

KRIS GETHIN'S 8-WEEK HARDCORE DAILY VIDEO TRAINER



DAY 26: Upper Back & Calves

Notes: No rest between sets. Unless noted otherwise

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

***15 Reps Each Arm**

Cardio: 35 Minutes AM / 35 Minutes PM

Upper Back

EXERCISES	SETS / REPS	WEIGHT	NOTES
1. Single-Arm Barbell Row	3 x 15 Reps		
2. Single-Arm Cable Rows	3 x 15 Reps		
3. Single-Arm Smith Machine Shrugs	3 x 15 Reps		
4. Single-Arm Overhead Machine Pulldowns	3 x 15 Reps		

Calves

5. Seated Single-Leg Calf Press	5 x 15 Reps ea. Leg		
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Training, Nutrition, Supplementation Notes: