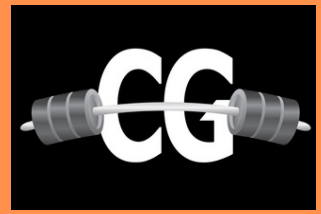


AUGUST 2024 - WEEK 1

FULL GYM ROUTINE



This is the 2-day per week training program for August 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 - UPPER BODY

1: Pull Ups: 20 Total

- As many sets as needed to complete the reps.

2: Explosive Barbell Bench Press: 3 x 8-10

- Rest 75 seconds between sets

3A: Leaning Cable Lateral Raise: 3 x 8-10 (each side)

3B: Face Pulls: 3 x 8-10

- Rest 60 seconds between sets

3A: Cable Curls: 3 x 10-12

3B: Cable Triceps Kick Back: 3 x 10-12

- Rest 60 seconds between sets.

DAY 2 - LOWER BODY

1: Deadlift Variation of Your Choice: 3 x 5-8

- Rest 90 seconds between sets.

2: Step Ups: 3 x 8-10 (each side)

- Rest 60 seconds between sets

3A: Barbell Squat: 3 x 8-10

3B: Standing Barbell Calf Raise: 3 x 8-10

- Rest 75 seconds between sets

4A: Dumbbell Wrist Curls: 3 x 12-15 (each side)

4B: Lying Leg Raise: 3 x 5-10 (each side)

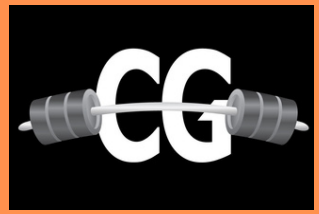
- Rest 60 seconds between sets.

CARDIO:
8,500 STEPS
PER DAY
OR MORE



AUGUST 2024 - WEEK 2

FULL GYM ROUTINE



This is the 2-day per week training program for August 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 - UPPER BODY

1: Pull Ups: 20 Total

- As many sets as needed to complete the reps.

2: Explosive Barbell Bench Press: 3 x 8-10

- Rest 75 seconds between sets

3A: Leaning Cable Lateral Raise: 3 x 8-10 (each side)

3B: Face Pulls: 3 x 8-10

- Rest 60 seconds between sets

3A: Cable Curls: 3 x 10-12

3B: Cable Triceps Kick Back: 3 x 10-12

- Rest 60 seconds between sets.

DAY 2 - LOWER BODY

1: Deadlift Variation of Your Choice: 3 x 5-8

- Rest 90 seconds between sets.

2: Step Ups: 3 x 8-10 (each side)

- Rest 60 seconds between sets

3A: Barbell Squat: 3 x 8-10

3B: Standing Barbell Calf Raise: 3 x 8-10

- Rest 75 seconds between sets

4A: Dumbbell Wrist Curls: 3 x 12-15 (each side)

4B: Lying Leg Raise: 3 x 5-10 (each side)

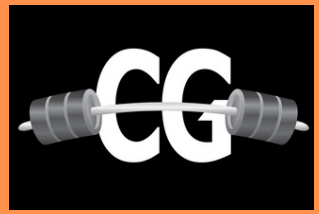
- Rest 60 seconds between sets.

CARDIO:
8,500 STEPS
PER DAY
OR MORE



AUGUST 2024 - WEEK 3

FULL GYM ROUTINE



This is the 2-day per week training program for August 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 - UPPER BODY

1: Pull Ups: 25 Total

- As many sets as needed to complete the reps.

2: Explosive Barbell Bench Press: 3 x 8-10

- Rest 75-90 seconds between sets

3A: Leaning Cable Lateral Raise: 3 x 8-10 (each side)

3B: Face Pulls: 3 x 8-10

- Rest 60-75 seconds between sets

3A: Cable Curls: 3 x 10-12

3B: Cable Triceps Kick Back: 3 x 10-12

- Rest 60-90 seconds between sets.

DAY 2 - LOWER BODY

1: Deadlift Variation of Your Choice: 3 x 5-8

- Rest 90-120 seconds between sets.

2: Step Ups: 3 x 8-10 (each side)

- Rest 60-75 seconds between sets

3A: Barbell Squat: 3 x 8-10

3B: Standing Barbell Calf Raise: 3 x 8-10

- Rest 75-90 seconds between sets

4A: Dumbbell Wrist Curls: 3 x 12-15 (each side)

4B: Lying Leg Raise: 3 x 5-10 (each side)

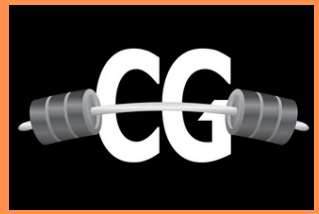
- Rest 60-75 seconds between sets.

CARDIO:
8,500 STEPS
PER DAY
OR MORE



AUGUST 2024 - WEEK 4

FULL GYM ROUTINE



This is the 2-day per week training program for August 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 - UPPER BODY

1: Pull Ups: 25-30 Total

- As many sets as needed to complete the reps.

2: Explosive Barbell Bench Press: 3 x 8-10

- Rest 75-90 seconds between sets

3A: Leaning Cable Lateral Raise: 3 x 8-10 (each side)

3B: Face Pulls: 3 x 8-10

- Rest 60-75 seconds between sets

3A: Cable Curls: 3 x 10-12

3B: Cable Triceps Kick Back: 3 x 10-12

- Rest 60-90 seconds between sets.

DAY 2 - LOWER BODY

1: Deadlift Variation of Your Choice: 3 x 5-8

- Rest 90-120 seconds between sets.

2: Step Ups: 3 x 8-10 (each side)

- Rest 60-75 seconds between sets

3A: Barbell Squat: 3 x 8-10

3B: Standing Barbell Calf Raise: 3 x 8-10

- Rest 75-90 seconds between sets

4A: Dumbbell Wrist Curls: 3 x 12-15 (each side)

4B: Lying Leg Raise: 3 x 5-10 (each side)

- Rest 60-75 seconds between sets.

CARDIO:
8,500 STEPS
PER DAY
OR MORE

CARDIO:
8,500 STEPS
PER DAY
OR MORE



AUGUST 2024 - WEIGHT TRACKER

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

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