

OCTOBER 2024 - WEEK 1 AT HOME / DUMBBELLS



This is the 4-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.

DAY 4 - TOTAL BODY

- 1A: Curtsy Squat:** 2 x 8-12
1B: High Plank w/Tap: 2 x 10 (each side)
1C: Base Rotations: 2 x 10 seconds
- Rest 60 seconds between sets
- 2: Reverse Lunge:** 3 x 8-10 (each side)
- Rest 75 seconds between sets.
- 3: Piston Squat:** 3 x 8-10 (each side)
- Rest 75 seconds between sets
- 4: Larsen Press:** 3 x 10-12
- Rest 75 seconds between sets
- 5: Dumbbell Shrug:** 3 x 12-15
- Rest 75 seconds between sets
- 6A: Side Plank:** 3 x 8-10 (each side)
6B: Dumbbell Crunch: 3 x 8-10
- 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 4-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.

DAY 4 - TOTAL BODY

- 1A: Curtsy Squat:** 2 x 8-12
1B: High Plank w/Tap: 2 x 10 (each side)
1C: Base Rotations: 2 x 10 seconds
- Rest 60 seconds between sets
- 2: Reverse Lunge:** 3 x 8-10 (each side)
- Rest 75 seconds between sets.
- 3: Piston Squat:** 3 x 8-10 (each side)
- Rest 75 seconds between sets
- 4: Larsen Press:** 3 x 10-12
- Rest 75 seconds between sets
- 5: Dumbbell Shrug:** 3 x 12-15
- Rest 75 seconds between sets
- 6A: Side Plank:** 3 x 8-10 (each side)
6B: Dumbbell Crunch: 3 x 8-10
- 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 4-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 60-75 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.

DAY 4 - TOTAL BODY

- 1A: Curtsy Squat:** 2 x 8-12
1B: High Plank w/Tap: 2 x 10 (each side)
1C: Base Rotations: 2 x 10 seconds
- Rest 60 seconds between sets
- 2: Reverse Lunge:** 3 x 8-10 (each side)
- Rest 75-90 seconds between sets.
- 3: Piston Squat:** 3 x 8-10 (each side)
- Rest 75-90 seconds between sets
- 4: Larsen Press:** 3 x 10-12
- Rest 75-90 seconds between sets
- 5: Dumbbell Shrug:** 3 x 12-15
- Rest 75-90 seconds between sets
- 6A: Side Plank:** 3 x 8-10 (each side)
6B: Dumbbell Crunch: 3 x 8-10
- 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 4-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 60-75 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.

DAY 4 - TOTAL BODY

- 1A: Curtsy Squat:** 2 x 8-12
1B: High Plank w/Tap: 2 x 10 (each side)
1C: Base Rotations: 2 x 10 seconds
- Rest 60 seconds between sets
- 2: Reverse Lunge:** 3 x 8-10 (each side)
- Rest 75-90 seconds between sets.
- 3: Piston Squat:** 3 x 8-10 (each side)
- Rest 75-90 seconds between sets
- 4: Larsen Press:** 3 x 10-12
- Rest 75-90 seconds between sets
- 5: Dumbbell Shrug:** 3 x 12-15
- Rest 75-90 seconds between sets
- 6A: Side Plank:** 3 x 8-10 (each side)
6B: Dumbbell Crunch: 3 x 8-10
- 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	

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.