



**CHRIS GATES FITNESS**

## The Best Workout Plan for Extremely Busy People

### Day 1: Upper Body Strength

#### Warm Up:

- [Resistance Band Shoulder Rotations](#)
- [Dumbbell Shoulder Rotations](#)

Exercise	Instructions	Notes
<b>1:</b> Push Ups	1 set, 30 seconds	As many reps as possible in 30 seconds.
<b>2A:</b> <a href="#">Dumbbell Bench Press</a>	3 sets, 8-10 reps	Superset with Dumbbell Rows.
<b>2B:</b> Dumbbell Rows	3 sets, 8-10 reps	Superset with Dumbbell Bench Press.
<b>3A:</b> <a href="#">Dumbbell Lateral Raise</a>	3 sets, 10-15 reps	Superset with Dumbbell Rear Delt Flies.
<b>3B:</b> <a href="#">Dumbbell Rear Delt Flies</a>	3 sets, 10-15 reps	Superset with Dumbbell Rear Delt Flies.
<b>4A:</b> Dumbbell Bicep Curls	3 sets, 8-12 reps	Superset with Overhead Tricep Extensions.
<b>4B:</b> Overhead Triceps Extensions	3 sets, 8-12 reps	Superset with Dumbbell Bicep Curls.

#### Notes:

- Do A & B exercises together as a superset.
- After each set, take a 15-30 second rest period.
- For each superset, try to use the same pair of dumbbells in order to save time.



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## Day 2: Lower Body Strength

### Warm Up:

- [Lower Body Stretching Routine](#)
- 3-5 Minute Walk (treadmill)

Exercise	Instructions	Notes
<b>1:</b> Bodyweight Squats	3 sets, 60 seconds	As many reps as possible for 60 seconds, each set.
<b>2A:</b> Dumbbell Split Squats	3 sets, 8-10 reps	Superset with Dumbbell Romanian Deadlifts.
<b>2B:</b> <a href="#">Dumbbell Romanian Deadlifts</a>	3 sets, 8-10 reps	Superset with Dumbbell Split Squats.
<b>3A:</b> <a href="#">Bicycle Crunch</a>	3 sets, 30 seconds	As many reps as possible in 30 seconds.
<b>3B:</b> Standing Calf Raise	3 sets, 30 seconds	As many reps as possible in 30 seconds.
<b>3C:</b> Plank	3 sets, 30 seconds	As many reps as possible in 30 seconds.

### Notes:

- Do A & B exercises, or A-B-C exercises together as a superset.
- After each set, take a 15-30 second rest period.
- For each superset, try to use the same pair of dumbbells in order to save time.



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## Day 3: Cardio

### Warm Up:

- [Lower Body Stretching Routine](#)
- 3-5 Minute Walk (treadmill)

Exercise	Instructions	Notes
Warm Up (5 minutes)	Start slow and progressively work your way up to a cruising speed.	You'll be doing low-impact cardio, so hop on something like a spin bike or elliptical.
HIIT Intervals (10 minutes)	Every minute on the minute, sprint for 15 seconds, followed by 45 seconds of steady state cardio.	After each sprint, you can slow back down to your initial cruising speed.
Cool Down (5 minutes)	Progressively reduce speed and cool down for the final 5 minutes.	End with a lower body stretching routine if time permits.

### Notes:

- You can pick whatever form of low-impact cardio you like. Typically a spin bike or elliptical is best, but feel free to do what you enjoy and can be consistent with.