

KRIS GETHIN'S 8-WEEK HARDCORE DAILY VIDEO TRAINER



DAY 39 Lower Back, Hamstrings & Upper Abs

Cardio: 45 Minutes AM / 45 Minutes PM

Hamstrings

EXERCISES	SETS / REPS	WEIGHT	NOTES
1. Glute-Ham Raise	3 x 30, 20, 10 Reps		30 seconds of rest following first set. 20 seconds of rest following second set.
2. Seated Leg Curls	3 x 20, 25, 30 Reps		20 seconds of rest following first set. 25 seconds of rest following second set.
3. Lying Cable Hamstring Curl	3 x 30, 20, 10 Reps		30 seconds of rest following first set. 20 seconds of rest following second set.
4. Reverse Hack Squat	3 x 20, 25, 30 Reps		20 seconds of rest following first set. 25 seconds of rest following second set.
Lower Back			
5. Hyperextensions	3 x 30, 20, 10 Reps		30 seconds of rest following first set. 20 seconds of rest following second set.
6. Dumbbell Deadlifts	3 x 20, 25, 30 Reps		20 seconds of rest following first set. 25 seconds of rest following second set.
Upper Abs			
7a. Exercise Ball Cable Crunches	FAILURE		
7b. Ab Wheel Rollouts	FAILURE		No Rest Between Sets

Training, Nutrition, Supplementation Notes:

Blank area for notes.