

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



## DAY 38 Arms

Cardio: 45 Minutes AM / 45 Minutes PM

### Arms

EXERCISES	SETS / REPS	WEIGHT	NOTES
1. Machine Preacher Curls	3 x 30, 20, 10 Reps		30 seconds of rest following first set. 20 seconds of rest following second set.
2. Rope Pressdown	3 x 10, 15, 20 Reps		10 seconds of rest following first set. 15 seconds of rest following second set.
3. Reverse-Grip Triceps Extensions	3 x 30, 20, 10 Reps		30 seconds of rest following first set. 20 seconds of rest following second set.
4. Reverse-Grip Cable Biceps Curl	3 x 20, 25, 30 Reps		20 seconds of rest following first set. 25 seconds of rest following second set.
5. Smith Machine Drag Curl	3 x 30, 20, 10 Reps		30 seconds of rest following first set. 20 seconds of rest following second set.
6. Smith Machine Close-Grip Bench Press	3 x 20, 25, 30 Reps		20 seconds of rest following first set. 25 seconds of rest following second set.
7. Incline Overhead Dumbbell Extensions	3 x 30, 20, 10 Reps		30 seconds of rest following first set. 20 seconds of rest following second set.
8. Spider Curls	3 x 20, 25, 30 Reps		20 seconds of rest following first set. 25 seconds of rest following second set.

### Training, Nutrition, Supplementation Notes:

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