

Kris Gettins
MAN OF IRON



WEEK 5 WORKOUTS

DAY 29: TRICEPS, SHOULDERS, OPTIONAL SWIM

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
SUPERSET					
Lying single-arm triceps extension	3	20			
Single-arm cable side raise	3	20			
SUPERSET					
Rear cable delt raise	3	15			
Lying cable leg raise	3	15			
SUPERSET					
Cable shoulder press	3	20			
Sit-ups with medicine ball	3	20			

SWIMMING (OPTIONAL)

800 meters working on varying techniques you feel need prioritizing, or take a rest day if you need it

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DAY 30: LEGS, RUN

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
Band lateral walk	3	10-15 per leg (squat between each step)			
Split squat <i>with front foot on BOSU ball</i>	3	15-20 per leg			
Air squat <i>with feet on BOSU ball</i>	3	15-20			
Push-up <i>with hands and feet balanced on medicine balls</i>	3	to failure			
Pistol squat <i>with back against an exercise ball pressed against the wall, and medicine ball held in front as counterweight</i>	3	15-20			
Reverse plank <i>with heels on exercise ball, slowly raising each arm alternately overhead</i>	3	to failure			
Side plank bend <i>with heels and elbows on BOSU balls</i>	3	to failure			
Foam roll glute					

RUNNING

4 miles, relaxed pace, just over a jog

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DAY 31: BACK, BICEPS, BIKE

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
Chest-supported barbell row on flat bench	3	15			
Single-arm cable row on incline bench	3	20			
SUPERSET					
Inverted row	3	20			
Cable deadlift with row at top <i>standing on a BOSU ball</i>	3	20			
Curl <i>using back of leverage dip machine, if possible</i>	3	15			

CYCLING

30 min., easy pace

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DAY 25: CHEST, SWIM, RUN

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
Bench press	3	12			
Machine press	3	12			
Band-resisted dumbbell fly	3	10			
TRISSET					
Machine fly	3	20			
Ab roll-out	3	to failure			
Rope crunch	3	to failure			

SWIMMING

5 rounds, easy pace, rest as much as necessary

Swim 200 meters

One-arm drill with kickboard 200 meters

CYCLING

4 miles, relaxed pace, just over a jog

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WEEK 5 WORKOUTS

DAY 33: REST

DAY 34: BIKE

CYCLING

2 hours, no more than 6/10 effort. Try to approximate what your pace would be for a 112-mile ride.

DAY 35: RUN, BIKE

RUNNING

5 miles, no more than 6/10 effort. Try to approximate what you imagine to be a marathon pace.

CYCLING

1 hour, easy pace, no more than 4/10 effort.