

KRIS GETHIN'S 8-WEEK HARDCORE DAILY VIDEO TRAINER



DAY 52: Arms

Cardio: 55 Minutes AM / 55 Minutes PM

Arms

EXERCISES	SETS / REPS	WEIGHT	NOTES
1. Cable Incline Triceps Extension * Perform using rope attachment.	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.
2. Decline Barbell Triceps Extension	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.
3. High-Pulley Cable Curls	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.
4. Seated Dumbbell Curls	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: