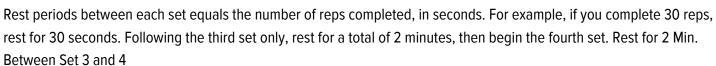
KRIS GETHIN'S 8-WEEK

DAILY VIDEO TRAINER

DAY 29: Quads, Calves & Lower Abs For all DTPXtreme Sets



Couling 40 Minutes AM / 40 Minutes DA			
Cardio: 40 Minutes AM / 40 Minutes PM	<u> </u>		
Legs			
EXERCISES	SETS / REPS	WEIGHT	NOTES
1. Leg Extensions DTPXtreme	6 x 30,20,10,10,20,30 Reps		
Superset	3 Sets		2a. + 2b. = 1 Superset
2a. Hack Squats (Narrow Stance)	3 x 30, 25, 20 Reps		Narrow Stance for both Exercises
2b. Reverse Hack Squats (Narrow Stance)	3 x 20, 25, 30 Reps		30 seconds of rest following first superset.25 seconds of rest following second superset.
3. Leg Press DTPXtreme	6 x 30,20,10,10,20,30 Reps		
Calves			
4. Seated Calf Raises DTPXtreme	6 x 30,20,10,10,20,30 Reps		
Lower Abs			
Superset	5 Sets		5a. + 5b. = 1 Superset
5a. Hanging Windshield Wipers	Failure		60 Seconds rest between supersets
5b. Lying Windshield Wipers	Failure		

Training, Nutrition, Supplementation Notes: