

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



## DAY 4: Lower Back, Hamstrings & Upper Abs

Notes: 60 seconds of rest between sets. Unless noted otherwise

Cardio: 20 Minutes AM / 20 Minutes PM			
Lower Back			
EXERCISES	SETS / REPS	WEIGHT	NOTES
1. Deadlifts	3 Sets x 10 Reps		
Hamstrings			
<b>Superset</b>	3 Sets		2a. + 2b. = 1 Set
2a. Seated Hamstring Curls	10 Reps*		
2b. Glute Ham Raises	10 Reps		
*On the final set of seated hamstring curls, do a triple drop set. Perform your first 10 reps, reduce the weight and complete another 10 reps, then reduce the weight again and do another 10 reps. Rest 10 seconds between each drop set.			
3. Stiff-Legged Cable Deadlifts	3 Sets x 10 Reps		
Upper Abs			
<b>Superset</b>	4 Sets		4a. + 4b. = 1 Set
4a. Decline Cross-Body Situp	Failure		
4b. Conventional Cross-Body Situp	Failure		Add an alternating twist to these so that I work obliques.
<b>Training, Nutrition, Supplementation Notes:</b>			