

May 2024 Training Program



This is the 4-day per week training program for May 2024.

Note: Perform exercises with the same number assigned as a superset. Ex: Exercises 1A and 1B should be performed back-to-back before taking a rest period.

Week 1 — Day 1:	Sets/Reps	Rest Period	Your Notes
Lower Body Stretching Routine			
Lower Body Mobility Routine			
1A: Dumbbell Romanian Deadlift	3 x 8	60 seconds	
1B: Goblet Squat	3 x 8		
2A: Reverse Lunge	3 x 10 (each side)	60 seconds	
2B: Split Stance Dumbbell Romanian Deadlift	3 x 10 (each side)		
3A: Goblet Lateral Lunge	3 x 12	75 seconds	
3B: Dumbbell Glute Bridge	3 x 12		
3C: Plank	3 x 30 seconds		



Week 1 — Day 2:	Sets/Reps	Rest Period	Your Notes
Upper Body Resistance Band Warm-Up			
Shoulder Mobility Routine			
1A: Dumbbell Bench Press	3 x 8	60 seconds	
1B: Bent Over Dumbbell Row	3 x 8		
2A: Seated Dumbbell Shoulder Press	3 x 10	60 seconds	
2B: Seated Dumbbell Lateral Raise	3 x 10		
3A: Standing Dumbbell Biceps Curls	3 x 12	75 seconds	
3B: Dumbbell Overhead Triceps Extension	3 x 12		
3C: Dumbbell Rear Delt Fly	3 x 12		



Week 1 — Day 3:	Sets/Reps	Rest Period	Your Notes
Lower Body Stretching Routine			
Lower Body Mobility Routine			
1: Bulgarian Split Squat	3 x 8	60 seconds	
2A: Dumbbell Sumo Deadlift	3 x 10	60 seconds	
2B: Dumbbell Box Squat	3 x 10		
3A: Dumbbell Fly	3 x 12	75 seconds	
3B: Dumbbell Pullover	3 x 12		
3C: Standing Dumbbell Shoulder Press	3 x 12		



Week 2 — Day 1:	Sets/Reps	Rest Period	Your Notes
Lower Body Stretching Routine			
Lower Body Mobility Routine			
1A: Dumbbell Romanian Deadlift	3 x 8-10	60 seconds	
1B: Goblet Squat	3 x 8-10		
2A: Reverse Lunge	3 x 10-12 (each side)	60 seconds	
2B: Split Stance Dumbbell Romanian Deadlift	3 x 10-12 (each side)		
3A: Goblet Lateral Lunge	3 x 12-15	75 seconds	
3B: Dumbbell Glute Bridge	3 x 12-15		
3C: Plank	3 x 30 seconds		



Week 2 — Day 2:	Sets/Reps	Rest Period	Your Notes
Upper Body Resistance Band Warm-Up			
Shoulder Mobility Routine			
1A: Dumbbell Bench Press	3 x 8-10	60 seconds	
1B: Bent Over Dumbbell Row	3 x 8-10		
2A: Seated Dumbbell Shoulder Press	3 x 10-12	60 seconds	
2B: Seated Dumbbell Lateral Raise	3 x 10-12		
3A: Standing Dumbbell Biceps Curls	3 x 12-15	75 seconds	
3B: Dumbbell Overhead Triceps Extension	3 x 12-15		
3C: Dumbbell Rear Delt Fly	3 x 12-15		



Week 2 — Day 3:	Sets/Reps	Rest Period	Your Notes
Lower Body Stretching Routine			
Lower Body Mobility Routine			
1: Bulgarian Split Squat	3 x 8-10	60 seconds	
2A: Dumbbell Sumo Deadlift	3 x 10-12	60 seconds	
2B: Dumbbell Box Squat	3 x 10-12		
3A: Dumbbell Fly	3 x 12-15	75 seconds	
3B: Dumbbell Pullover	3 x 12-15		
3C: Standing Dumbbell Shoulder Press	3 x 12-15		

NOTE: If you've reached the top end of the rep range, feel free to add weight to the exercise(s).



Week 3 — Day 1:	Sets/Reps	Rest Period	Your Notes
Lower Body Stretching Routine			
Lower Body Mobility Routine			
1A: Dumbbell Romanian Deadlift	3 x 8-10	60-90 seconds	
1B: Goblet Squat	3 x 8-10		
2A: Reverse Lunge	3 x 10-12 (each side)	60-90 seconds	
2B: Split Stance Dumbbell Romanian Deadlift	3 x 10-12 (each side)		
3A: Goblet Lateral Lunge	3 x 12-15	90-120 seconds	
3B: Dumbbell Glute Bridge	3 x 12-15		
3C: Plank	3 x 30 seconds		

NOTE: If you've reached the top end of the rep range, feel free to add weight to the exercise(s).



