

KRIS GETHIN'S 8-WEEK HARDCORE DAILY VIDEO TRAINER



DAY 54: Upper Back & Calves

Cardio: 55 Minutes AM / 55 Minutes PM

Back

EXERCISES	SETS / REPS	WEIGHT	NOTES
1. Incline Dumbbell Rows	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. Bentover Dumbbell Row	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. Wide-Grip Lat Pulldown	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. Rope Lat Pulldown	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.
Calves			
5. Calf Press *Perform calf presses in the hack squat machine.	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.
6. Standing Calf Raises *Perform calf raises in the hack squat facing the machine.	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: