

KRIS GETHIN'S 8-WEEK HARDCORE DAILY VIDEO TRAINER



DAY 47: Back & Calves

Cardio: 50 Minutes AM / 50 Minutes PM			
Back			
EXERCISES	SETS / REPS	WEIGHT	NOTES
SUPERSET	6 Sets*		1a. + 1b. = 1 Superset
1a. Lat Pulldown	20, 15, 10, 10, 15, 20 Reps		*Perform the first three supersets starting with the lat pulldown followed by seated machine row. Perform the last three supersets starting with the seated machine row followed by lat pulldowns.
1b. Seated Machine Row	20, 15, 10, 10, 15, 20 Reps		
SUPERSET	6 Sets*		2a. + 2b. = 1 Superset
2a. Bent-Over Row	20, 15, 10, 10, 15, 20 Reps		*Perform the first three supersets starting with the bent-over rows followed by a narrow-grip pulldown. Perform the last three supersets starting with the behind-the-neck pulldown followed by reverse grip bent-over rows.
2b. Behind-the-Neck Pulldown	20, 15, 10, 10, 15, 20 Reps		
Calves			
3. Calf Press	3 x 20, 15, 10 Reps		20 seconds of rest between sets.
4. Smith Machine Standing Calf Raises	3 x 20, 15, 10 Reps		10 seconds of rest after first set. 15 seconds of rest after second set
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.