

SEPTEMBER 2024 - WEEK 1 AT HOME/DUMBBELLS



This is the 2-day per week training program for September 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: 25-30 Total

- As many sets as needed to complete the reps.

2: Dumbbell Bench Press: 3 x 8-10

- Rest 75 seconds between sets

3A: Spider Curls: 3 x 10-12

3B: Dumbbell Overhead Triceps Extension: 3 x 10-12

- Rest 60 seconds between sets

4A: Bent Over Dumbbell Rows: 3 x 12-15

4B: Dumbbell Fly: 3 x 12-15

- Rest 75 seconds between sets.

DAY 2 - LOWER BODY

1: Explosive Box Squat: 3 x 6-8

- Rest 75 seconds between sets

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

- Rest 75 seconds between sets

3A: Dumbbell Romanian Deadlift: 3 x 8-10

3B: Standing Calf Raise: 3 x 8-10 (each side)

- Rest 75 seconds between sets.

4A: Plank: 3 x 15-20 seconds

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

- Rest 60 seconds between sets

STEP COUNT:
8,500 STEPS
PER DAY
OR MORE

CARDIO:

INTERVAL CARDIO OF YOUR CHOICE (1X PER WEEK):

- 3-MINUTE WARM UP TO A CRUISING SPEED, FOLLOWED BY...
- FIVE 15 SECONDS SPRINTS, ON THE MINUTE EVERY MINUTE FOR FOUR MINUTES.
- FOLLOWED BY A 3-MINUTE COOLDOWN FROM YOUR CRUISING SPEED DOWN TO A STOP.

SEPTEMBER 2024 - WEEK 2 AT HOME/DUMBBELLS



This is the 2-day per week training program for September 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: 25-30 Total

- As many sets as needed to complete the reps.

2: Dumbbell Bench Press: 3 x 8-10

- Rest 75 seconds between sets

3A: Spider Curls: 3 x 10-12

3B: Dumbbell Overhead Triceps Extension: 3 x 10-12

- Rest 60 seconds between sets

4A: Bent Over Dumbbell Rows: 3 x 12-15

4B: Dumbbell Fly: 3 x 12-15

- Rest 75 seconds between sets.

DAY 2 - LOWER BODY

1: Explosive Box Squat: 3 x 6-8

- Rest 75 seconds between sets

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

- Rest 75 seconds between sets

3A: Dumbbell Romanian Deadlift: 3 x 8-10

3B: Standing Calf Raise: 3 x 8-10 (each side)

- Rest 75 seconds between sets.

4A: Plank: 3 x 15-20 seconds

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

- Rest 60 seconds between sets

STEP COUNT:
8,500 STEPS
PER DAY
OR MORE

CARDIO:

INTERVAL CARDIO OF YOUR CHOICE (1X PER WEEK):

- 3-MINUTE WARM UP TO A CRUISING SPEED, FOLLOWED BY...
- FIVE 15 SECONDS SPRINTS, ON THE MINUTE EVERY MINUTE FOR FOUR MINUTES.
- FOLLOWED BY A 3-MINUTE COOLDOWN FROM YOUR CRUISING SPEED DOWN TO A STOP.

SEPTEMBER 2024 - WEEK 3 AT HOME/DUMBBELLS



This is the 2-day per week training program for September 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: Dumbbell Bench Press: 3 x 8-10

- Rest 75-90 seconds between sets

3A: Spider Curls: 3 x 10-12

3B: Dumbbell Overhead Triceps Extension: 3 x 10-12

- Rest 60-75 seconds between sets

4A: Bent Over Dumbbell Rows: 3 x 12-15

4B: Dumbbell Fly: 3 x 12-15

- Rest 75-90 seconds between sets.

DAY 2 - LOWER BODY

1: Explosive Box Squat: 3 x 6-8

- Rest 75-90 seconds between sets

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

- Rest 75-90 seconds between sets

3A: Dumbbell Romanian Deadlift: 3 x 8-10

3B: Standing Calf Raise: 3 x 8-10 (each side)

- Rest 75-90 seconds between sets.

