

KRIS GETHIN'S 8-WEEK HARDCORE DAILY VIDEO TRAINER



DAY 33: Upper Back & Calves

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			
Upper Back			
EXERCISES	SETS / REPS	WEIGHT	NOTES
1. Pull-ups	6 x 20, 15, 10, 10, 15, 20 Reps		*Complete the first three sets using a wide grip, then the last three sets using a narrow grip.
2. T-Bar Rows	6 x 20, 15, 10, 10, 15, 20 Reps		
3. Seated Machine Row	6 x 20, 15, 10, 10, 15, 20 Reps		*Complete the first three sets using a wide grip, then the last three sets using a narrow grip.
Superset	6 Sets		4a+ 4b = 1 Superset
4a. Machine Shrugs	6 x 30, 20, 10, 10, 20, 30 Reps		
4b. Calf Raise Machine	6 x 30, 20, 10, 10, 20, 30 Reps		

Training, Nutrition, Supplementation Notes: