

JULY 2024 - WEEK 1

AT-HOME/DUMBBELLS



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

NOTE: Perform exercises with the same number assigned as a superset.
Ex: Exercises 3A and 3B should be performed back-to-back, before taking a rest period.

DAY 1 - LOWER BODY

1: Banded Lateral Walks: 3 x 8-10 (each side)
• Rest 15-30 seconds between sets

2: Split Squats: 3 x 8-10 (each side)
• Rest 60 seconds between sets

3A: Dumbbell Romanian Deadlift: 3 x 10-12

3B: Standing Calf Raise: 3 x 10-12
• Rest 75 seconds between sets

4A: Dumbbell Crunch: 3 x 8-10

4B: Plank: 3 x 20 seconds
• Rest 75 seconds between sets.

DAY 2 - UPPER BODY

1: Dumbbell Shoulder Press: 3 x 6-8
• Rest 90 seconds between sets

2A: Dumbbell Lateral Raise: 3 x 10-12

2B: Dumbbell Rear Delt Fly: 3 x 10-12
• Rest 60 seconds between sets

3A: Push Ups: 3 x 5-10

3B: Bent Over Dumbbell Rows: 3 x 10-12

3C: Standing Dumbbell Biceps Curls: 3 x 10-12
• Rest 90 seconds between sets

DAY 3 - LOWER BODY

1: Dumbbell Box Squat: 3 x 8-10
• Rest 90 seconds between sets
• Pause at the bottom of each rep, and be as explosive as you can when squatting back up.

2: Lateral Lunge: 3 x 5-10 (each side)
• Rest 60 seconds between sets

3: Single-Leg Deadlift: 3 x 10-12 (each side)
• Rest 75 seconds between sets

4: Dumbbell Woodchoppers: 3 x 8-10 (each side)
• Rest 60 seconds between each set.

DAY 4 - UPPER BODY

1: Incline Dumbbell Bench Press: 3 x 8-10
• Rest 90 seconds between sets

2: Dumbbell Pullover: 3 x 10-12
• Rest 90 seconds between sets

3A: Dumbbell Upright Row: 3 x 10-12

3B: Incline T Raise: 3 x 10-12
• Rest 60 seconds between sets

4A: Dumbbell Hammer Curls: 3 x 10-12

4B: Dumbbell Overhead Triceps Ext: 3 x 10-12
• Rest 75 seconds between sets

CARDIO:
8,500 STEPS PER DAY
OR MORE

JULY 2024 - WEEK 2

AT-HOME/DUMBBELLS



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

NOTE: In Week 2, we're replicating what you did in Week 1. Your goal should be to match, or improve on your Week 1 performance.

DAY 1 - LOWER BODY

1: Banded Lateral Walks: 3 x 8-10 (each side)

- Rest 15-30 seconds between sets

2: Split Squats: 3 x 8-10 (each side)

- Rest 60 seconds between sets

3A: Dumbbell Romanian Deadlift: 3 x 10-12

3B: Standing Calf Raise: 3 x 10-12

- Rest 75 seconds between sets

4A: Dumbbell Crunch: 3 x 8-10

4B: Plank: 3 x 20 seconds

- Rest 75 seconds between sets.

DAY 2 - UPPER BODY

1: Dumbbell Shoulder Press: 3 x 6-8

- Rest 90 seconds between sets

2A: Dumbbell Lateral Raise: 3 x 10-12

2B: Dumbbell Rear Delt Fly: 3 x 10-12

- Rest 60 seconds between sets

3A: Push Ups: 3 x 5-10

3B: Bent Over Dumbbell Rows: 3 x 10-12

3C: Standing Dumbbell Biceps Curls: 3 x 10-12

- Rest 90 seconds between sets

DAY 3 - LOWER BODY

1: Dumbbell Box Squat: 3 x 8-10

- Rest 90 seconds between sets
- Pause at the bottom of each rep, and be as explosive as you can when squatting back up.

2: Lateral Lunge: 3 x 5-10 (each side)

- Rest 60 seconds between sets

3: Single-Leg Deadlift: 3 x 10-12 (each side)

- Rest 75 seconds between sets

4: Dumbbell Woodchoppers: 3 x 8-10 (each side)

- Rest 60 seconds between each set.

DAY 4 - UPPER BODY

1: Incline Dumbbell Bench Press: 3 x 8-10

- Rest 90 seconds between sets

2: Dumbbell Pullover: 3 x 10-12

- Rest 90 seconds between sets

3A: Dumbbell Upright Row: 3 x 10-12

3B: Incline T Raise: 3 x 10-12

- Rest 60 seconds between sets

4A: Dumbbell Hammer Curls: 3 x 10-12

4B: Dumbbell Overhead Triceps Ext: 3 x 10-12

- Rest 75 seconds between sets

CARDIO:
8,500 STEPS PER DAY
OR MORE

JULY 2024 - WEEK 3

AT-HOME/DUMBBELLS



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

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

DAY 1 - LOWER BODY

1: Banded Lateral Walks: 3 x 8-10 (each side)

- Rest 15-30 seconds between sets

2: Split Squats: 3 x 8-10 (each side)

- Rest 60-75 seconds between sets

3A: Dumbbell Romanian Deadlift: 3 x 10-12

3B: Standing Calf Raise: 3 x 10-12

- Rest 75-90 seconds between sets

4A: Dumbbell Crunch: 3 x 8-10

4B: Plank: 3 x 20-30 seconds

- Rest 75-90 seconds between sets.

DAY 2 - UPPER BODY

1: Dumbbell Shoulder Press: 3 x 6-8

- Rest 90-120 seconds between sets

2A: Dumbbell Lateral Raise: 3 x 10-12

2B: Dumbbell Rear Delt Fly: 3 x 10-12

- Rest 60-75 seconds between sets

3A: Push Ups: 3 x 5-10

3B: Bent Over Dumbbell Rows: 3 x 10-12

3C: Standing Dumbbell Biceps Curls: 3 x 10-12

- Rest 90-120 seconds between sets

DAY 3 - LOWER BODY

1: Dumbbell Box Squat: 3 x 8-10

- Rest 90-120 seconds between sets
- Pause at the bottom of each rep, and be as explosive as you can when squatting back up.

2: Lateral Lunge: 3 x 5-10 (each side)

- Rest 60-75 seconds between sets

3: Single-Leg Deadlift: 3 x 10-12 (each side)

- Rest 75-90 seconds between sets

4: Dumbbell Woodchoppers: 3 x 8-10 (each side)

- Rest 60-75 seconds between each set.

DAY 4 - UPPER BODY

1: Incline Dumbbell Bench Press: 3 x 8-10

- Rest 90-120 seconds between sets

2: Dumbbell Pullover: 3 x 10-12

- Rest 90-120 seconds between sets

3A: Dumbbell Upright Row: 3 x 10-12

3B: Incline T Raise: 3 x 10-12

- Rest 60-75 seconds between sets

4A: Dumbbell Hammer Curls: 3 x 10-12

4B: Dumbbell Overhead Triceps Ext: 3 x 10-12

- Rest 75-90 seconds between sets

CARDIO:
8,500 STEPS PER DAY
OR MORE

JULY 2024 - WEEK 4

AT-HOME/DUMBBELLS



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

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

DAY 1 - LOWER BODY

1: Banded Lateral Walks: 3 x 8-10 (each side)

- Rest 15-30 seconds between sets

2: Split Squats: 3 x 8-10 (each side)

- Rest 60-75 seconds between sets

3A: Dumbbell Romanian Deadlift: 3 x 10-12

3B: Standing Calf Raise: 3 x 10-12

- Rest 75-90 seconds between sets

4A: Dumbbell Crunch: 3 x 8-10

4B: Plank: 3 x 20-30 seconds

- Rest 75-90 seconds between sets.

DAY 2 - UPPER BODY

1: Dumbbell Shoulder Press: 3 x 6-8

- Rest 90-120 seconds between sets

2A: Dumbbell Lateral Raise: 3 x 10-12

2B: Dumbbell Rear Delt Fly: 3 x 10-12

- Rest 60-75 seconds between sets

3A: Push Ups: 3 x 5-10

3B: Bent Over Dumbbell Rows: 3 x 10-12

3C: Standing Dumbbell Biceps Curls: 3 x 10-12

- Rest 90-120 seconds between sets

DAY 3 - LOWER BODY

1: Dumbbell Box Squat: 3 x 8-10

- Rest 90-120 seconds between sets
- Pause at the bottom of each rep, and be as explosive as you can when squatting back up.

2: Lateral Lunge: 3 x 5-10 (each side)

- Rest 60-75 seconds between sets

3: Single-Leg Deadlift: 3 x 10-12 (each side)

- Rest 75-90 seconds between sets

4: Dumbbell Woodchoppers: 3 x 8-10 (each side)

- Rest 60-75 seconds between each set.

DAY 4 - UPPER BODY

1: Incline Dumbbell Bench Press: 3 x 8-10

- Rest 90-120 seconds between sets

2: Dumbbell Pullover: 3 x 10-12

- Rest 90-120 seconds between sets

3A: Dumbbell Upright Row: 3 x 10-12

3B: Incline T Raise: 3 x 10-12

- Rest 60-75 seconds between sets

4A: Dumbbell Hammer Curls: 3 x 10-12

4B: Dumbbell Overhead Triceps Ext: 3 x 10-12

- Rest 75-90 seconds between sets

CARDIO:
8,500 STEPS PER DAY
OR MORE

JULY 2024 - DELOAD AT-HOME/DUMBBELLS



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

NOTE: Week 5 is a deload week, which is a planned period of time where we lower volume and intensity. These should be quick and easy workouts. You can lighten the weight for any exercises, if needed.

DAY 1 - LOWER BODY

1: Banded Lateral Walks: 2 x 8-10 (each side)
• Rest 15-30 seconds between sets

2: Split Squats: 2 x 8-10 (each side)
• Rest 60 seconds between sets

3A: Dumbbell Romanian Deadlift: 2 x 10-12

3B: Standing Calf Raise: 2 x 10-12
• Rest 75 seconds between sets

4A: Dumbbell Crunch: 2 x 8-10

4B: Plank: 2 x 20-30 seconds
• Rest 75 seconds between each s

DAY 2 - UPPER BODY

1: Dumbbell Shoulder Press: 2 x 6-8
• Rest 90 seconds between sets

2A: Dumbbell Lateral Raise: 2 x 10-12

2B: Dumbbell Rear Delt Fly: 2 x 10-12
• Rest 60 seconds between sets

3A: Push Ups: 2 x 5-10

3B: Bent Over Dumbbell Rows: 2 x 10-12

3C: Standing Dumbbell Biceps Curls: 2 x 10-12
• Rest 90 seconds between sets

DAY 3 - LOWER BODY

1: Dumbbell Box Squat: 2 x 8-10
• Rest 90 seconds between sets
• Pause at the bottom of each rep, and be as explosive as you can when squatting back up.

2: Lateral Lunge: 2 x 5-10 (each side)
• Rest 60 seconds between sets

3: Single-Leg Deadlift: 2 x 10-12 (each side)
• Rest 75 seconds between sets

4: Dumbbell Woodchoppers: 2 x 8-10 (each side)
• Rest 60 seconds between each set.

DAY 4 - UPPER BODY

1: Incline Dumbbell Bench Press: 2 x 8-10
• Rest 90 seconds between sets

2: Dumbbell Pullover: 2 x 10-12
• Rest 90 seconds between sets

3A: Dumbbell Upright Row: 2 x 10-12

3B: Incline T Raise: 2 x 10-12
• Rest 60 seconds between sets

4A: Dumbbell Hammer Curls: 2 x 10-12

4B: Dumbbell Overhead Triceps Ext: 2 x 10-12
• Rest 75 seconds between sets

CARDIO:
8,500 STEPS PER DAY
OR MORE

JULY 2024 - WEIGHT TRACKER

Day:	Weight
July 1:	
July 2:	
July 3:	
July 4:	
July 5:	
July 6:	
July 7:	
July 8:	
July 9:	
July 10:	
July 11:	
July 12:	
July 13:	
July 14:	
July 15:	

Day:	Weight
July 16:	
July 17:	
July 18:	
July 19:	
July 20:	
July 21:	
July 22:	
July 23:	
July 24:	
July 25:	
July 26:	
July 27:	
July 28:	
July 29:	
July 30:	

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