Week 3 — Day 2:	Sets/Reps	Rest Period	Your Notes
Upper Body Resistance Band Warm-Up			
Shoulder Mobility Routine			
1A: Dumbbell Bench Press	3 x 8-10	60-90 seconds	
1B: Bent Over Dumbbell Row	3 x 8-10		
2A: Seated Dumbbell Shoulder Press	3 x 10-12	60-90 seconds	
2B: Seated Dumbbell Lateral Raise	3 x 10-12		
3A: Standing Dumbbell Biceps Curls	3 x 12-15	90-120 seconds	
3B: Dumbbell Overhead Triceps Extension	3 x 12-15		
3C: Dumbbell Rear Delt Fly	3 x 12-15		

NOTE: If you've reached the top end of the rep range, feel free to add weight to the exercise(s).



Week 3 — Day 3:	Sets/Reps	Rest Period	Your Notes
Lower Body Stretching Routine			
Lower Body Mobility Routine			
1: Bulgarian Split Squat	3 x 8-10	60-90 seconds	
2A: Dumbbell Sumo Deadlift	3 x 10-12	60-90 seconds	
2B: Dumbbell Box Squat	3 x 10-12		
3A: Dumbbell Fly	3 x 12-15	90-120 seconds	
3B: Dumbbell Pullover	3 x 12-15		
3C: Standing Dumbbell Shoulder Press	3 x 12-15		

NOTE: If you've reached the top end of the rep range, feel free to add weight to the exercise(s).



Week 4 — Day 1:	Sets/Reps	Rest Period	Your Notes
Lower Body Stretching Routine			
Lower Body Mobility Routine			
1A: Dumbbell Romanian Deadlift	3 x 8-10	60-90 seconds	
1B: Goblet Squat	3 x 8-10		
2A: Reverse Lunge	3 x 10-12 (each side)	60-90 seconds	
2B: Split Stance Dumbbell Romanian Deadlift	3 x 10-12 (each side)		
3A: Goblet Lateral Lunge	3 x 12-15	90-120 seconds	
3B: Dumbbell Glute Bridge	3 x 12-15		
3C: Plank	3 x 30 seconds		

NOTE: If you've reached the top end of the rep range, feel free to add weight to the exercise(s).



Week 4 — Day 2:	Sets/Reps	Rest Period	Your Notes
Upper Body Resistance Band Warm-Up			
Shoulder Mobility Routine			
1A: Dumbbell Bench Press	3 x 8-10	60-90 seconds	
1B: Bent Over Dumbbell Row	3 x 8-10		
2A: Seated Dumbbell Shoulder Press	3 x 10-12	60-90 seconds	
2B: Seated Dumbbell Lateral Raise	3 x 10-12		
3A: Standing Dumbbell Biceps Curls	3 x 12-15	90-120 seconds	
3B: Dumbbell Overhead Triceps Extension	3 x 12-15		
3C: Dumbbell Rear Delt Fly	3 x 12-15		

NOTE: If you've reached the top end of the rep range, feel free to add weight to the exercise(s).



Week 4 — Day 3:	Sets/Reps	Rest Period	Your Notes
Lower Body Stretching Routine			
Lower Body Mobility Routine			
1: Bulgarian Split Squat	3 x 8-10	60-90 seconds	
2A: Dumbbell Sumo Deadlift	3 x 10-12	60-90 seconds	
2B: Dumbbell Box Squat	3 x 10-12		
3A: Dumbbell Fly	3 x 12-15	90-120 seconds	
3B: Dumbbell Pullover	3 x 12-15		
3C: Standing Dumbbell Shoulder Press	3 x 12-15		

Body Composition Tracking:



Day:	Weight:
May 1:	
May 2:	
May 3:	
May 4:	
May 5:	
May 6:	
May 7:	
May 8:	
May 9:	
May 10:	
May 11:	
May 12:	
May 13:	
May 14:	
May 15:	
May 16:	
May 17:	
May 18:	
May 19:	
May 20:	
May 21:	
May 22:	
May 23:	
May 24:	
May 25:	
May 26:	
May 27:	
May 28:	
May 29:	
May 30:	
May 31:	