

*Kris Gettins*  
**MAN OF IRON**



## WEEK 1 WORKOUTS

### DAY 1: SHOULDERS AND TRICEPS, SWIMMING

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
Standing barbell military press	3	20			
Rear-delt raise on exercise ball	3	12			
<b>SUPERSET</b>					
<i>Rest as little as possible</i>					
Standing dumbbell Arnold press	3	15-20			
Bench dip	3	15-20			
<b>SUPERSET</b>					
<i>Rest as little as possible</i>					
Parallel-bar dip	3	To failure			
Plank	3	To failure			
<b>SUPERSET</b>					
<i>Rest as little as possible</i>					
Cable external rotation	3	12			
Triceps cable kick-back	3	12			

### SWIMMING

*Rest is as needed. All sets should be slow and focused.*

#### WARM-UP

<a href="#">Hand lead kick drill</a>	200 meters, switching arms/sides every 25 meters
<a href="#">Hand lead front catch drill</a>	200 meters, switching arms every 50 meters
<a href="#">One-arm swim with kickboard</a>	200 meters, switching arms every 50 meters
<a href="#">Superman one-arm swim 200 meters</a>	Switching arms every 25 meters

#### MAIN SET

4 sets of 100 meters, 20 sec. rest between sets

#### ODD SETS

Freestyle, focusing on technique and building effort from 6/10 to 9/10

#### EVEN SETS

Superman one-arm swim, 6/10 effort level

#### COOL-DOWN

100 meters easy swim

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## WEEK 1 WORKOUTS

DAY 2: LEGS, BIKE, RUN					
EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
<b>SUPERSET</b>					
Barbell squat	3	20			
Jump squat	3	20			
<b>SUPERSET</b>					
Bulgarian split squat	3	20			
Exercise-ball hamstring curl	3	20			
<b>SUPERSET</b>					
Unilateral leg extension	3	20			
Thoracic rotation stretch	3	6 per side			
<b>SUPERSET</b>					
Standing calf press on stairs	3	To failure			

### CYCLING

45 min., easy and sustainable pace

### RUNNING

#### WARM-UP

10 min. easy

#### MAIN SET

6 sets: 1 min. focusing on leg speed, not power/force; 2 min. easy jogging

#### COOL-DOWN

10 min. easy jogging

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## WEEK 1 WORKOUTS

DAY 3: BACK, SWIM					
EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
Bent-over two-arm dumbbell row	3	15			
Dumbbell Romanian deadlift	3	15			
<b>SUPERSET</b>					
Straight-arm cable pull-down	3	15			
Pull-up	3	To failure			
<a href="#">Cable squat and row on Bosu ball</a>	3	15			

### SWIMMING

#### WARM-UP

300 meters, alternating 50 yards freestyle, 50 yards [Superman single-arm swim](#), alternating arms at 25 meters

#### MAIN SET

Descending ladder: As distance decreases, effort increases. Start at 6/10 effort, progress to all-out effort by end. 20 sec. rest between sets.

7 sets: 200 m, 175 m, 150 m, 125 m, 100 m, 75 m, 50 m, 25 m

#### COOL-DOWN

100 meters easy kicking, with or without kickboard

100 meters [Superman single-arm swim](#), alternating arms every 25 meters; 100 meters freestyle

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## WEEK 1 WORKOUTS

DAY 4: CHEST, BICEPS, ABS, RUN, BIKE					
EXERCISE	SETS	REPS	SET 1	SET 2	SET 3
<b>SUPERSET</b>					
Decline bench press	3	20			
Dumbbell hammer curl	3	20			
<b>SUPERSET</b>					
Incline close-grip dumbbell press	3	15			
<a href="#">Plate hammer curl</a>	3	15			
<b>SUPERSET</b>					
Reverse-grip EZ-bar curl	3	15			
<a href="#">Staggered push-up</a>	3	15			
<b>SUPERSET</b>					
<a href="#">Exercise-ball body saw</a>	3	To failure			
Oblique crunch on exercise ball	3	To failure			

### CYCLING

#### WARM-UP

15 min., easy pace

#### MAIN SET

4 sets: 5 min. high resistance, hard gear; 5 min. low resistance, faster cadence

#### COOL-DOWN

20 min., easy pace

### RUNNING

3 miles, easy pace, no more than 6/10 effort. Do run/walk intervals if necessary.

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## WEEK 1 WORKOUTS

### DAY 5: SWIMMING

#### WARM-UP

<a href="#">Head-lead kick</a>	100 meters. Perform on side, looking towards bottom of pool and turning head to ceiling to breathe. Slowly release air as your head is down. Alternate sides every 25 meters. Try to stay balanced in the water: hips not too low, head not submerged.
<a href="#">Hand-lead kick drill</a>	200 meters, alternating hands and sides every 25 yards
<a href="#">Front scull drill</a>	2 sets of 100 meters
<a href="#">Front catch drill</a>	2 sets of 100 meters. (Front catch is the second drill shown in video, alternating hands.)

#### MAIN SET

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

#### COOL-DOWN

100 meters easy swim

### DAY 6: BIKE, RUN

#### CYCLING

90 min., sustainable pace. You should be able to talk at this pace.

#### RUNNING

4-5 miles, easy pace, no more than 6/10 effort

### DAY 7: BIKE, RUN

#### CYCLING

45 min., nice and relaxed, like you're taking your bike out for a stroll.

#### RUNNING

4-5 miles, easy pace, no more than 6/10 effort