

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



## DAY 36: Quads & Calves

Cardio: 45 Minutes AM / 45 Minutes PM

### Legs

EXERCISES	SETS / REPS	WEIGHT	NOTES
1. Leg Extensions	3 x 20, 15, 10 Reps		45 seconds of rest between sets.
2. Squats	3 x 20, 25, 30 Reps		60 seconds of rest between sets.
3. Leg Press	3 x 20, 15, 10 Reps		
4. Hack Squats	3 x 20, 15, 10 Reps		60 seconds of rest between sets.
<b>Calves</b>			
5. Seated Calf Raises	6 x 30, 25, 20, 10, 15, 20 Reps		30 seconds of rest following first set. 25 seconds of rest following second set. 1 minutes of rest following the third set. 10 seconds of rest following the fourth set. 15 seconds of rest following the fifth set.

**Training, Nutrition, Supplementation Notes:**