

AUGUST 2024 - WEEK 1 AT HOME / DUMBBELLS



This is the 4-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 - CHEST & BACK

- 1: Pull Ups:** 20 Total
 - As many sets as needed to complete the reps.
- 2: Explosive Bench Press:** 3 x 8-10
 - Rest 75 seconds between sets
- 3A: Dumbbell Fly:** 3 x 10-12
- 3B: One-Arm Dumbbell Rows:** 3 x 10-12 (each side)
 - Rest 60 seconds between sets
- 4A: Dumbbell Pullover:** 3 x 12-15
- 4B: Dumbbell Crunch:** 3 x 12-15
 - Rest 60 seconds between sets.

DAY 2 - SHOULDERS & ARMS

- 1: Standing Dumbbell Shoulder Press:** 3 x 6-8
 - Rest 75 seconds between sets
- 2A: Leaning Dumbbell Lateral Raise:** 3 x 8-10 (each side)
- 2B: Incline T Raise:** 3 x 8-10
 - Rest 60 seconds between sets
- 3A: Dumbbell Biceps Curls:** 3 x 10-12
- 3B: Dumbbell Triceps Kick Back:** 3 x 10-12 (each side)
 - Rest 60 seconds between sets.
- 4A: Incline Dumbbell Biceps Curls:** 3 x 12-15
- 4B: Dumbbell Overhead Triceps Extension:** 3 x 12-15
 - Rest 75 seconds between sets

DAY 3 - 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: Goblet Squat:** 3 x 8-10
- 3B: Standing 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.

DAY 4 - TOTAL BODY

- 1: Lateral Lunge:** 3 x 8-10 (each side)
 - Rest 60 seconds between sets
- 2: Single-Leg Deadlift (Assisted):** 3 x 10-12 (each side)
 - Rest 60 seconds between sets.
- 3A: Push Ups:** 3 x As many reps as possible
- 3B: Bent Over Dumbbell Row:** 3 x 10-12
 - Rest 75 seconds between sets
- 4A: Dumbbell Hammer Curls:** 3 x 12-15
- 4B: Skull Crushers:** 3 x 12-15
 - Rest 75 seconds between sets

A person is lying on a bench, performing a bench press with a barbell. The barbell has large black weights on each end. The person's arms are extended upwards, holding the bar. The background is a gym setting with red and white equipment.

CARDIO:
8,500 STEPS
PER DAY
OR MORE

AUGUST 2024 - WEEK 2 AT HOME / DUMBBELLS



This is the 4-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 - CHEST & BACK

- 1: Pull Ups:** 20 Total
 - As many sets as needed to complete the reps.
- 2: Explosive Bench Press:** 3 x 8-10
 - Rest 75 seconds between sets
- 3A: Dumbbell Fly:** 3 x 10-12
- 3B: One-Arm Dumbbell Rows:** 3 x 10-12 (each side)
 - Rest 60 seconds between sets
- 4A: Dumbbell Pullover:** 3 x 12-15
- 4B: Dumbbell Crunch:** 3 x 12-15
 - Rest 60 seconds between sets.

DAY 2 - SHOULDERS & ARMS

- 1: Standing Dumbbell Shoulder Press:** 3 x 6-8
 - Rest 75 seconds between sets
- 2A: Leaning Dumbbell Lateral Raise:** 3 x 8-10 (each side)
- 2B: Incline T Raise:** 3 x 8-10
 - Rest 60 seconds between sets
- 3A: Dumbbell Biceps Curls:** 3 x 10-12
- 3B: Dumbbell Triceps Kick Back:** 3 x 10-12 (each side)
 - Rest 60 seconds between sets.
- 4A: Incline Dumbbell Biceps Curls:** 3 x 12-15
- 4B: Dumbbell Overhead Triceps Extension:** 3 x 12-15
 - Rest 75 seconds between sets

DAY 3 - 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: Goblet Squat:** 3 x 8-10
- 3B: Standing 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.

DAY 4 - TOTAL BODY

- 1: Lateral Lunge:** 3 x 8-10 (each side)
 - Rest 60 seconds between sets
- 2: Single-Leg Deadlift (Assisted):** 3 x 10-12 (each side)
 - Rest 60 seconds between sets.
- 3A: Push Ups:** 3 x As many reps as possible
- 3B: Bent Over Dumbbell Row:** 3 x 10-12
 - Rest 75 seconds between sets
- 4A: Dumbbell Hammer Curls:** 3 x 12-15
- 4B: Skull Crushers:** 3 x 12-15
 - Rest 75 seconds between sets

A person is lying on a bench, performing a bench press. They are holding a barbell with weights. The background shows gym equipment and a red wall.

