

# KRIS GETHIN'S 8-WEEK HARDCORE DAILY VIDEO TRAINER



## DAY 37 Chest & Shoulders

Cardio: 45 Minutes AM / 45 Minutes PM

### Chest

EXERCISES	SETS / REPS	WEIGHT	NOTES
1. Flat Dumbbell Press	3 x 30, 20, 10 Reps		30 seconds of rest following first set. 20 seconds of rest following second set.
2. Incline Dumbbell Flyes	3 x 10, 15, 20 Reps		10 seconds of rest following first set. 15 seconds of rest following second set.
3. Decline Smith Machine Press	3 x 30, 20, 10 Reps		30 seconds of rest following first set. 20 seconds of rest following second set.
4. Cable Crossover	4 x 10, 15, 20, 30 Reps		10 seconds of rest following first set. 15 seconds of rest following second set. 20 seconds of rest following third set.

### Shoulders

5. Incline Front Barbell Raises	3 x 30, 20, 10 Reps		30 seconds of rest following first set. 20 seconds of rest following second set.
6. Incline Front Dumbbell Raises	3 x 10, 15, 20 Reps		10 seconds of rest following first set. 15 seconds of rest following second set.
7. Incline Rear Delt Flyes	3 x 30, 20, 10 Reps		30 seconds of rest following first set. 20 seconds of rest following second set.
8. Incline Bench Rear Dumbbell Flyes	3 x 10, 15, 20 Reps		10 seconds of rest following first set. 15 seconds of rest following second set.
9. Dumbbell Lateral Raise	3 x 30, 20, 10 Reps		
10. Seated Side Lateral Dumbbell Raises	3 x 10, 15, 20 Reps		10 seconds of rest following first set. 15 seconds of rest following second set.

### Training, Nutrition, Supplementation Notes: