

*Kris Gettins*  
**MAN OF IRON**

**WEEK 3 WORKOUTS**

**DAY 15: SHOULDERS, TRICEPS, ABS, SWIMMING**

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
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**SUPERSET**

*Rest as little as possible*

Standing behind-the-neck barbell press	3	20			
Plate rear-delt raise	3	20			

**SUPERSET**

*Rest as little as possible*

Side raise to front raise	3	15			
Bench dip	3	15			

**TRISSET**

*Rest as little as possible*

Overhead cable extension	3	20			
Cable kick-back	3	20			
Shoulder rotation	3	20			

**SUPERSET**

*Rest as little as possible*

Plank on medicine ball	3	to failure			
Crunch on BOSU ball	3	to failure			

**SWIMMING**

**WARM-UP**

10 sets of 25 meters, 20 sec. rest between sets	Alternating between easy swim and drill of choice from previous weeks (hand entry, single-arm superman, scull, etc.)
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4 rounds  
 25 meters, [single arm swim with kickboard](#), moderate pace (leave board at wall),  
 25 meters, [underwater recovery swim](#)

**MAIN SET**

2 sets of 500 meters, 100 sec. rest	First 500, easy swim. Second 500, negative split: 250 easy build, then final 250 finish strong.
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**COOL-DOWN**

100 meters easy pace

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**WEEK 3 WORKOUTS**

**DAY 16: LEGS, BIKE, RUN**

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
<b>SUPERSET</b>					
<i>Rest as little as possible</i>					
Single-leg press	3	20 per leg			
Single-leg squat to bench	3	20 per leg			
<b>SUPERSET</b>					
<i>Rest as little as possible</i>					
Walking lunge	3	20			
Single-leg extension	3	20 per leg			
<b>SUPERSET</b>					
<i>Rest as little as possible</i>					
Hack squat	3	20			
Single-leg calf press	3	20 per leg			

**CYCLING**

**WARM-UP**

1 mile, easy pace

**MAIN SET**

4 rounds

7 min., high resistance, low cadence

1 min., low resistance, fast cadence

2 min., easy

**COOL-DOWN**

1 mile, easy pace

**RUNNING**

**WARM-UP**

1 mile, easy pace

**MAIN SET**

8 rounds

400 meters, 9/10 effort

60-90 sec. rest

**COOL-DOWN**

1 mile, easy pace

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## WEEK 3 WORKOUTS

### DAY 17: BACK AND SWIMMING

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
<b>SUPERSET</b>					
<i>Rest as little as possible</i>					
Single-arm straight-arm pull-down	3	15 per arm			
Alternating reverse-grip pull-down	3	15 per arm			
<b>SUPERSET</b>					
<i>Rest as little as possible</i>					
Single-arm leverage row	3	15 per arm			
Dumbbell deadlift	3	15			
<b>SUPERSET</b>					
<i>Rest as little as possible</i>					
Hammer-grip dumbbell spider curl	3	12			
EZ-bar preacher curl	3	12			
<b>SUPERSET</b>					
<i>Rest as little as possible</i>					
Lying alternate cable curl	3	15			
<a href="#">Dumbbell torso rotation</a>	3	15			

*\*Swimming continued on next page*

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## WEEK 3 WORKOUTS

### DAY 17: BACK AND SWIMMING (CONT.)

#### SWIMMING

##### WARM-UP

4 sets of 75 meters, 15 sec. rest

Alternating 50 meter swim, 25 meter [front scull](#)

##### DRILLS

3 sets of 40 sec. [standing skull](#), 30 sec. rest

4 sets of 25 meters [single-arm superman swim](#)

##### MAIN SET

*4 rounds, rest 20 sec. between rounds*

50 meters, single-arm swim with kickboard

150 meters swim, 7/10 effort

*6 rounds, rest 20 sec. between rounds*

25 meters kick practice, with our without kickboard, all-out pace

25 meters kick practice, with our without kickboard, easy pace

##### COOL-DOWN

100 meters, easy pace

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## WEEK 3 WORKOUTS

### DAY 18: CHEST, ABS, BIKE, RUN

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
<a href="#">Lying single-arm landmine press</a>	3	18 per arm			
Bench press	3	20			
Single-arm decline cable press	3	12 per arm			
<b>SUPERSET</b>					
<i>Rest as little as possible</i>					
Lying leg raise	3	to failure			
BOSU-ball push-up	3	to failure			
Sit-up	3	to failure			

#### CYCLING

##### WARM-UP

10 min., easy pace

##### MAIN SET

4 rounds

5 min., high resistance, 50-60 RPM

1 min., no resistance, highest possible cadence

##### COOL-DOWN

5 miles, easy pace

#### RUNNING

5 miles, steady 7/10 effort

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## WEEK 3 WORKOUTS

DAY 19: REST

DAY 20: BIKE, RUN

### CYCLING

#### WARM-UP

20 min., easy pace

#### MAIN SET

4 rounds

15 min., 6/10 effort, 50-60 RPM

10 min., 8/10 effort, 90-100 RPM

5 min., easy pace

#### COOL-DOWN

10 min., easy pace

### RUNNING

3.5 miles starting no more than 30 minutes after getting off the bike. Don't force it; build to no more than 7/10 effort by the end.

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## WEEK 3 WORKOUTS

### DAY 21: RUN, BIKE

#### RUNNING

8 miles or 90-120 min. Start nice and relaxed, build to 7/10 effort. Stretch out afterward.

#### CYCLING

1.5-2 hours, easy pace, 3/10 effort. This is recovery after the run.