

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



**Day 25: Lower Back, Hamstrings & Upper Abs**

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

**\*Reduce the weight with each successive set.**

| Cardio: 35 Minutes AM / 35 Minutes PM   |                          |        |                                 |
|---|--------------------------|--------|---------------------------------|
| Lower Back  |                          |        |                                 |
| EXERCISES   | SETS / REPS              | WEIGHT | NOTES                           |
| 1. Single-Arm Dumbbell Deadlift   | 3 x 15* Reps             |        | No Rest Between Sets            |
| 2. Hyperextensions  | 3 x 15* Reps             |        |                                 |
| Hamstrings  |                          |        |                                 |
| 3. Single-Leg Hamstring Curl  | 3 x 15* Reps             |        |                                 |
| 4. Cable Single-Leg Stiff-Legged Deadlift   | 3 x 15* Reps             |        |                                 |
| Upper Abs   |                          |        |                                 |
| <b>Circuit</b>  | <b>3 Sets (Per Side)</b> |        | 5a. + 5b. +5c. = 1 Circuit Set  |
| 5a. Dumbbell Weighted Crunches  | 15 Reps                  |        | Complete 3 circuits per side.   |
| 5b. Cable Cross-Body Pulls  | 15 Reps                  |        | 60 Seconds Rest Between Circuit |
| 5c. Crunches  | 15 Reps                  |        |                                 |
| Complete this circuit for the right side of your core, then the left side for a total of 3 circuits per side. |                          |        |                                 |

**Training, Nutrition, Supplementation Notes:**