

KRIS GETHIN'S 8-WEEK HARDCORE DAILY VIDEO TRAINER



DAY 40 Upper Back & Calves

Cardio: 45 Minutes AM / 45 Minutes PM

Upper Back

EXERCISES	SETS / REPS	WEIGHT	NOTES
1. Machine Pullover	3 x 30, 20, 10 Reps		30 seconds of rest following first set. 20 seconds of rest following second set.
2. Straight-Arm Dumbbell Pullover	3 x 20, 25, 30 Reps		20 seconds of rest following first set. 25 seconds of rest following second set.
3. Straight-Arm Pulldown	3 x 30, 20, 10 Reps		30 seconds of rest following first set. 20 seconds of rest following second set.
4. Lat Pulldown	3 x 20, 25, 30 Reps		20 seconds of rest following first set. 25 seconds of rest following second set.
5. Machine Shrugs	6 x 30, 20, 10, 20, 25, 30 Reps		30 seconds of rest following first set. 20 seconds of rest following second set. 1 minutes of rest following the third set. 20 seconds of rest following the fourth set. 25 seconds of rest following the fifth set.
Calves			
6. Standing Calf Raise	3 x 30, 20, 10 Reps		30 seconds of rest following first set. 20 seconds of rest following second set.
7. Donkey Calf Raises	3 x 20, 25, 30 Reps		20 seconds of rest following first set. 25 seconds of rest following

Training, Nutrition, Supplementation Notes: