KRIS GETHIN'S 8-WEEK HARDCORE DAILY VIDEO TRAINER

REBOOT

DAY 44: Chest & Shoulders

Cardio: 50 Minutes AM / 50 Minutes PM			
Chest			
EXERCISES	**SETS / REPS**	**WEIGHT**	**NOTES**
SUPERSET	**6 Sets***		1a. + 1b. = 1 Superset
1a. Incline Dumbbell Fly	20, 15, 10, 10, 15, 20 Reps		*PERFORM THE FIRST THREE SUPERSETS STARTING WITH THE INCLINE DUMBBELL FLY FOLLOWED BY DECLINE DUMBBELL PRESS. PERFORM THE LAST THREE SUPERSETS STARTING WITH THE DECLINE DUMBBELL PRESS FOLLOWED BY INCLINE DUMBBELL FLY.
1b. Decline Dumbbell Press	20, 15, 10, 10, 15, 20 Reps		
SUPERSET	**6 Sets***		2a. + 2b. = 1 Superset
2a. Machine Seated Chest Press	20, 15, 10, 10, 15, 20 Reps		*PERFORM THE FIRST THREE SUPERSETS STARTING WITH THE MACHINE SEATED CHEST PRESS FOLLOWED BY THE PEC DECK FLY. PERFORM THE LAST THREE SUPERSETS STARTING WITH THE PEC DECK FLY FOLLOWED BY MACHINE SEATED CHEST PRESS.
2b. Pec Deck Fly	20, 15, 10, 10, 15, 20 Reps		
Shoulders			
SUPERSET	**6 Sets***		3a. + 3b. = 1 Superset
3a. Upright Row	20, 15, 10, 10, 15, 20 Reps		*PERFORM THE FIRST THREE SUPERSETS STARTING WITH THE UPRIGHT ROWS FOLLOWED BY FRONT DUMBELL RAISE. PERFORM THE LAST THREE SUPERSETS STARTING WITH THE FRONT DUMBELL RAISE FOLLOWED BY UPRIGHT ROWS.
3b. Front Dumbbell Raises	20, 15, 10, 10, 15, 20 Reps		
SUPERSET	**6 Sets***		4a. + 4b. = 1 Superset
4a. Smith Machine Behind-the-Neck Press	20, 15, 10, 10, 15, 20 Reps		*PERFORM THE FIRST THREE SUPERSETS STARTING WITH THE SMITH-MACHINE BEHIND THE NECK PRESS FOLLOWED BY SEATED LATERAL RAISE. PERFORM THE LAST THREE SUPERSETS STARTING WITH THE SEATED LATERAL RAISE FOLLOWED BY THE SMITH-MACHINE BEHIND THE NECK PRESS.
4b. Seated Lateral Raise	20, 15, 10, 10, 15, 20 Reps		
Training, Nutrition, Supplementation Notes:			

*SUPERSET REST NOTES

40 seconds of rest between the first superset.

30 seconds of rest between the second superset.

2 minutes of rest between the third superset.

20 seconds of rest between the fourth superset.

30 seconds of rest between the fifth superset.