CARDIO:
8,500 STEPS
PER DAY
OR MORE

AUGUST 2024 - WEEK 3 AT HOME / DUMBBELLS



This is the 4-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 - CHEST & BACK

- 1: Pull Ups:** 25 Total
 - As many sets as needed to complete the reps.
- 2: Explosive Bench Press:** 3 x 8-10
 - Rest 75-90 seconds between sets
- 3A: Dumbbell Fly:** 3 x 10-12
- 3B: One-Arm Dumbbell Rows:** 3 x 10-12 (each side)
 - Rest 60-75 seconds between sets
- 4A: Dumbbell Pullover:** 3 x 12-15
- 4B: Dumbbell Crunch:** 3 x 12-15
 - Rest 60-75 seconds between sets.

DAY 2 - SHOULDERS & ARMS

- 1: Standing Dumbbell Shoulder Press:** 3 x 6-8
 - Rest 75-90 seconds between sets
- 2A: Leaning Dumbbell Lateral Raise:** 3 x 8-10 (each side)
- 2B: Incline T Raise:** 3 x 8-10
 - Rest 60-75 seconds between sets
- 3A: Dumbbell Biceps Curls:** 3 x 10-12
- 3B: Dumbbell Triceps Kick Back:** 3 x 10-12 (each side)
 - Rest 60-75 seconds between sets.
- 4A: Incline Dumbbell Biceps Curls:** 3 x 12-15
- 4B: Dumbbell Overhead Triceps Extension:** 3 x 12-15
 - Rest 75-90 seconds between sets

DAY 3 - 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: Goblet Squat:** 3 x 8-10
- 3B: Standing 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.

DAY 4 - TOTAL BODY

- 1: Lateral Lunge:** 3 x 8-10 (each side)
 - Rest 60-75 seconds between sets
- 2: Single-Leg Deadlift (Assisted):** 3 x 10-12 (each side)
 - Rest 60-75 seconds between sets.
- 3A: Push Ups:** 3 x As many reps as possible
- 3B: Bent Over Dumbbell Row:** 3 x 10-12
 - Rest 75-90 seconds between sets
- 4A: Dumbbell Hammer Curls:** 3 x 12-15
- 4B: Skull Crushers:** 3 x 12-15
 - Rest 75-90 seconds between sets

A person is shown from the waist up, lying on a bench and performing a bench press. They are wearing a light blue tank top and dark shorts. Their arms are extended upwards, holding a barbell with weights. The background is a gym setting with red and white equipment.

CARDIO:
8,500 STEPS
PER DAY
OR MORE

AUGUST 2024 - WEEK 4 AT HOME / DUMBBELLS



This is the 4-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 - CHEST & BACK

- 1: Pull Ups:** 25-30 Total
 - As many sets as needed to complete the reps.
- 2: Explosive Bench Press:** 3 x 8-10
 - Rest 75-90 seconds between sets
- 3A: Dumbbell Fly:** 3 x 10-12
- 3B: One-Arm Dumbbell Rows:** 3 x 10-12 (each side)
 - Rest 60-75 seconds between sets
- 4A: Dumbbell Pullover:** 3 x 12-15
- 4B: Dumbbell Crunch:** 3 x 12-15
 - Rest 60-75 seconds between sets.

DAY 2 - SHOULDERS & ARMS

- 1: Standing Dumbbell Shoulder Press:** 3 x 6-8
 - Rest 75-90 seconds between sets
- 2A: Leaning Dumbbell Lateral Raise:** 3 x 8-10 (each side)
- 2B: Incline T Raise:** 3 x 8-10
 - Rest 60-75 seconds between sets
- 3A: Dumbbell Biceps Curls:** 3 x 10-12
- 3B: Dumbbell Triceps Kick Back:** 3 x 10-12 (each side)
 - Rest 60-75 seconds between sets.
- 4A: Incline Dumbbell Biceps Curls:** 3 x 12-15
- 4B: Dumbbell Overhead Triceps Extension:** 3 x 12-15
 - Rest 75-90 seconds between sets

DAY 3 - 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: Goblet Squat:** 3 x 8-10
- 3B: Standing 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.

DAY 4 - TOTAL BODY

- 1: Lateral Lunge:** 3 x 8-10 (each side)
 - Rest 60-75 seconds between sets
- 2: Single-Leg Deadlift (Assisted):** 3 x 10-12 (each side)
 - Rest 60-75 seconds between sets.
- 3A: Push Ups:** 3 x As many reps as possible
- 3B: Bent Over Dumbbell Row:** 3 x 10-12
 - Rest 75-90 seconds between sets
- 4A: Dumbbell Hammer Curls:** 3 x 12-15
- 4B: Skull Crushers:** 3 x 12-15
 - Rest 75-90 seconds between sets

A person is lying on a bench, performing a bench press. They are holding a barbell with weights. The background is a gym setting with red and white equipment.

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:	

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