

# HARDCORE 12 WEEK DAILY VIDEO TRAINER

WITH *Kris Gethin*

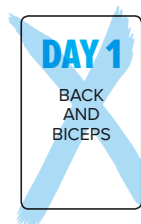


## WEEKS 1-4



<b>DAY 1</b> LEGS	<b>DAY 2</b> CHEST AND TRICEPS	<b>DAY 3</b> REST	<b>DAY 4</b> BACK AND BICEPS	<b>DAY 5</b> SHOULDERS CALVES AND ABS	<b>DAY 6</b> REST	<b>DAY 7</b> LEGS
<b>DAY 8</b> CHEST AND TRICEPS	<b>DAY 9</b> REST	<b>DAY 10</b> SHOULDERS	<b>DAY 11</b> CALVES AND ABS	<b>DAY 12</b> BACK AND BICEPS	<b>DAY 13</b> REST	<b>DAY 14</b> LEGS
<b>DAY 15</b> CHEST AND TRICEPS	<b>DAY 16</b> BACK AND BICEPS	<b>DAY 17</b> REST	<b>DAY 18</b> REST	<b>DAY 19</b> SHOULDERS CALVES AND ABS	<b>DAY 20</b> LEGS	<b>DAY 21</b> REST
<b>DAY 22</b> REST	<b>DAY 23</b> BACK AND BICEPS	<b>DAY 24</b> SHOULDERS	<b>DAY 25</b> CHEST	<b>DAY 26</b> REST	<b>DAY 27</b> REST	<b>DAY 28</b> LEGS

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CROSS OFF EACH DAY  
AS YOU COMPLETE THE  
PROGRAM TO KEEP TRACK  
OF YOUR PROGRESS

WHAT'S YOUR GOAL? \_\_\_\_\_

ACHIEVE YOUR GOAL: YES / NO

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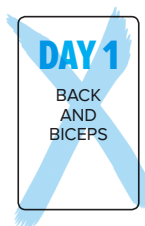


## WEEKS 5-8



<b>DAY 29</b> TRICEPS CALVES AND ABS	<b>DAY 30</b> REST	<b>DAY 31</b> REST	<b>DAY 32</b> SHOULDERS	<b>DAY 33</b> CHEST AND TRICEPS	<b>DAY 34</b> LEGS	<b>DAY 35</b> BACK BICEPS AND ABS
<b>DAY 36</b> REST	<b>DAY 37</b> REST	<b>DAY 38</b> SHOULDERS AND CALVES	<b>DAY 39</b> CHEST TRICEPS AND ABS	<b>DAY 40</b> LEGS	<b>DAY 41</b> REST	<b>DAY 42</b> BACK AND BICEPS
<b>DAY 43</b> SHOULDERS CALVES AND ABS	<b>DAY 44</b> REST	<b>DAY 45</b> CHEST AND TRICEPS	<b>DAY 46</b> LEGS	<b>DAY 47</b> REST	<b>DAY 48</b> REST	<b>DAY 49</b> BACK AND BICEPS
<b>DAY 50</b> REST	<b>DAY 51</b> SHOULDERS CALVES AND ABS	<b>DAY 52</b> LEGS	<b>DAY 53</b> CHEST AND BACK	<b>DAY 54</b> BICEPS AND TRICEPS	<b>DAY 55</b> REST	<b>DAY 56</b> REST

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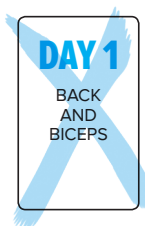


## WEEKS 9-12



<b>DAY 57</b> REST	<b>DAY 58</b> SHOULDERS CALVES AND ABS	<b>DAY 59</b> LEGS	<b>DAY 60</b> CHEST AND BACK	<b>DAY 61</b> REST	<b>DAY 62</b> BICEPS AND TRICEPS	<b>DAY 63</b> SHOULDERS CALVES AND ABS
<b>DAY 64</b> LEGS	<b>DAY 65</b> HOT YOGA	<b>DAY 66</b> CHEST AND TRICEPS	<b>DAY 67</b> REST	<b>DAY 68</b> LEGS AND SHOULDERS	<b>DAY 69</b> ABS AND CALVES	<b>DAY 70</b> BACK AND ARMS
<b>DAY 71</b> REST	<b>DAY 72</b> REST	<b>DAY 73</b> LEGS	<b>DAY 74</b> CHEST AND BACK	<b>DAY 75</b> SHOULDERS CALVES AND ABS	<b>DAY 76</b> REST	<b>DAY 77</b> REST
<b>DAY 78</b> LEGS	<b>DAY 79</b> CHEST AND BACK	<b>DAY 80</b> SHOULDERS CALVES AND ABS	<b>DAY 81</b> REST	<b>DAY 82</b> REST	<b>DAY 83</b> BICEPS AND TRICEPS	<b>DAY 84</b> LEGS

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