

KRIS GETHIN'S 8-WEEK HARDCORE DAILY VIDEO TRAINER



Day 32: Lower Back, Hamstrings & Upper 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			
Lower Back			
EXERCISES	SETS / REPS	WEIGHT	NOTES
1. Deadlifts	6 x 15, 10, 5, 5, 10, 15 Reps		
Hamstrings			
2. Lying Leg Curls	6 x 30, 20, 10, 10, 20, 30 Reps		
3. Seated Leg Curls	6 x 30, 20, 10, 10, 20, 30 Reps		
Upper Abs			
Superset	5 Sets		3a. + 3b. = 1 Superset
4a. Standing Cable Crunches	30 Reps		60 Seconds Rest between Supersets
4b. Exercise Ball Alternating Crunches	30 Reps		
Training, Nutrition, Supplementation Notes:			