

Kris Gettlin's
MAN OF IRON



WEEK 9 WORKOUTS

DAY 57: SHOULDERS, TRICEPS, ABS

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
SUPERSET					
Sit-up with shoulder press	3	15			
Staggered close-grip push-ups <i>Walking forward with hands between reps</i>	3	15 per arm			
SUPERSET					
Plank with single-arm rear delt raise	3	15 per arm			
Close-grip push-up	3	15			
SUPERSET					
Front plate raise	3	10			
Plate overhead triceps extension	3	30			

SWIMMING

WARM-UP

- 100 meters easy swim
- 200 meters [pull with buoy](#)
- 2 sets of 50 meters with kickboard

MAIN SET

- 2 Rounds*
- 25 meters fast
 - 25 meters easy
 - 50 meters fast
 - 50 meters easy
 - 100 meters fast
 - 50 meters easy
 - 200 meters fast
 - 100 meters easy

COOL-DOWN

- 200 meters easy swim

Kris Gettins
MAN OF IRON



WEEK 9 WORKOUTS

DAY 58: LEGS, BIKE

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5
<i>Front lunge to rear lunge</i> <i>Holding a kettlebell in front of chest</i>	5	12 per leg					
Barbell step-up	5	10 per leg					
<i>Sissy squat</i> <i>Holding battle rope or other sturdy object</i>	5	12					
Standing calf press	3	20					

CYCLING

WARM-UP

- 10 min. easy pace
- 5 min. building effort from easy to strong 8/10 effort
- 5 min. easy pace

MAIN SET

- 10 Rounds
- 1 min. all-out effort
- 1 min. easy pace

COOL-DOWN

- 10 min. easy pace

Kris Gettins
MAN OF IRON



WEEK 9 WORKOUTS

DAY 59: BACK, BICEPS, RUN/HIKE

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5
SUPERSET							
Lat pull-down	5	50, 40, 30, 20, 10					
Overhand-grip machine row	5	50, 40, 30, 20, 10					
SUPERSET							
Reverse-grip pull-down	5	10, 20, 30, 40, 50					
Neutral-grip machine row	5	10, 20, 30, 40, 50					
Cable curl	5	10, 20, 30, 40, 50					
Hammer-grip rope cable curl	5	10, 20, 30, 40, 50					

RUNNING

6 miles, or an equivalent difficult hike

Kris Gettins
MAN OF IRON

WEEK 9 WORKOUTS

DAY 60: CHEST, ABS, SWIM

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7	SET 8	SET 9	SET 10
Machine chest press	10	50, 40, 30, 20, 10, 10, 20, 30, 40, 50										
SUPERSET												
Ab roller	3	to failure										
Leg raise	3	to failure										

SWIMMING

WARM UP

- 200 meters easy swim
- 200 meters alternating 50 meters stroke or drill of choice, 50 easy swim
- 200 meters alternating 25 meters hard, 25 meters easy
- 200 meters easy swim

MAIN SET

- 2 rounds
- 125 meters strong effort, 20 sec. rest
- 100 meters stronger effort, 20 sec. rest
- 50 meters stronger effort, 10 sec. rest
- 25 meters max effort, 5 sec. rest
- 100 meters easy swim

COOL-DOWN

- 100 meters kickboard
- 200 meters easy swim

Kris Gettins
MAN OF IRON

WEEK 9 WORKOUTS

DAY 61: REST

DAY 62: BIKE, RUN

WARM UP

10 min. of running

15 min. easy bike

MAIN SET

Cycling 15 min., steady 6/10 effort

Running 1 mile, steady 6/10 effort

Cycling 15 min., 7/10 effort, strong but still controlled

Running 1 mile, strong but still controlled

Cycling 15 min., pushing pace at strong 8/10 effort

Running 1 mile, building from relaxed to strong 8/10 effort for last half

COOL-DOWN

15 min. easy bike

DAY 63: RUN

RUNNING

7 miles, steady 7/10 effort. Shoot for average HR of 150 or so.