

DECEMBER 2024 - WEEK 1 AT HOME / DUMBBELLS



This is the 3-day per week training program for December 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 PUSH

1: Dumbbell Bench Press: 3 x 6-8

- Rest 60 seconds between sets

2: Incline Dumbbell Bench Press: 3 x 8-10

- Rest 60 seconds between sets

3A: Leaning Dumbbell Lateral Raise: 3 x 10-12

3B: Dumbbell Rear Delt Fly: 3 x 10-12

- Rest 75 seconds between sets.

4A: Dumbbell Skull Crushers: 3 x 12-15

4B: Plank: 3 x 30 seconds

- Rest 75 seconds between sets.

DAY 2 - LOWER BODY

1: Goblet Squat: 3 x 6-8

- Rest 90 seconds between sets

2: Dumbbell Romanian Deadlift (RDL): 3 x 6-8

- Rest 90 seconds between sets.

3: Split Stance Squat: 3 x 8-10

- Rest 75 seconds between sets

4: Dumbbell Glute Bridge: 3 x 10-12

- Rest 75 seconds between sets.

5: 3-Way Calf Raise: 3 x 10-12

- Rest 75 seconds between sets.

DAY 3 - UPPER BODY PULL

1: One-Arm Dumbbell Row: 3 x 8-10

- Rest 60 seconds between sets

2: Dumbbell Pullover: 3 x 10-12

- Rest 60 seconds between sets.

3A: Incline Dumbbell Biceps Curl: 3 x 10-12

3B: Dumbbell Shrug: 3 x 10-12

- Rest 75 seconds between sets

4A: Spider Curls: 3 x 12-15

4B: Bicycle Crunch: 3 x 12-15

- 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

- 7,500 STEPS PER DAY MINIMUM

ONLINE FITNESS TRAINING CAMP



Presented by Chris Gates Fitness

DECEMBER 2024 - WEEK 2 AT HOME/DUMBBELLS



This is the 3-day per week training program for December 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 PUSH

- 1: Dumbbell Bench Press:** 3 x 6-8
 - Rest 60 seconds between sets
- 2: Incline Dumbbell Bench Press:** 3 x 8-10
 - Rest 60 seconds between sets
- 3A: Leaning Dumbbell Lateral Raise:** 3 x 10-12
- 3B: Dumbbell Rear Delt Fly:** 3 x 10-12
 - Rest 75 seconds between sets.
- 4A: Dumbbell Skull Crushers:** 3 x 12-15
- 4B: Plank:** 3 x 30 seconds
 - Rest 75 seconds between sets.

DAY 2 - LOWER BODY

- 1: Goblet Squat:** 3 x 6-8
 - Rest 90 seconds between sets
- 2: Dumbbell Romanian Deadlift (RDL):** 3 x 6-8
 - Rest 90 seconds between sets.
- 3: Split Stance Squat:** 3 x 8-10
 - Rest 75 seconds between sets
- 4: Dumbbell Glute Bridge:** 3 x 10-12
 - Rest 75 seconds between sets.
- 5: 3-Way Calf Raise:** 3 x 10-12
 - Rest 75 seconds between sets.

DAY 3 - UPPER BODY PULL

- 1: One-Arm Dumbbell Row:** 3 x 8-10
 - Rest 60 seconds between sets
- 2: Dumbbell Pullover:** 3 x 10-12
 - Rest 60 seconds between sets.
- 3A: Incline Dumbbell Biceps Curl:** 3 x 10-12
- 3B: Dumbbell Shrug:** 3 x 10-12
 - Rest 75 seconds between sets
- 4A: Spider Curls:** 3 x 12-15
- 4B: Bicycle Crunch:** 3 x 12-15
 - 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

- 7,500 STEPS PER DAY MINIMUM

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DECEMBER 2024 - WEEK 3 AT HOME/DUMBBELLS



This is the 3-day per week training program for December 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 PUSH

- 1: Dumbbell Bench Press:** 3 x 6-8
 - Rest 60-75 seconds between sets
- 2: Incline Dumbbell Bench Press:** 3 x 8-10
 - Rest 60-75 seconds between sets
- 3A: Leaning Dumbbell Lateral Raise:** 3 x 10-12
- 3B: Dumbbell Rear Delt Fly:** 3 x 10-12
 - Rest 75-90 seconds between sets.
- 4A: Dumbbell Skull Crushers:** 3 x 12-15
- 4B: Plank:** 3 x 30 seconds
 - Rest 75-90 seconds between sets.

DAY 2 - LOWER BODY

- 1: Goblet Squat:** 3 x 6-8
 - Rest 90-120 seconds between sets
- 2: Dumbbell Romanian Deadlift (RDL):** 3 x 6-8
 - Rest 90-120 seconds between sets.
- 3: Split Stance Squat:** 3 x 8-10
 - Rest 75-90 seconds between sets
- 4: Dumbbell Glute Bridge:** 3 x 10-12
 - Rest 75-90 seconds between sets.
- 5: 3-Way Calf Raise:** 3 x 10-12
 - Rest 75-90 seconds between sets.

DAY 3 - UPPER BODY PULL

- 1: One-Arm Dumbbell Row:** 3 x 8-10
 - Rest 60-75 seconds between sets
- 2: Dumbbell Pullover:** 3 x 10-12
 - Rest 60-75 seconds between sets.
- 3A: Incline Dumbbell Biceps Curl:** 3 x 10-12
- 3B: Dumbbell Shrug:** 3 x 10-12
 - Rest 75-90 seconds between sets
- 4A: Spider Curls:** 3 x 12-15
- 4B: Bicycle Crunch:** 3 x 12-15
 - 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.

CARDIO 2: DAILY STEP COUNT GOAL

- 7,500 STEPS PER DAY MINIMUM

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DECEMBER 2024 - WEEK 4 AT HOME/DUMBBELLS



This is the 3-day per week training program for December 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 PUSH

- 1: Dumbbell Bench Press:** 3 x 6-8
 - Rest 60-75 seconds between sets
- 2: Incline Dumbbell Bench Press:** 3 x 8-10
 - Rest 60-75 seconds between sets
- 3A: Leaning Dumbbell Lateral Raise:** 3 x 10-12
- 3B: Dumbbell Rear Delt Fly:** 3 x 10-12
 - Rest 75-90 seconds between sets.
- 4A: Dumbbell Skull Crushers:** 3 x 12-15
- 4B: Plank:** 3 x 30 seconds
 - Rest 75-90 seconds between sets.

DAY 2 - LOWER BODY

- 1: Goblet Squat:** 3 x 6-8
 - Rest 90-120 seconds between sets
- 2: Dumbbell Romanian Deadlift (RDL):** 3 x 6-8
 - Rest 90-120 seconds between sets.
- 3: Split Stance Squat:** 3 x 8-10
 - Rest 75-90 seconds between sets
- 4: Dumbbell Glute Bridge:** 3 x 10-12
 - Rest 75-90 seconds between sets.
- 5: 3-Way Calf Raise:** 3 x 10-12
 - Rest 75-90 seconds between sets.

DAY 3 - UPPER BODY PULL

- 1: One-Arm Dumbbell Row:** 3 x 8-10
 - Rest 60-75 seconds between sets
- 2: Dumbbell Pullover:** 3 x 10-12
 - Rest 60-75 seconds between sets.
- 3A: Incline Dumbbell Biceps Curl:** 3 x 10-12
- 3B: Dumbbell Shrug:** 3 x 10-12
 - Rest 75-90 seconds between sets
- 4A: Spider Curls:** 3 x 12-15
- 4B: Bicycle Crunch:** 3 x 12-15
 - 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.

CARDIO 2: DAILY STEP COUNT GOAL

- 7,500 STEPS PER DAY MINIMUM

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DECEMBER 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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