

*Kris Gettins*  
**MAN OF IRON**



## WEEK 2 WORKOUTS

### DAY 8: SHOULDERS, TRICEPS, ABS, SWIMMING, BIKE

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
Barbell upright row to shoulder press	3	20			

#### SUPERSET

*Rest as little as possible*

Dumbbell shrug	4	20			
Face pull	4	20			

Dip machine	3	40, 30, 30			
Overhead dumbbell extension	3	12			

#### TRISSET

*Rest as little as possible*

Close grip push-up	3	20			
Decline sit-up	3	to failure			
Hanging leg raise	3	to failure			

#### SWIMMING

##### WARM-UP

200 meters, [single-arm superman swim](#)

Alternating every 25 meters between easy swim and [single-arm superman swim](#)

##### 4 ROUNDS

25 meters, kick with kickboard

Moderate pace (leave board at wall)

50 meters easy swim

25 meters, kick with kickboard

Moderate pace (pick up board at wall)

[Retraction drill](#) (shown with paddles)

8 sets of 25 meters, focusing on hand entry. Don't use paddles.

##### MAIN SET

4 sets of 150 meters, 40 sec. rest between sets

Odd sets, fast; even sets, easy

##### COOL-DOWN

200 meters easy swim, 100 meters kick with kickboard

#### CYCLING

45 min., easy pace

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## WEEK 2 WORKOUTS

DAY 9: LEGS, BIKE, RUN					
EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
Box squat	5	20			
<b>SUPERSET</b>					
Pistol squat to bench	5	20 per leg			
Single leg Romanian deadlift	5	20 per leg			
Alternating single-leg seated calf press	4	20 per leg			

### RUNNING

#### WARM-UP

10 min., easy pace

#### MAIN SET

12 rounds wearing weight vest

30 sec., incline running, 4-5% incline

40-60 sec., easy jogging or walking if on treadmill, or downhill walking if on hill

#### COOL-DOWN

10 min., easy pace, working on good form and posture

### CYCLING

#### WARM-UP

10 min., easy pace

#### MAIN SET

4 rounds, 2 min. rest after each round

30 sec., hard pace 9/10 effort

30 sec., easy pace with fast cadence  
 \*alternate 5 times per round

#### COOL-DOWN

10 min., easy pace

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## WEEK 2 WORKOUTS

### DAY 10: BACK, BICEPS AND SWIMMING

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
<b>SUPERSET</b>					
<i>Rest as little as possible</i>					
Alternating single-arm straight-arm pull-down	3	15 per arm			
Reverse grip pull-down	3	15			
<b>SUPERSET</b>					
<i>Rest as little as possible</i>					
Standing cable row	3	15			
Shoulder rotation	3	15			
<b>SUPERSET</b>					
<i>Rest as little as possible</i>					
Dumbbell hammer curl	3	20			
Plate curl	3	20			
<b>SUPERSET</b>					
<i>Rest as little as possible</i>					
Dumbbell curl	3	20			
Plate curl	3	30			
Rope preacher curl	3	15			

### SWIMMING

#### WARM-UP

100 meters, easy pace

100 meters, drill of choice from drill workouts

100 meters, [hand lead kick drill](#)

Switch sides every 25 meters

#### MAIN SET (3 ROUNDS)

50 meters, 8/10 effort, rest 10 sec.

50 meters [catchup drill](#), easy pace, rest 10 sec.

200 meters, 7/10 effort, rest 100 sec.

#### COOL-DOWN

300 meters easy swim

Alternate breathing every 3 strokes, if possible

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## WEEK 2 WORKOUTS

### DAY 11: CHEST, ABS, NECK, RUN, BIKE

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
Staggered push-up <i>10 reps with eight, 10 reps without weight per arm.</i>	3 dropsets	20			
Incline dumbbell press <i>Using different weights with each hand. Switch hands after 10 reps.</i>	3	20			
Decline press using platform of assisted dip machine if possible	3	20			
Medicine-ball sit-up	3	to failure			
TRX® knee tuck	3	to failure			
Plank	3	to failure			

#### RUNNING

5 miles, steady pace, 7/10 effort

#### CYCLING

45 min., 4/10 effort

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## WEEK 2 WORKOUTS

### DAY 12: SWIMMING

#### WARM-UP

<a href="#">Hand-lead kick drill</a>	200 meters, alternating hands every 25 sec.
<a href="#">Front scull drill</a>	2 rounds of 100 meters
<a href="#">Front catch drill</a>	2 rounds of 100 meters (front catch is the second drill shown in video, alternating hands)

#### MAIN SET

Kick with board, wearing fins	6 rounds of 50 meters, 8/10 effort, 20 sec. rest each round. Sprint last 12.5 meters of each 50 meters.
<a href="#">Press-out at side of pool</a> , 3 sets of 30 sec., 45 sec. rest	

#### COOL-DOWN

100 meters easy swim

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## WEEK 2 WORKOUTS

### DAY 13: BIKE, RUN

#### CYCLING

##### WARM-UP

20 min., easy pace

##### MAIN SET (4 ROUNDS)

10 min., at 6/10 effort

10 min., at 8/10 effort

5 min., easy pace

##### COOL-DOWN

10 min., easy pace

#### RUNNING

20 min., easy pace

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## WEEK 2 WORKOUTS

### DAY 14: RUN, BIKE

#### RUNNING

##### WARM-UP

1 mile easy pace

##### MAIN SET (4 ROUNDS)

0.5 mile, 6/10 effort

0.5 mile, 8/10 effort

90 sec. rest or walk

##### COOL-DOWN

1 mile, very easy pace

#### CYCLING

1.5-2 hours, easy pace