

JUNE 2024 - WEEK 1 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 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 - LOWER 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: Goblet Squat:** 3 x 12-15
- 3B: Lateral Lunge:** 3 x 12-15 (each side)
- 3C: Wood Choppers:** 3 x 12-15 (each side)
 - Rest 90 seconds between sets.

DAY 4 - UPPER BODY

- 1: 1-Arm Incline Dumbbell Bench Press:** 3 x 8-10 (each side)
 - Rest 60 seconds between sets
- 2: Dumbbell Fly:** 3 x 12-15
 - Rest 60 seconds between sets
- 3A: Seated Row:** 3 x 10-12
- 3B: Dumbbell Hammer Curls:** 3 x 10-12
 - Rest 75 seconds between sets
- 4A: Dumbbell Lateral Raise:** 3 x 12-15
- 4B: Dumbbell Rear Delt Fly:** 3 x 12-15
 - Rest 75 seconds between sets

CARDIO:
7,500 STEPS PER
DAY OR MORE

JUNE 2024 - WEEK 2 TRAINING PROGRAM

This is the 4-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 - LOWER 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: Goblet Squat: 3 x 12-15

3B: Lateral Lunge: 3 x 12-15 (each side)

3C: Wood Choppers: 3 x 12-15 (each side)

- Rest 90 seconds between sets.

DAY 4 - UPPER BODY

1: 1-Arm Incline Dumbbell Bench Press: 3 x 8-10 (each side)

- Rest 60 seconds between sets

2: Dumbbell Fly: 3 x 12-15

- Rest 60 seconds between sets

3A: Seated Row: 3 x 10-12

3B: Dumbbell Hammer Curls: 3 x 10-12

- Rest 75 seconds between sets

4A: Dumbbell Lateral Raise: 3 x 12-15

4B: Dumbbell Rear Delt Fly: 3 x 12-15

- Rest 75 seconds between sets

CARDIO:

**7,500 STEPS PER
DAY OR MORE**

JUNE 2024 - WEEK 3 TRAINING PROGRAM

This is the 4-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 - LOWER 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: Goblet Squat: 3 x 12-15

3B: Lateral Lunge: 3 x 12-15 (each side)

3C: Wood Choppers: 3 x 12-15 (each side)

- Rest 90-120 seconds between sets.

DAY 4 - UPPER BODY

1: 1-Arm Incline Dumbbell Bench Press: 3 x 8-10 (each side)

- Rest 60-75 seconds between sets

2: Dumbbell Fly: 3 x 12-15

- Rest 60-75 seconds between sets

3A: Seated Row: 3 x 10-12

3B: Dumbbell Hammer Curls: 3 x 10-12

- Rest 75-90 seconds between sets

4A: Dumbbell Lateral Raise: 3 x 12-15

4B: Dumbbell Rear Delt Fly: 3 x 12-15

- Rest 75-90 seconds between sets

CARDIO:

7,500 STEPS PER DAY OR MORE

JUNE 2024 - WEEK 4 TRAINING PROGRAM

This is the 4-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 - LOWER 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: Goblet Squat: 3 x 12-15

3B: Lateral Lunge: 3 x 12-15 (each side)

3C: Wood Choppers: 3 x 12-15 (each side)

- Rest 90-120 seconds between sets.

DAY 4 - UPPER BODY

1: 1-Arm Incline Dumbbell Bench Press: 3 x 8-10 (each side)

- Rest 60-75 seconds between sets

2: Dumbbell Fly: 3 x 12-15

- Rest 60-75 seconds between sets

3A: Seated Row: 3 x 10-12

3B: Dumbbell Hammer Curls: 3 x 10-12

- Rest 75-90 seconds between sets

4A: Dumbbell Lateral Raise: 3 x 12-15

4B: Dumbbell Rear Delt Fly: 3 x 12-15

- Rest 75-90 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:	

DISCLAIMER: CHRIS GATES IS NOT A DOCTOR OR REGISTERED DIETITIAN. THE CONTENTS OF YOUR PROGRAM AND COMMUNICATION WITH CHRIS GATES SHOULD NOT BE TAKEN AS MEDICAL ADVICE. IT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY HEALTH PROBLEM, NOR IS IT INTENDED TO REPLACE THE ADVICE OF A PHYSICIAN. ALWAYS CONSULT YOUR PHYSICIAN OR QUALIFIED HEALTH PROFESSIONAL ON ANY MATTERS REGARDING YOUR HEALTH. ALL DOCUMENTS INCLUDED OR EXCHANGED BETWEEN CHRIS GATES AND THE CLIENT ARE THE INTELLECTUAL PROPERTY OF CHRIS GATES FITNESS AND ARE NOT TO BE COPIED, SOLD, OR REDISTRIBUTED WITHOUT WRITTEN CONSENT.