

KRIS GETHIN'S 8-WEEK HARDCORE DAILY VIDEO TRAINER



DAY 50: Quads, Calves & Lower Abs

Cardio: 55 Minutes AM / 55 Minutes PM

Quads

EXERCISES	SETS / REPS	WEIGHT	NOTES
1. Hack Squats	5 x 10, 15, 20, 25, 30 Reps		30 seconds of rest after first set. 25 seconds of rest after second set. 20 seconds of rest after third set. 15 seconds of rest after fourth set.
2. Leg Press	5 x 30, 25, 20, 15, 10 Reps		10 seconds of rest after first set. 15 seconds of rest after second set. 20 seconds of rest after third set. 25 seconds of rest after fourth set.

Calves & Lower Abs

Superset	5 Sets*		60 seconds of rest after first superset. 50 seconds of rest after second superset. 40 seconds of rest after third superset. 30 seconds of rest after fourth superset.
3a. Seated Calf Raises	30, 25, 20, 15, 10 Reps		
3b. Decline Lying Leg Raises*	30, 25, 20, 15, 10 Reps		*Add a slight twist at the top of the movement, alternating sides each rep.
Superset	5 Sets*		20 seconds of rest after first superset. 30 seconds of rest after second superset. 40 seconds of rest after third superset. 50 seconds of rest after fourth superset.
4a. Decline Lying Leg Raises*	10, 15, 20, 25, 30 Reps		*Add a slight twist at the top of the movement, alternating sides each rep.
4b. Seated Calf Raises	10, 15, 20, 25, 30 Reps		

Training, Nutrition, Supplementation Notes:

Blank area for notes.