg, then switch to your left leg and do 10 reps. Reduce the weight and complete another 10 reps for each leg. Continue to reduce the weight for each set until you've completed a total of 50 reps each leg.			
4. Smith Machine Lunge*	5 x 10/10/10/10/10 Reps		Reps Each Leg - No rest between sets.
*All 5 sets are drop sets. Perform 10 reps using the right leg, then switch to your left leg and do 10 reps. Reduce the weight and complete another 10 reps for each leg. Continue to reduce the weight for each set until you've completed a total of 50 reps each leg.			

Calves

5. Seated Single-Leg Calf Raise*	5 x 20/20/20/20/20 Reps		Reps Each Leg - No rest between sets.
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Lower Abs

Circuit	3 Sets		6a. + 6b.+ 6c. = 1 Circuit Set
6a. Alternating Hanging Leg Raises	10 Reps*		Each Leg
6b. Alternating Lying Leg Raises	10 Reps*		30 seconds of rest between sets.
6c. Alternating Exercise Ball Knee Tucks	10 Reps*		

Training, Nutrition, Supplementation Notes: