

KRIS GETHIN'S 8-WEEK HARDCORE DAILY VIDEO TRAINER



DAY 5: Upper Back & Calves

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

Cardio: 20 Minutes AM / 20 Minutes PM

Upper Back

EXERCISES	SETS / REPS	WEIGHT	NOTES
1. Lat Pulldown	3 Sets x 10 Reps*		
*Add vinyl handles to straight-bar attachment.			
Superset	3 Sets		2a. + 2b. = 1 Set
2a. Pullups	10 Reps		
2b. Rope Lat Pulldowns	10 Reps		
Superset	3 Sets		3a. + 3b. = 1 set
3a. Single-Arm Dumbbell Rw	10 Reps		10 Reps Each Arm
3b. Single-Arm Inverted Row	10 Reps		10 Reps Each Arm
Superset	3 Set		4a. + 4b. = 1 Set
4a. Dumbbell Pullovers	15 Reps		
4b. Standing Dumbbell Shrugs	15 Reps		

Calves

5. Standing Calf Press	5 Sets x 20 Reps		
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Training, Nutrition, Supplementation Notes: