

# KRIS GETHIN'S 8-WEEK HARDCORE DAILY VIDEO TRAINER



## DAY 51: Chest & Shoulders

Cardio: 55 Minutes AM / 55 Minutes PM

### Chest

EXERCISES	SETS / REPS	WEIGHT	NOTES
1. Incline Dumbbell Fly & Press Combo	5 x 30, 25, 20, 15, 10 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.
Start by performing an incline dumbbell fly, pausing at the end of the movement. Bend your elbows to lower the weight toward the chest, then extend your arms to press the weight back to the starting position. That's one rep. Repeat for reps.			
2. Decline Dumbbell Fly & Press Combo	5 x 10, 15, 20, 25, 30 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.
Start by performing an decline dumbbell fly, pausing at the end of the movement. Bend your elbows to lower the weight toward the chest, then extend your arms to press the weight back to the starting position. That's one rep. Repeat for reps.			
<b>Shoulders</b>			
3. Front Dumbbell Raise & Press Combo	5 x 30, 25, 20, 15, 10 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.
Starting with the front dumbbell raise, lift the dumbbells overhead and pause at the top of the movement. Bend elbows to slowly lower the dumbbells to shoulder height, then press back up and lower bar back to thighs. That's one rep. Repeat for reps.			
4. Incline Rear Delt Raises	5 x 10, 15, 20, 25, 30 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.

### Training, Nutrition, Supplementation Notes: