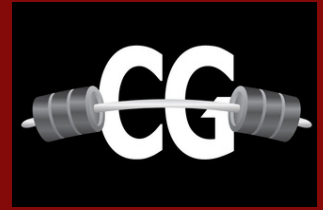


JUNE 2024 - WEEK 1 TRAINING PROGRAM

This is the 3-day per week training program for May 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: Forward Rotational Lunge:** 3 x 5-10 (each side)
 - Rest 60 seconds between sets
- 2: Dumbbell Romanian Deadlift:** 3 x 8-10
 - Rest 60 seconds between sets
- 3A: Dumbbell Box Squat:** 3 x 10-12
- 3B: Standing Calf Raise:** 3 x 10-12
 - Rest 75 seconds between sets
- 4A: Split Squat:** 3 x 8-10
- 4B: Dumbbell Glute Bridge:** 3 x 8-10
- 4C: Bicycle Crunch:** 3 x 8-10 (each side)
 - Rest 90 seconds between sets

DAY 2 - UPPER BODY

- 1: Pull Ups (Bodyweight or Assisted):** 3 x 5-8
 - Rest 90 seconds between sets
- 2: Push Ups:** 20 Total Reps
 - Rest as long as needed to complete the total amount of reps.
- 3A: One-Arm Dumbbell Rows:** 3 x 8-10 (each side)
- 3B: Seated Dumbbell Shoulder Press:** 3 x 8-10
 - Rest 75 seconds between sets
- 4A: Seated Dumbbell Biceps Curls:** 3 x 10-12
- 4B: Overhead Triceps Extension:** 3 x 10-12 (each side)
- 4C: Russian Twist:** 3 x 15 seconds
 - Rest 90 seconds between sets

DAY 3 - TOTAL BODY

- 1: Single-Leg Deadlift (Assisted):** 3 x 8-10
 - Rest 60 seconds between sets
- 2A: Split Squat:** 3 x 10-12 each side
- 2B: Dumbbell Sumo Deadlift:** 3 x 10-12
 - Rest 75 seconds between sets
- 3A: 1-Arm Incline Dumbbell Bench Press:** 3 x 12-15 (each side)
- 3B: Dumbbell Fly:** 3 x 12-15
- 3C: Seated Row:** 3 x 12-15
 - Rest 90 seconds between sets.

CARDIO:
7,500 STEPS PER
DAY OR MORE



JUNE 2024 - WEEK 2 TRAINING PROGRAM

This is the 3-day per week training program for May 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: Forward Rotational Lunge: 3 x 5-10 (each side)

- Rest 60 seconds between sets

2: Dumbbell Romanian Deadlift: 3 x 8-10

- Rest 60 seconds between sets

3A: Dumbbell Box Squat: 3 x 10-12

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

- Rest 75 seconds between sets

4A: Split Squat: 3 x 8-10

4B: Dumbbell Glute Bridge: 3 x 8-10

4C: Bicycle Crunch: 3 x 8-10 (each side)

- Rest 90 seconds between sets

DAY 2 - UPPER BODY

1: Pull Ups (Bodyweight or Assisted): 3 x 5-8

- Rest 90 seconds between sets

2: Push Ups: 20 Total Reps

- Rest as long as needed to complete the total amount of reps.

3A: One-Arm Dumbbell Rows: 3 x 8-10 (each side)

3B: Seated Dumbbell Shoulder Press: 3 x 8-10

- Rest 75 seconds between sets

4A: Seated Dumbbell Biceps Curls: 3 x 10-12

4B: Overhead Triceps Extension: 3 x 10-12 (each side)

4C: Russian Twist: 3 x 15 seconds

- Rest 90 seconds between sets

DAY 3 - TOTAL BODY

1: Single-Leg Deadlift (Assisted): 3 x 8-10

- Rest 60 seconds between sets

2A: Split Squat: 3 x 10-12 each side

2B: Dumbbell Sumo Deadlift: 3 x 10-12

- Rest 75 seconds between sets

3A: 1-Arm Incline Dumbbell Bench Press: 3 x 12-15 (each side)

3B: Dumbbell Fly: 3 x 12-15

3C: Seated Row: 3 x 12-15

- Rest 90 seconds between sets.

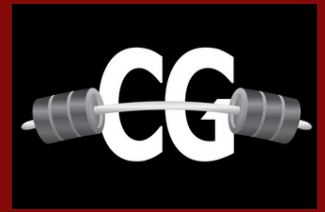
CARDIO:
7,500 STEPS PER
DAY OR MORE



JUNE 2024 - WEEK 3 TRAINING PROGRAM

This is the 3-day per week training program for May 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: Forward Rotational Lunge: 3 x 5-10 (each side)
• Rest 60-75 seconds between sets

2: Dumbbell Romanian Deadlift: 3 x 8-10
• Rest 60-75 seconds between sets

3A: Dumbbell Box Squat: 3 x 10-12

3B: Standing Calf Raise: 3 x 10-12
• Rest 75-90 seconds between sets

4A: Split Squat: 3 x 8-10

4B: Dumbbell Glute Bridge: 3 x 8-10

4C: Bicycle Crunch: 3 x 8-10 (each side)
• Rest 90-120 seconds between sets

DAY 2 - UPPER BODY

1: Pull Ups (Bodyweight or Assisted): 3 x 5-8
• Rest 90-120 seconds between sets

2: Push Ups: 20 Total Reps
• Rest as long as needed to complete the total amount of reps.

3A: One-Arm Dumbbell Rows: 3 x 8-10 (each side)

3B: Seated Dumbbell Shoulder Press: 3 x 8-10
• Rest 75-90 seconds between sets

4A: Seated Dumbbell Biceps Curls: 3 x 10-12

4B: Overhead Triceps Extension: 3 x 10-12 (each side)

4C: Russian Twist: 3 x 15-20 seconds
• Rest 90-120 seconds between sets

DAY 3 - TOTAL BODY

1: Single-Leg Deadlift (Assisted): 3 x 8-10
• Rest 60-75 seconds between sets

2A: Split Squat: 3 x 10-12 each side

2B: Dumbbell Sumo Deadlift: 3 x 10-12
• Rest 75-90 seconds between sets

3A: 1-Arm Incline Dumbbell Bench Press: 3 x 12-15 (each side)

3B: Dumbbell Fly: 3 x 12-15

3C: Seated Row: 3 x 12-15
• Rest 90-120 seconds between sets.

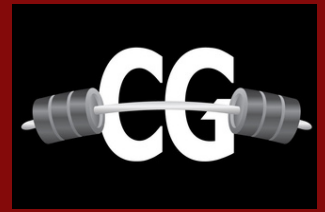
CARDIO:
7,500 STEPS PER
DAY OR MORE



JUNE 2024 - WEEK 4 TRAINING PROGRAM

This is the 3-day per week training program for May 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: Forward Rotational Lunge: 3 x 5-10 (each side)
• Rest 60-75 seconds between sets

2: Dumbbell Romanian Deadlift: 3 x 8-10
• Rest 60-75 seconds between sets

3A: Dumbbell Box Squat: 3 x 10-12

3B: Standing Calf Raise: 3 x 10-12
• Rest 75-90 seconds between sets

4A: Split Squat: 3 x 8-10

4B: Dumbbell Glute Bridge: 3 x 8-10

4C: Bicycle Crunch: 3 x 8-10 (each side)
• Rest 90-120 seconds between sets

DAY 2 - UPPER BODY

1: Pull Ups (Bodyweight or Assisted): 3 x 5-8
• Rest 90-120 seconds between sets

2: Push Ups: 20 Total Reps
• Rest as long as needed to complete the total amount of reps.

3A: One-Arm Dumbbell Rows: 3 x 8-10 (each side)

3B: Seated Dumbbell Shoulder Press: 3 x 8-10
• Rest 75-90 seconds between sets

4A: Seated Dumbbell Biceps Curls: 3 x 10-12

4B: Overhead Triceps Extension: 3 x 10-12 (each side)

4C: Russian Twist: 3 x 15-25 seconds
• Rest 90-120 seconds between sets

DAY 3 - TOTAL BODY

1: Single-Leg Deadlift (Assisted): 3 x 8-10
• Rest 60-75 seconds between sets

2A: Split Squat: 3 x 10-12 each side

2B: Dumbbell Sumo Deadlift: 3 x 10-12
• Rest 75-90 seconds between sets

3A: 1-Arm Incline Dumbbell Bench Press: 3 x 12-15 (each side)

3B: Dumbbell Fly: 3 x 12-15

3C: Seated Row: 3 x 12-15
• Rest 90-120 seconds between sets.

CARDIO:
7,500 STEPS PER
DAY OR MORE



JUNE 2024 - WEIGHT TRACKER

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

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

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