

NOVEMBER 2024 - WEEK 1 FULL GYM ROUTINE



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: Cable Overhead Triceps Extension: 3 x 10-12

2B: Cable Crossover: 3 x 10-12

- Rest 75 seconds between sets

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

- Rest 75 seconds between sets.

4A: Leaning Cable Lateral Raise: 3 x 12-15

4B: Face Pulls: 3 x 12-15

- Rest 75 seconds between sets.

DAY 2 - LOWER BODY

1A: 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 Hip 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 FULL GYM ROUTINE



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: Cable Overhead Triceps Extension: 3 x 10-12

2B: Cable Crossover: 3 x 10-12

- Rest 75 seconds between sets

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

- Rest 75 seconds between sets.

4A: Leaning Cable Lateral Raise: 3 x 12-15

4B: Face Pulls: 3 x 12-15

- Rest 75 seconds between sets.

DAY 2 - LOWER BODY

1A: 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 Hip 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 3 FULL GYM ROUTINE



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: Cable Overhead Triceps Extension: 3 x 10-12

2B: Cable Crossover: 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: Leaning Cable Lateral Raise: 3 x 12-15

4B: Face Pulls: 3 x 12-15

- Rest 75-90 seconds between sets.

DAY 2 - LOWER BODY

1A: 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 Hip 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.

ONLINE FITNESS TRAINING CAMP



Presented by Chris Gates Fitness

NOVEMBER 2024 - WEEK 4 FULL GYM ROUTINE



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: Cable Overhead Triceps Extension: 3 x 10-12

2B: Cable Crossover: 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: Leaning Cable Lateral Raise: 3 x 12-15

4B: Face Pulls: 3 x 12-15

- Rest 75-90 seconds between sets.

DAY 2 - LOWER BODY

1A: 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 Hip 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.

ONLINE FITNESS TRAINING CAMP



Presented by Chris Gates Fitness

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	

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.