

KRIS GETHIN'S 8-WEEK HARDCORE DAILY VIDEO TRAINER



DAY 29: Quads, Calves & Lower Abs

For all DTPXtreme Sets

Rest periods between each set equals the number of reps completed, in seconds. For example, if you complete 30 reps, rest for 30 seconds. Following the third set only, rest for a total of 2 minutes, then begin the fourth set. Rest for 2 Min.

Between Set 3 and 4

Cardio: 40 Minutes AM / 40 Minutes PM			
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:			