

KRIS GETHIN'S 8-WEEK HARDCORE DAILY VIDEO TRAINER



DAY 24: Arms

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

*15 Reps Each Arm

Cardio: 35 Minutes AM / 35 Minutes PM

Biceps and Triceps

EXERCISES	SETS / REPS	WEIGHT	NOTES
Superset	4 Sets		1a. + 1b. = 1 Superset
1a. Seated Single-Arm Dumbbell Curls	4 x 15* Reps		*Each Arm
1b. Lying Single-Arm Overhead Dumbbell Extension	4 x 15* Reps		
Superset	3 Sets		2a. + 2b. = 1 Superset
2a. Incline Single-Arm Overhead Cable Extensions	3 x 15* Reps		*Each Arm
2b. Single-Arm Cable Concentration Curls	3 x 15* Reps		
Superset	3 Sets		3a. + 3b. = 1 Superset
3a. Single-Arm Preacher Machine Curls	3 x 15* Reps		*Each Arm
3b. Single-Arm Cable Push-downs	3 x 15* Reps		

Training, Nutrition, Supplementation Notes: