

OCTOBER 2024 - WEEK 1 AT HOME / DUMBBELLS



This is the 3-day per week training program for October 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

- 1A: Curtsy Squat:** 2 x 8-12
1B: High Plank w/Tap: 2 x 10 (each side)
1C: Base Pogos: 2 x 10 seconds
- Rest 60 seconds between sets
- 2: Goblet Squat:** 3 x 8-10
- Rest 75 seconds between sets
- 3A: Walking Lunge:** 3 x 10-12
3B: Dumbbell Glute Bridge: 3 x 10-12
- Rest 75 seconds between sets
- 4A: Bird Dog:** 3 x 12-15 (each side)
4B: Front Plank w/Reach: 3 x 12-15 (each side)
- Rest 75 seconds between sets.

DAY 2 - UPPER BODY PUSH

- 1A: Curtsy Squat:** 2 x 8-12
1B: Plea Squat: 2 x 10 (each side)
1C: High Pogos: 2 x 10 seconds
- Rest 60 seconds between sets
- 2: Push Ups:** 3 x AMRAP
- Rest 90 seconds between sets
- 3A: Dumbbell Push Press:** 3 x 8-10
3B: Dumbbell Lateral Raise: 3 x 8-10 (each side)
- Rest 75 seconds between sets.
- 4A: Dumbbell Fly:** 3 x 10-12
4B: Dumbbell Skull Crusher: 3 x 10-12
- Rest 75 seconds between sets

DAY 3 - UPPER BODY PULL

- 1A: Curtsy Squat:** 2 x 8-12
1B: High Plank w/Tap: 2 x 10 (each side)
1C: Lateral Base Pogos: 2 x 10 seconds
- Rest 60 seconds between sets
- 2: One-Arm Dumbbell Rows:** 3 x 8-10 (each side)
- Rest 75 seconds between sets
- 3A: Dumbbell Pullover:** 3 x 10-12
3B: Standing Dumbbell Biceps Curls: 3 x 10-12
- Rest 75 seconds between sets
- 4A: Incline Dumbbell Biceps Curls:** 3 x 12-15
4B: Reverse Grip Curls: 3 x 12-15
- 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.



OCTOBER 2024 - WEEK 2 AT HOME / DUMBBELLS



This is the 3-day per week training program for October 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

- 1A: Curtsy Squat:** 2 x 8-12
1B: High Plank w/Tap: 2 x 10 (each side)
1C: Base Pogos: 2 x 10 seconds
- Rest 60 seconds between sets
- 2: Goblet Squat:** 3 x 8-10
- Rest 75 seconds between sets
- 3A: Walking Lunge:** 3 x 10-12
3B: Dumbbell Glute Bridge: 3 x 10-12
- Rest 75 seconds between sets
- 4A: Bird Dog:** 3 x 12-15 (each side)
4B: Front Plank w/Reach: 3 x 12-15 (each side)
- Rest 75 seconds between sets.

DAY 2 - UPPER BODY PUSH

- 1A: Curtsy Squat:** 2 x 8-12
1B: Plea Squat: 2 x 10 (each side)
1C: High Pogos: 2 x 10 seconds
- Rest 60 seconds between sets
- 2: Push Ups:** 3 x AMRAP
- Rest 90 seconds between sets
- 3A: Dumbbell Push Press:** 3 x 8-10
3B: Dumbbell Lateral Raise: 3 x 8-10 (each side)
- Rest 75 seconds between sets.
- 4A: Dumbbell Fly:** 3 x 10-12
4B: Dumbbell Skull Crusher: 3 x 10-12
- Rest 75 seconds between sets

DAY 3 - UPPER BODY PULL

- 1A: Curtsy Squat:** 2 x 8-12
1B: High Plank w/Tap: 2 x 10 (each side)
1C: Lateral Base Pogos: 2 x 10 seconds
- Rest 60 seconds between sets
- 2: One-Arm Dumbbell Rows:** 3 x 8-10 (each side)
- Rest 75 seconds between sets
- 3A: Dumbbell Pullover:** 3 x 10-12
3B: Standing Dumbbell Biceps Curls: 3 x 10-12
- Rest 75 seconds between sets
- 4A: Incline Dumbbell Biceps Curls** 3 x 12-15
4B: Reverse Grip Curls: 3 x 12-15
- 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.



OCTOBER 2024 - WEEK 3 AT HOME / DUMBBELLS



This is the 3-day per week training program for October 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

- 1A: Curtsy Squat:** 2 x 8-12
1B: High Plank w/Tap: 2 x 10 (each side)
1C: Base Pogos: 2 x 10 seconds
- Rest 60 seconds between sets
- 2: Goblet Squat:** 3 x 8-10
- Rest 75-90 seconds between sets
- 3A: Walking Lunge:** 3 x 10-12
3B: Dumbbell Glute Bridge: 3 x 10-12
- Rest 75-90 seconds between sets
- 4A: Bird Dog:** 3 x 12-15 (each side)
4B: Front Plank w/Reach: 3 x 12-15 (each side)
- Rest 75-90 seconds between sets.

DAY 2 - UPPER BODY PUSH

- 1A: Curtsy Squat:** 2 x 8-12
1B: Plea Squat: 2 x 10 (each side)
1C: High Pogos: 2 x 10 seconds
- Rest 60 seconds between sets
- 2: Push Ups:** 3 x AMRAP
- Rest 90-120 seconds between sets
- 3A: Dumbbell Push Press:** 3 x 8-10
3B: Dumbbell Lateral Raise: 3 x 8-10 (each side)
- Rest 75-90 seconds between sets.
- 4A: Dumbbell Fly:** 3 x 10-12
4B: Dumbbell Skull Crusher: 3 x 10-12
- Rest 75-90 seconds between sets

DAY 3 - UPPER BODY PULL

- 1A: Curtsy Squat:** 2 x 8-12
1B: High Plank w/Tap: 2 x 10 (each side)
1C: Lateral Base Pogos: 2 x 10 seconds
- Rest 60 seconds between sets
- 2: One-Arm Dumbbell Rows:** 3 x 8-10 (each side)
- Rest 75-90 seconds between sets
- 3A: Dumbbell Pullover:** 3 x 10-12
3B: Standing Dumbbell Biceps Curls: 3 x 10-12
- Rest 75-90 seconds between sets
- 4A: Incline Dumbbell Biceps Curls** 3 x 12-15
4B: Reverse Grip Curls: 3 x 12-15
- Rest 75-90 seconds between sets.

CARDIO:

INTERVAL CARDIO OF YOUR CHOICE (1-2X 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.



OCTOBER 2024 - WEEK 4 AT HOME / DUMBBELLS



This is the 3-day per week training program for October 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

- 1A: Curtsy Squat:** 2 x 8-12
1B: High Plank w/Tap: 2 x 10 (each side)
1C: Base Pogos: 2 x 10 seconds
- Rest 60 seconds between sets
- 2: Goblet Squat:** 3 x 8-10
- Rest 75-90 seconds between sets
- 3A: Walking Lunge:** 3 x 10-12
3B: Dumbbell Glute Bridge: 3 x 10-12
- Rest 75-90 seconds between sets
- 4A: Bird Dog:** 3 x 12-15 (each side)
4B: Front Plank w/Reach: 3 x 12-15 (each side)
- Rest 75-90 seconds between sets.

DAY 2 - UPPER BODY PUSH

- 1A: Curtsy Squat:** 2 x 8-12
1B: Plea Squat: 2 x 10 (each side)
1C: High Pogos: 2 x 10 seconds
- Rest 60 seconds between sets
- 2: Push Ups:** 3 x AMRAP
- Rest 90-120 seconds between sets
- 3A: Dumbbell Push Press:** 3 x 8-10
3B: Dumbbell Lateral Raise: 3 x 8-10 (each side)
- Rest 75-90 seconds between sets.
- 4A: Dumbbell Fly:** 3 x 10-12
4B: Dumbbell Skull Crusher: 3 x 10-12
- Rest 75-90 seconds between sets

DAY 3 - UPPER BODY PULL

- 1A: Curtsy Squat:** 2 x 8-12
1B: High Plank w/Tap: 2 x 10 (each side)
1C: Lateral Base Pogos: 2 x 10 seconds
- Rest 60 seconds between sets
- 2: One-Arm Dumbbell Rows:** 3 x 8-10 (each side)
- Rest 75-90 seconds between sets
- 3A: Dumbbell Pullover:** 3 x 10-12
3B: Standing Dumbbell Biceps Curls: 3 x 10-12
- Rest 75-90 seconds between sets
- 4A: Incline Dumbbell Biceps Curls** 3 x 12-15
4B: Reverse Grip Curls: 3 x 12-15
- Rest 75-90 seconds between sets.

CARDIO:

INTERVAL CARDIO OF YOUR CHOICE (1-2X 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.



OCTOBER 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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