

SEPTEMBER 2024 - WEEK 1 AT HOME/DUMBBELLS



This is the 4-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

DAY 3 - UPPER BODY

1: Standing Dumbbell Shoulder Press: 3 x 6-8

- Rest 75 seconds between sets.

2A: Dumbbell Lateral Raise: 3 x 10-12

2B: Dumbbell Rear Delt Fly: 3 x 10-12

- Rest 60 seconds between sets

3A: Push Ups: 3 x AMRAP

3B: Underhand Dumbbell Rows: 3 x 8-10

- Rest 75 seconds between sets

4A: Dumbbell Crunch: 3 x 8-10

4B: Lying Leg Raise: 3 x 8-10 (each side)

- Rest 75 seconds between sets.

DAY 4 - TOTAL BODY

1: Dumbbell Conventional Deadlift: 3 x 8-10

- Rest 75 seconds between sets

2: Step Ups: 3 x 10-12 (each side)

- Rest 60 seconds between sets.

3: Dumbbell Squat Press: 3 x 6-8

- Rest 75 seconds between sets

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

4B: Skull Crushers: 3 x 10-12

- Rest 75 seconds between sets

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.

STEP COUNT:

**8,500 STEPS
PER DAY
OR MORE**

SEPTEMBER 2024 - WEEK 2 AT HOME/DUMBBELLS



This is the 4-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

DAY 3 - UPPER BODY

1: Standing Dumbbell Shoulder Press: 3 x 6-8

- Rest 75 seconds between sets.

2A: Dumbbell Lateral Raise: 3 x 10-12

2B: Dumbbell Rear Delt Fly: 3 x 10-12

- Rest 60 seconds between sets

3A: Push Ups: 3 x AMRAP

3B: Underhand Dumbbell Rows: 3 x 8-10

- Rest 75 seconds between sets

4A: Dumbbell Crunch: 3 x 8-10

4B: Lying Leg Raise: 3 x 8-10 (each side)

- Rest 75 seconds between sets.

DAY 4 - TOTAL BODY

1: Dumbbell Conventional Deadlift: 3 x 8-10

- Rest 75 seconds between sets

2: Step Ups: 3 x 10-12 (each side)

- Rest 60 seconds between sets.

3: Dumbbell Squat Press: 3 x 6-8

- Rest 75 seconds between sets

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

4B: Skull Crushers: 3 x 10-12

- Rest 75 seconds between sets

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.

STEP COUNT:

**8,500 STEPS
PER DAY
OR MORE**

SEPTEMBER 2024 - WEEK 3 AT HOME/DUMBBELLS



This is the 4-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

DAY 3 - UPPER BODY

1: Standing Dumbbell Shoulder Press: 3 x 6-8

- Rest 75-90 seconds between sets.

2A: Dumbbell Lateral Raise: 3 x 10-12

2B: Dumbbell Rear Delt Fly: 3 x 10-12

- Rest 60-75 seconds between sets

3A: Push Ups: 3 x AMRAP

3B: Underhand Dumbbell Rows: 3 x 8-10

- Rest 75-90 seconds between sets

4A: Dumbbell Crunch: 3 x 8-10

4B: Lying Leg Raise: 3 x 8-10 (each side)

- Rest 75-90 seconds between sets.

DAY 4 - TOTAL BODY

1: Dumbbell Conventional Deadlift: 3 x 8-10

- Rest 75-90 seconds between sets

2: Step Ups: 3 x 10-12 (each side)

- Rest 60-75 seconds between sets.

3: Dumbbell Squat Press: 3 x 6-8

- Rest 75-90 seconds between sets

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

4B: Skull Crushers: 3 x 10-12

- Rest 75-90 seconds between sets

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.

STEP COUNT:

**8,500 STEPS
PER DAY
OR MORE**

SEPTEMBER 2024 - WEEK 4 AT HOME/DUMBBELLS



This is the 4-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

DAY 3 - UPPER BODY

1: Standing Dumbbell Shoulder Press: 3 x 6-8

- Rest 75-90 seconds between sets.

2A: Dumbbell Lateral Raise: 3 x 10-12

2B: Dumbbell Rear Delt Fly: 3 x 10-12

- Rest 60-75 seconds between sets

3A: Push Ups: 3 x AMRAP

3B: Underhand Dumbbell Rows: 3 x 8-10

- Rest 75-90 seconds between sets

4A: Dumbbell Crunch: 3 x 8-10

4B: Lying Leg Raise: 3 x 8-10 (each side)

- Rest 75-90 seconds between sets.

DAY 4 - TOTAL BODY

1: Dumbbell Conventional Deadlift: 3 x 8-10

- Rest 75-90 seconds between sets

2: Step Ups: 3 x 10-12 (each side)

- Rest 60-75 seconds between sets.

3: Dumbbell Squat Press: 3 x 6-8

- Rest 75-90 seconds between sets

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

4B: Skull Crushers: 3 x 10-12

- Rest 75-90 seconds between sets

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.

STEP COUNT:

**8,500 STEPS
PER DAY
OR MORE**

SEPTEMBER 2024 - DELOAD AT HOME/DUMBBELLS



This is the 4-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

DAY 3 - UPPER BODY

- 1: Standing Dumbbell Shoulder Press:** 2 x 6-8
 - Rest 75 seconds between sets.
- 2A: Dumbbell Lateral Raise:** 2 x 10-12
- 2B: Dumbbell Rear Delt Fly:** 2 x 10-12
 - Rest 60 seconds between sets
- 3A: Push Ups:** 2 x AMRAP
- 3B: Underhand Dumbbell Rows:** 2 x 8-10
 - Rest 75 seconds between sets
- 4A: Dumbbell Crunch:** 2 x 8-10
- 4B: Lying Leg Raise:** 2 x 8-10 (each side)
 - Rest 75 seconds between sets.

DAY 4 - TOTAL BODY

- 1: Dumbbell Conventional Deadlift:** 2 x 8-10
 - Rest 75 seconds between sets
- 2: Step Ups:** 2 x 10-12 (each side)
 - Rest 60 seconds between sets.
- 3: Dumbbell Squat Press:** 2 x 6-8
 - Rest 75 seconds between sets
- 4A: Seated Dumbbell Biceps Curls:** 2 x 10-12
- 4B: Skull Crushers:** 2 x 10-12
 - Rest 75 seconds between sets

CARDIO:

NO INTERVAL CARDIO THIS WEEK.

STEP COUNT:

**8,500 STEPS
PER DAY
OR MORE**

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	

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