

KRIS GETHIN'S 8-WEEK HARDCORE DAILY VIDEO TRAINER



DAY 45: Arms

Cardio: 50 Minutes AM / 50 Minutes PM

Arms

EXERCISES	SETS / REPS	WEIGHT	NOTES
SUPERSET	6 Sets*		1a. + 1b. = 1 Superset
1a. Cable Triceps Extension	20, 15, 10, 10, 15, 20 Reps		*Perform the first three supersets starting with standing cable triceps extensions followed by standing biceps cable curls. Perform the last three supersets starting with seated biceps cable curls followed by lying cable triceps extension.
1b. Cable Biceps Curl	20, 15, 10, 10, 15, 20 Reps		
SUPERSET	6 Sets*		2a. + 2b. = 1 Superset
2a. Overhead Machine Triceps Extension	20, 15, 10, 10, 15, 20 Reps		*Perform the first three supersets starting with the overhead machine triceps extension followed by machine preacher curl. Perform the last three supersets starting with the machine preacher curl followed by overhead machine triceps extension.
2b. Machine Preacher Curl	20, 15, 10, 10, 15, 20 Reps		
SUPERSET	6 Sets*		3a. + 3b. = 1 Superset
3a. Standing EZ-bar Curl	20, 15, 10, 10, 15, 20 Reps		*Perform the first three supersets starting with the standing EZ-bar biceps curl followed by bench dips. Perform the last three supersets starting with the bench dips followed by standing EZ-bar biceps curl.
3b. Bench Dip	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.