

NOVEMBER 2024 - WEEK 1 AT HOME/DUMBBELLS



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

- Rest 75 seconds between sets

2A: Dumbbell Skull Crusher: 3 x 10-12

3B: Dumbbell Fly: 3 x 10-12

- Rest 75 seconds between sets

3: Standing Dumbbell Push Press: 3 x 10-12

- Rest 75 seconds between sets.

4A: Explosive 1-Arm Dumbbell Rows: 3 x 8-10 (each side)

4B: Incline Dumbbell Biceps Curls: 3 x 8-10

- Rest 75 seconds between sets.

DAY 2 - LOWER BODY

1A: Dumbbell Conventional Deadlift: 3 x 6-8

1B: Jump Squat (Modified): 3 x 3-5

- Rest 90 seconds between sets

2: Walking Lunge: 3 x 8-10 (each side)

- Rest 75 seconds between sets.

3A: Single-Leg Deadlift: 3 x 10-12 (each side)

3B: Standing Dumbbell Calf Raise: 3 x 10-12

- Rest 75 seconds between sets

4A: Side Lying Leg Abduction: 3 x 12-15 (each side)

4B: Dead Bug: 3 x 12-15 (each side)

- Rest 75 seconds between sets.

CARDIO:

CARDIO 1: ZONE 2 CARDIO

- 10-20 MINUTES.
- CARDIO MODALITY OF YOUR CHOICE.
- STEADY STATE AT A MODERATE PACE.

CARDIO 2: DAILY STEP COUNT GOAL

- 7,000-10,000 STEPS PER DAY
- OR... SIMPLY IMPROVE UPON YOUR MOST RECENT DAILY AVERAGE STEP COUNTS.

ONLINE FITNESS TRAINING CAMP



Presented by Chris Gates Fitness

NOVEMBER 2024 - WEEK 2 AT HOME/DUMBBELLS



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

- Rest 75 seconds between sets

2A: Dumbbell Skull Crusher: 3 x 10-12

3B: Dumbbell Fly: 3 x 10-12

- Rest 75 seconds between sets

3: Standing Dumbbell Push Press: 3 x 10-12

- Rest 75 seconds between sets.

4A: Explosive 1-Arm Dumbbell Rows: 3 x 8-10 (each side)

4B: Incline Dumbbell Biceps Curls: 3 x 8-10

- Rest 75 seconds between sets.

DAY 2 - LOWER BODY

1A: Dumbbell Conventional Deadlift: 3 x 6-8

1B: Jump Squat (Modified): 3 x 3-5

- Rest 90 seconds between sets

2: Walking Lunge: 3 x 8-10 (each side)

- Rest 75 seconds between sets.

3A: Single-Leg Deadlift: 3 x 10-12 (each side)

3B: Standing Dumbbell Calf Raise: 3 x 10-12

- Rest 75 seconds between sets

4A: Side Lying Leg Abduction: 3 x 12-15 (each side)

4B: Dead Bug: 3 x 12-15 (each side)

- Rest 75 seconds between sets.

CARDIO:

CARDIO 1: ZONE 2 CARDIO

- 10-20 MINUTES.
- CARDIO MODALITY OF YOUR CHOICE.
- STEADY STATE AT A MODERATE PACE.

CARDIO 2: DAILY STEP COUNT GOAL

- 7,000-10,000 STEPS PER DAY
- OR... SIMPLY IMPROVE UPON YOUR MOST RECENT DAILY AVERAGE STEP COUNTS.

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NOVEMBER 2024 - WEEK 3 AT HOME/DUMBBELLS



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

- Rest 75-90 seconds between sets

2A: Dumbbell Skull Crusher: 3 x 10-12

3B: Dumbbell Fly: 3 x 10-12

- Rest 75-90 seconds between sets

3: Standing Dumbbell Push Press: 3 x 10-12

- Rest 75-90 seconds between sets.

4A: Explosive 1-Arm Dumbbell Rows: 3 x 8-10 (each side)

4B: Incline Dumbbell Biceps Curls: 3 x 8-10

- Rest 75-90 seconds between sets.

DAY 2 - LOWER BODY

1A: Dumbbell Conventional Deadlift: 3 x 6-8

1B: Jump Squat (Modified): 3 x 3-5

- Rest 90-120 seconds between sets

2: Walking Lunge: 3 x 8-10 (each side)

- Rest 75-90 seconds between sets.

3A: Single-Leg Deadlift: 3 x 10-12 (each side)

3B: Standing Dumbbell Calf Raise: 3 x 10-12

- Rest 75-90 seconds between sets

4A: Side Lying Leg Abduction: 3 x 12-15 (each side)

4B: Dead Bug: 3 x 12-15 (each side)

- Rest 75-90 seconds between sets.

CARDIO:

CARDIO 1: ZONE 2 CARDIO

- 10-20 MINUTES.
- CARDIO MODALITY OF YOUR CHOICE.
- STEADY STATE AT A MODERATE PACE.
- IN WEEKS 3-4 YOU CAN BUMP THIS UP TO TWICE A WEEK IF DESIRED.

CARDIO 2: DAILY STEP COUNT GOAL

- 7,000-10,000 STEPS PER DAY
- OR... SIMPLY IMPROVE UPON YOUR MOST RECENT DAILY AVERAGE STEP COUNTS.

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NOVEMBER 2024 - WEEK 4 AT HOME/DUMBBELLS



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

- Rest 75-90 seconds between sets

2A: Dumbbell Skull Crusher: 3 x 10-12

3B: Dumbbell Fly: 3 x 10-12

- Rest 75-90 seconds between sets

3: Standing Dumbbell Push Press: 3 x 10-12

- Rest 75-90 seconds between sets.

4A: Explosive 1-Arm Dumbbell Rows: 3 x 8-10 (each side)

4B: Incline Dumbbell Biceps Curls: 3 x 8-10

- Rest 75-90 seconds between sets.

DAY 2 - LOWER BODY

1A: Dumbbell Conventional Deadlift: 3 x 6-8

1B: Jump Squat (Modified): 3 x 3-5

- Rest 90-120 seconds between sets

2: Walking Lunge: 3 x 8-10 (each side)

- Rest 75-90 seconds between sets.

3A: Single-Leg Deadlift: 3 x 10-12 (each side)

3B: Standing Dumbbell Calf Raise: 3 x 10-12

- Rest 75-90 seconds between sets

4A: Side Lying Leg Abduction: 3 x 12-15 (each side)

4B: Dead Bug: 3 x 12-15 (each side)

- Rest 75-90 seconds between sets.

CARDIO:

CARDIO 1: ZONE 2 CARDIO

- 10-20 MINUTES.
- CARDIO MODALITY OF YOUR CHOICE.
- STEADY STATE AT A MODERATE PACE.
- IN WEEKS 3-4 YOU CAN BUMP THIS UP TO TWICE A WEEK IF DESIRED.

CARDIO 2: DAILY STEP COUNT GOAL

- 7,000-10,000 STEPS PER DAY
- OR... SIMPLY IMPROVE UPON YOUR MOST RECENT DAILY AVERAGE STEP COUNTS.

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NOVEMBER 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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