4A: Plank: 3 x 15-20 seconds

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

- Rest 60-75 seconds between sets

STEP COUNT:
8,500 STEPS
PER DAY
OR MORE

CARDIO:

INTERVAL CARDIO OF YOUR CHOICE (2X PER WEEK):

- 3-MINUTE WARM UP TO A CRUISING SPEED, FOLLOWED BY...
- FIVE 15 SECONDS SPRINTS, ON THE MINUTE EVERY MINUTE FOR FOUR MINUTES.
- FOLLOWED BY A 3-MINUTE COOLDOWN FROM YOUR CRUISING SPEED DOWN TO A STOP.

SEPTEMBER 2024 - WEEK 4 AT HOME/DUMBBELLS



This is the 2-day per week training program for September 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: Dumbbell Bench Press: 3 x 8-10

- Rest 75-90 seconds between sets

3A: Spider Curls: 3 x 10-12

3B: Dumbbell Overhead Triceps Extension: 3 x 10-12

- Rest 60-75 seconds between sets

4A: Bent Over Dumbbell Rows: 3 x 12-15

4B: Dumbbell Fly: 3 x 12-15

- Rest 75-90 seconds between sets.

DAY 2 - LOWER BODY

1: Explosive Box Squat: 3 x 6-8

- Rest 75-90 seconds between sets

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

- Rest 75-90 seconds between sets

3A: Dumbbell Romanian Deadlift: 3 x 8-10

3B: Standing Calf Raise: 3 x 8-10 (each side)

- Rest 75-90 seconds between sets.

4A: Plank: 3 x 15-20 seconds

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

- Rest 60-75 seconds between sets

STEP COUNT:
8,500 STEPS
PER DAY
OR MORE

CARDIO:

INTERVAL CARDIO OF YOUR CHOICE (2X PER WEEK):

- 3-MINUTE WARM UP TO A CRUISING SPEED, FOLLOWED BY...
- FIVE 15 SECONDS SPRINTS, ON THE MINUTE EVERY MINUTE FOR FOUR MINUTES.
- FOLLOWED BY A 3-MINUTE COOLDOWN FROM YOUR CRUISING SPEED DOWN TO A STOP.

SEPTEMBER 2024 - DELOAD AT HOME/DUMBBELLS



This is the 2-day per week training program for September 2024.

NOTE: During your deload week, the goal is to continue training at a lower intensity, and let your body catch up on recovery. By the end of the week, you should feel refreshed!

DAY 1 - UPPER BODY

- 1: Pull Ups:** 15 Total
 - As many sets as needed to complete the reps.
- 2: Dumbbell Bench Press:** 2 x 8-10
 - Rest 75 seconds between sets
- 3A: Spider Curls:** 2 x 10-12
- 3B: Dumbbell Overhead Triceps Extension:** 2 x 10-12
 - Rest 60 seconds between sets
- 4A: Bent Over Dumbbell Rows:** 2 x 12-15
- 4B: Dumbbell Fly:** 2 x 12-15
 - Rest 75 seconds between sets.

DAY 2 - LOWER BODY

- 1: Explosive Box Squat:** 2 x 6-8
 - Rest 75 seconds between sets
- 2: Bulgarian Split Squat:** 2 x 8-10 (each side)
 - Rest 75 seconds between sets
- 3A: Dumbbell Romanian Deadlift:** 2 x 8-10
- 3B: Standing Calf Raise:** 2 x 8-10 (each side)
 - Rest 75 seconds between sets.
- 4A: Plank:** 2 x 15-20 seconds
- 4B: Bicycle Crunch:** 2 x 8-10 (each side)
 - Rest 60 seconds between sets

STEP COUNT:
8,500 STEPS
PER DAY
OR MORE

CARDIO:

INTERVAL CARDIO OF YOUR CHOICE (2X PER WEEK):

- 3-MINUTE WARM UP TO A CRUISING SPEED, FOLLOWED BY...
- FIVE 15 SECONDS SPRINTS, ON THE MINUTE EVERY MINUTE FOR FOUR MINUTES.
- FOLLOWED BY A 3-MINUTE COOLDOWN FROM YOUR CRUISING SPEED DOWN TO A STOP.

SEPTEMBER 2024 - WEIGHT TRACKER

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

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