

KRIS GETHIN'S 8-WEEK HARDCORE DAILY VIDEO TRAINER



DAY 23 Chest & Shoulders

Notes: 45 seconds of rest between sets. Unless noted otherwise

*For the first 3 sets, reduce the weight with each successive set. Rest for 2-3 minutes, then increase the weight on the last set to reach failure at around 5 reps.

Cardio: 35 Minutes AM / 35 Minutes PM			
Chest			
EXERCISES	SETS / REPS	WEIGHT	NOTES
1. Incline One-Arm Dumbbell Press	4 x 15,15,15,5* Reps		
2. Incline Unilateral Cable Crossover	4 x 15,15,15,5* Reps		
3. Decline Unilateral Dumbbell Press	4 x 15,15,15,5* Reps		
4. One-Arm Cable Crossover	4 x 15,15,15,5* Reps		
Shoulders			
5. Standing One-Arm Shoulder Press	4 x 10,10,10,5* Reps		
6. One-Arm Cable Rear Delt Fly	4 x 10,10,10,5* Reps		
7. One-Arm Lying Cable Front Raises	4 x 10,10,10,5* Reps		
8. One-Arm Cable Side Raises	4 x 10,10,10,5* Reps		
Training, Nutrition, Supplementation Notes:			