

Kris Gettins
MAN OF IRON



WEEK 7 WORKOUTS

DAY 43: SHOULDER, TRICEPS, ABS, SWIM

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
Press and round raise <i>From a three-point push-up position (similar to a one-arm push-up, but with your hand on a dumbbell), raise one dumbbell out in front of you. Sweep it behind you. Repeat for the other arm.</i>	3	6-8 per arm			
Dumbbell shoulder press <i>Seated on floor</i>	3	20			
SUPERSET					
Cable internal rotation	3	20			
Close-grip push-up	3	to failure			
SUPERSET					
Rear delt raise with head on bench	3	20			
Dip between two benches	3	to failure			
SUPERSET					
Hanging leg raise <i>Using medicine ball for added weight</i>	3	to failure			
Lying leg raise <i>Exercise ball between feet</i>	3	to failure			

SWIMMING

WARM-UP

2 rounds

100 meters easy free swim

100 meters kick with board

2 sets of 15 sec. [vertical kick drill](#).

Options: tread water (easier), hands out of water (hard), elbows out of water (hardest)

MAIN SET

2 rounds

5 sets of 100 meters, getting faster each 100 meters, from 6/10 to 9/10, 20 sec. rest each set

50 meters easy [catch-up drill](#)

50 meters easy swim

50 meters sprint

15 sec. [vertical kick drill](#).

Options: tread water (easier), hands out of water (hard), elbows out of water (hardest)

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WEEK 7 WORKOUTS

DAY 43: SHOULDER, TRICEPS, ABS, SWIM (CONTINUED)

SWIMMING

MAIN SET (CONTINUED)

4 rounds

25 meters kickboard swim, 7.5/10 effort

25 meters kickboard swim, 9/10 effort

25 meters kickboard swim, 6/10 effort

25 sec. rest

5 sets of 50 meters freestyle, 8/10 effort, 50 sec. rest between

50 meters easy [catch-up drill](#)

50 meters easy swim

50 meters fast freestyle, 9.5/10 effort

COOL-DOWN

100 meters, easy pace

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WEEK 7 WORKOUTS

DAY 44: LEGS, RUN, BIKE

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
Single-leg extension <i>Small ROM near lockout</i>	3	20 per leg			
SUPERSET					
Hip abductor machine <i>Small ROM</i>	3	20			
Hip adductor machine <i>Hold stretched position, resisting weight for 30 sec</i>	3	to failure			
SUPERSET					
Squat on BOSU ball	3	20			
SUPERSET					
Barbell Romanian deadlift on BOSU ball	3	20			
Calf raise on leg press	3	15			

RUNNING

WARM-UP

1-2 miles, easy pace

MAIN SET

Sprints

10-12 sets of 400 meters, 9/10 effort, 60/90 sec. rest after each set

COOL-DOWN

1-2 miles, easy pace

CYCLING

45-60 min. easy pace

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WEEK 7 WORKOUTS

DAY 45: BACK, BICEPS, BIKE

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
Landmine row	3	20			
Landmine deadlift burpee <i>Perform a deadlift, then jump back and perform a push-up with both hands on the barbell handle</i>	3	15			
Single-arm dumbbell shrug	3	20			
Chin-up <i>Extending arms at the top of each rep</i>	3	to failure			
Rope cable curl <i>Focusing on top-half of ROM on seated cable row machine</i>	3	12-15			
Single-arm concentration curl	3	12			
Preacher curl machine	3	12			

CYCLING

WARM-UP

10 min., easy pace

MAIN SET

3 Rounds

5 min. 6/10 effort, 50-60 RPMs

5 min. 8.5/10 effort, 80-90 RPMs

5 min. easy spin

COOL-DOWN

10 min., easy pace

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WEEK 7 WORKOUTS

DAY 46: CHEST, ABS, SWIM

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
CIRCUIT					
<i>3 Rounds</i>					
Barbell floor press	1	20			
Incline push-up <i>Hands on the sides of dumbbells, feet on bench</i>	1	to failure			
Dumbbell fly <i>Facing floor starting from push-up position and rolling dumbbells outward</i>	1	to failure			
Close-grip dumbbell incline press	1	to failure			
SUPERSET					
Incline sit-up with weight	3	to failure			
Lying leg raise	3	to failure			

SWIMMING

WARM UP

- 200 meters easy swim
- 200 meters working on drill of choice
- 200 meters kicking on side with hand-lead, alternate side every 50 meters
- 2 rounds: 30 sec. rest between rounds*
- 50 meters kickboard swim, 6/10 effort
- 100 meters easy swim

MAIN SET

- 10 sets of 100 meters, 30 sec. rest between sets. Break them up this way:*
- Set 1 & 6: All 100 easy
 - 2 & 7: 75 easy, 25 strong
 - 3 & 8: 50 easy, 50 strong
 - 4 & 9: 25 easy, 75 strong
 - 5 & 10: All 100 strong

COOL-DOWN

- 200 meters [catch-up drill](#)

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DAY 47: BIKE, SWIM

CYCLING

3 hours, steady and relatively easy effort. Try for a pace you can maintain for 50 miles or more, sipping electrolytes or water every 7-10 min. and eating fast-digesting carbs every 30-40 min.

RUNNING

30 min., steady pace, building up to no more than a 6/10 effort

DAY 48: RUN, SWIM

CYCLING

WARM UP

1 mile, 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

4 rounds

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

1 mile, 8/10 effort, strong but still controlled

90 sec., rest, walk, or jog

COOL-DOWN

1 mile, very easy jog pace

DAY 49: SWIM

SWIMMING

1 mile in open water