

KRIS GETHIN'S 8-WEEK HARDCORE DAILY VIDEO TRAINER



DAY 31 Arms

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

Arms

EXERCISES	SETS / REPS	WEIGHT	NOTES
Superset	6 Sets		1a. + 1b. = 1 Superset
1a. Triceps Extensions	6 x 30, 25, 20, 20, 25, 30 Reps		
1b. Dumbbell Biceps Curl	6 x 20, 15, 10, 10, 15, 20 Reps		
Superset	6 Sets		2a. + 2b. = 1 Superset
2a. EZ Bar Skull Crushers	6 x 30, 25, 20, 20, 25, 30 Reps		
2b. Cable EZ Bar Preacher Curls	6 x 20, 15, 10, 10, 15, 20 Reps		
Superset	6 Sets		3a. + 3b. = 1 Superset
3a. Dips	6 x 30, 25, 20, 20, 25, 30 Reps		
3b. Hammer Curls	6 x 20, 15, 10, 10, 15, 20 Reps		

Training, Nutrition, Supplementation Notes: