

NOVEMBER 2024 - WEEK 1 AT HOME/DUMBBELLS



This is the 3-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
- 2B: 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.

DAY 3 - TOTAL BODY

- 1A: Lateral Shuffle:** 3 x 8-10 (each side)
- 1B: Rotational Lunge:** 3 x 8-10 (each side)
- Rest 75 seconds between sets.
- 2: Dumbbell Forward Lunge:** 3 x 8-10 (each side)
- Rest 75 seconds between sets
- 3A: Incline Dumbbell Row:** 3 x 8-10
- 3B: Hammer Curls:** 3 x 10-12
- Rest 75 seconds between sets
- 4A: Dumbbell Glute Bridge:** 3 x 10-12
- 4B: Dumbbell Crunch:** 3 x 10-12
- 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 3-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
- 2B: 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.

DAY 3 - TOTAL BODY

- 1A: Lateral Shuffle:** 3 x 8-10 (each side)
- 1B: Rotational Lunge:** 3 x 8-10 (each side)
- Rest 75 seconds between sets.
- 2: Dumbbell Forward Lunge:** 3 x 8-10 (each side)
- Rest 75 seconds between sets
- 3A: Incline Dumbbell Row:** 3 x 8-10
- 3B: Hammer Curls:** 3 x 10-12
- Rest 75 seconds between sets
- 4A: Dumbbell Glute Bridge:** 3 x 10-12
- 4B: Dumbbell Crunch:** 3 x 10-12
- 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 3-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
- 2B: 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.

DAY 3 - TOTAL BODY

- 1A: Lateral Shuffle:** 3 x 8-10 (each side)
- 1B: Rotational Lunge:** 3 x 8-10 (each side)
- Rest 75-90 seconds between sets.
- 2: Dumbbell Forward Lunge:** 3 x 8-10 (each side)
- Rest 75-90 seconds between sets
- 3A: Incline Dumbbell Row:** 3 x 8-10
- 3B: Hammer Curls:** 3 x 10-12
- Rest 75-90 seconds between sets
- 4A: Dumbbell Glute Bridge:** 3 x 10-12
- 4B: Dumbbell Crunch:** 3 x 10-12
- 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 3-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

2B: 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.

DAY 3 - TOTAL BODY

1A: Lateral Shuffle: 3 x 8-10 (each side)

1B: Rotational Lunge: 3 x 8-10 (each side)

- Rest 75-90 seconds between sets.

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

- Rest 75-90 seconds between sets

3A: Incline Dumbbell Row: 3 x 8-10

3B: Hammer Curls: 3 x 10-12

- Rest 75-90 seconds between sets

4A: Dumbbell Glute Bridge: 3 x 10-12

4B: Dumbbell Crunch: 3 x 10-12

- 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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