

KRIS GETHIN'S 8-WEEK HARDCORE DAILY VIDEO TRAINER



DAY 46: Lower Back, Hamstrings & Upper Abs

Cardio: 50 Minutes AM / 50 Minutes PM

Lower Back

EXERCISES	SETS / REPS	WEIGHT	NOTES
SUPERSET	6 Sets*		1a. + 1b. = 1 Superset
1a. Machine Deadlifts	20, 15, 10, 10, 15, 20 Reps		*PERFORM THE FIRST THREE SUPERSETS STARTING WITH THE DEADLIFT FOLLOWED BY HYPEREXTENSIONS. PERFORM THE LAST THREE SUPERSETS STARTING WITH THE HYPEREXTENSION FOLLOWED BY DEADLIFT.
1b. Hyperextension	20, 15, 10, 10, 15, 20 Reps		
Hamstrings			
SUPERSET	6 Sets*		2a. + 2b. = 1 Superset
2a. Lying Hamstring Curl	20, 15, 10, 10, 15, 20 Reps		*PERFORM THE FIRST THREE SUPERSETS STARTING WITH THE LYING HAMSTRING CURLS FOLLOWED BY STIFF-LEGGED DEADLIFTS. PERFORM THE LAST THREE SUPERSETS STARTING WITH THE STIFF-LEGGED DEADLIFT FOLLOWED BY LYING HAMSTRING CURLS.
2b. Stiff-Legged Deadlift	20, 15, 10, 10, 15, 20 Reps		
Upper Abs			
Circuit	6 Sets*		3a. + 3b. = 1 Circuit
3a. Banded Crunches*	FAILURE		*EXERCISE 1: BANDED CRUNCHES TO FAILURE *EXERCISE 2: BANDED CRUNCHES WITH ISOMETRIC HOLD FOR 10 SECONDS *EXERCISE 3: ISOMETRIC HOLD FOR 10 SECONDS
3b. Dumbbell Crunches**	FAILURE		**EXERCISE 4: DUMBBELL CRUNCHES TO FAILURE **EXERCISE 5: DUMBBELL CRUNCHES WITH ISOMETRIC HOLD FOR 10 SECONDS **EXERCISE 6: ISOMETRIC HOLD FOR 10 SECONDS PERFORM ALL SIX EXERCISES BACK TO BACK WITH NO REST BETWEEN. COMPLETE A TOTAL OF SIX ROUNDS. - REST 45 SECONDS BETWEEN EACH CIRCUIT.

*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.