

KRIS GETHIN'S 8-WEEK HARDCORE DAILY VIDEO TRAINER



DAY 30 Chest & Shoulders

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

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

Chest

EXERCISES	SETS / REPS	WEIGHT	NOTES
1. Incline Dumbbell Press	6 x 30,20,10,10,20,30 Reps		
2. Decline Dumbbell Press	6 x 30,20,10,10,20,30 Reps		
3. Flat Chest Press Machine	6 x 30,20,10,10,20,30 Reps		

Shoulders

4. Front Plate Raises	6 x 30,20,10,10,20,30 Reps		
5. Bent-Over Reverse Plate Flyes	6 x 30,20,10,10,20,30 Reps		
6. Side Lateral Plate Raises	6 x 30,20,10,10,20,30 Reps		

Training, Nutrition, Supplementation Notes: