

Kris Gettins
MAN OF IRON



WEEK 6 WORKOUTS

DAY 36: SHOULDERS, TRICEPS, ABS, SWIM

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
SUPERSET					
Military press	3	12			
Single-arm hammer press	3	12 per arm			
Rear delt raise on exercise ball <i>Alternating between Y, T, and A arm positions</i>	3	27			
TRISSET					
Smith machine triceps extension	3	to failure			
Lying cable triceps extension	3	15			
Close-grip push-up <i>With hands on Smith machine. Rep to failure on a low setting, then move up to navel level and rep to failure again.</i>	3	to failure			
SUPERSET					
Incline leg raise	3	to failure			
Lying leg raise on floor	3	to failure			

SWIMMING

4 rounds, using fins for some (but not all) rounds if struggling

Side stroke kicks, arms at sides, chin down 25 meters

Side stroke kick, bottom arm extended 25 meters

200 meters [one-arm superman swim](#), alternating arms every 25 meters

4 rounds, using fins for some (but not all) rounds if struggling

25 meters [one-arm hand lead](#), using fins if struggling

25 meters [hand entry drill](#)

4 rounds, using fins for some (but not all) rounds if struggling

25 meters [one-arm hand lead](#)

25 meters freestyle

200 meters freestyle swim

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DAY 37: LEGS, RUN, OPTIONAL BIKE

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
SUPERSET					
Standing calf press <i>On a step</i>	3	to failure			
Jumping calf press <i>On flat ground (no step or deficit)</i>	3	to failure			
SUPERSET					
Cable single-leg hamstring curl	3	to failure			
Rear-foot elevated split squat	3	to failure			
<i>Jumping split squat</i>	3	to failure			
SUPERSET					
Barbell squat with pause	3	20			
Kneeling squat	3	to failure			
Kneeling position to lunge	3	to failure			

RUNNING

WARM-UP

1 mile, nice and relaxed

MAIN SET

8-10 rounds, 60-90 sec. rest between rounds

400 meters, 9/10 effort. Not all-out; more like a 5k pace.

COOL-DOWN

1 mile, easy pace

25 meters [one-arm hand lead](#), using fins if struggling

OPTIONAL CYCLING

45-60 min., no more than 4/10 effort. Or cut if time-crunched.

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DAY 38: BACK, BICEPS, SWIM

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5
Bent-over barbell row <i>Starting each rep from a dead stop</i>	3	15					
SUPERSET							
Lat pull-down <i>Face down on incline bench</i>	3	25					
Standing cable row	3	25					
SUPERSET							
Deadlift <i>Using T-bar if possible</i>	3	20					
EZ-bar curl	3	30, 20, 25					
EZ-bar curl	5	15, 15, 20, 25 30					

SWIMMING

3 rounds

50 meters free swim

25 meters scull

50 meters free swim

25 meters [streamline kick on back](#)

2 rounds: rest 30 sec. after each round

50 meters one-arm swim with kickboard (right arm)

50 meters one-arm swim with kickboard (left arm)

50 meters one-arm swim with kickboard (25m left, 25m right)

50 meters free swim

2 rounds

4 sets of 75 meters free swim, 10 sec. rest.

2 sets of 50 meters, alternating 25 meters [Tarzan drill](#), 25 meters easy swim, 20 sec. rest

4 sets of 25 meters kick with board, rest 25 sec. This should hurt; think "GO GO GO!"

COOL-DOWN

100 meters easy swim

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WEEK 6 WORKOUTS

DAY 39: CHEST, BICEPS, ABS, BIKE, RUN

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
Cable fly push-up	3	12			
Landmine incline chest press	3	20 per arm			
Standing cable fly <i>Standing in front of a high-incline bench and leaning slightly backward</i>	3	15			
SUPERSET					
Leg raise	3	to failure			
Plank	3	to failure			
Sit-up	3	to failure			

CYCLING

WARM UP

30 min., building pace but nothing too hard

MAIN SET

6 rounds

15 min. at 6/10 effort, high resistance but low cadence, 50-60 RPMs

15 min. at 8/10 effort, lower resistance but higher cadence at 75-90 RPMs

5 min. easy spin

COOL-DOWN

30 min.

RUNNING

30-45 min., easy pace but pushing it slightly during last 5 min.

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WEEK 6 WORKOUTS

DAY 40: REST, OPTIONAL SWIM

OPTIONAL SWIM

1000 meters swim

DAY 41: BIKE, RUN

CYCLING

WARM UP

15 min., easy pace

MAIN SET

4 rounds

5 min., 7/10 effort

1 min., 9/10 effort

4 min., easy pace

COOL-DOWN

15 min. easy pace, then transition to run

RUNNING

WARM UP

1 mile, easy pace

MAIN SET

3 rounds

1 mile, 6/10 effort, not breathing too hard

1 mile, 8/10 effort, strong but controlled

90 sec. rest, walk, or light jog

COOL-DOWN

1 mile, easy pace

DAY 42: BIKE

CYCLING

60-70 miles, steady 7/10 effort