

DECEMBER 2024 - WEEK 1

FULL GYM ROUTINE



This is the 4-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: Barbell Bench Press < or > Machine Chest 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: Cable Y Raise:** 3 x 10-12
- 3B: Cross-Body Cable 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: Single-Arm Kneeling Row:** 3 x 8-10
 - Rest 60 seconds between sets
- 2: Lat Pulldown:** 3 x 10-12
 - Rest 60 seconds between sets.
- 3A: Bayesian Cable Curls:** 3 x 10-12
- 3B: Wide Grip Cable 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.

DAY 4 - TOTAL BODY

- 1A: Seated Dumbbell Shoulder Press:** 3 x 6-8
- 1B: Incline Dumbbell Row:** 3 x 6-8
 - Rest 75 seconds between sets.
- 2A: Cable Crossover:** 3 x 8-10
- 2B: Hammer Curls:** 3 x 8-10
 - Rest 75 seconds between sets
- 3A: Forward Lunge:** 3 x 10-12
- 3B: Dumbbell Sumo Deadlift:** 3 x 10-12
 - Rest 75 seconds between sets
- 4A: Skull Crusher (on the floor):** 3 x 12-15
- 4B: Dumbbell 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

DECEMBER 2024 - WEEK 2

FULL GYM ROUTINE



This is the 4-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: Barbell Bench Press < or > Machine Chest 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: Cable Y Raise:** 3 x 10-12
- 3B: Cross-Body Cable 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: Single-Arm Kneeling Row:** 3 x 8-10
 - Rest 60 seconds between sets
- 2: Lat Pulldown:** 3 x 10-12
 - Rest 60 seconds between sets.
- 3A: Bayesian Cable Curls:** 3 x 10-12
- 3B: Wide Grip Cable 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.

DAY 4 - TOTAL BODY

- 1A: Seated Dumbbell Shoulder Press:** 3 x 6-8
- 1B: Incline Dumbbell Row:** 3 x 6-8
 - Rest 75 seconds between sets.
- 2A: Cable Crossover:** 3 x 8-10
- 2B: Hammer Curls:** 3 x 8-10
 - Rest 75 seconds between sets
- 3A: Forward Lunge:** 3 x 10-12
- 3B: Dumbbell Sumo Deadlift:** 3 x 10-12
 - Rest 75 seconds between sets
- 4A: Skull Crusher (on the floor):** 3 x 12-15
- 4B: Dumbbell 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

DECEMBER 2024 - WEEK 3

FULL GYM ROUTINE



This is the 4-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: Barbell Bench Press < or > Machine Chest 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: Cable Y Raise:** 3 x 10-12
- 3B: Cross-Body Cable 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: Single-Arm Kneeling Row:** 3 x 8-10
 - Rest 60-75 seconds between sets
- 2: Lat Pulldown:** 3 x 10-12
 - Rest 60-75 seconds between sets.
- 3A: Bayesian Cable Curls:** 3 x 10-12
- 3B: Wide Grip Cable 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.

DAY 4 - TOTAL BODY

- 1A: Seated Dumbbell Shoulder Press:** 3 x 6-8
- 1B: Incline Dumbbell Row:** 3 x 6-8
 - Rest 75-90 seconds between sets.
- 2A: Cable Crossover:** 3 x 8-10
- 2B: Hammer Curls:** 3 x 8-10
 - Rest 75-90 seconds between sets
- 3A: Forward Lunge:** 3 x 10-12
- 3B: Dumbbell Sumo Deadlift:** 3 x 10-12
 - Rest 75-90 seconds between sets
- 4A: Skull Crusher (on the floor):** 3 x 12-15
- 4B: Dumbbell 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

DECEMBER 2024 - WEEK 4

FULL GYM ROUTINE



This is the 4-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: Barbell Bench Press < or > Machine Chest 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: Cable Y Raise:** 3 x 10-12
- 3B: Cross-Body Cable 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: Single-Arm Kneeling Row:** 3 x 8-10
 - Rest 60-75 seconds between sets
- 2: Lat Pulldown:** 3 x 10-12
 - Rest 60-75 seconds between sets.
- 3A: Bayesian Cable Curls:** 3 x 10-12
- 3B: Wide Grip Cable 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.

DAY 4 - TOTAL BODY

- 1A: Seated Dumbbell Shoulder Press:** 3 x 6-8
- 1B: Incline Dumbbell Row:** 3 x 6-8
 - Rest 75-90 seconds between sets.
- 2A: Cable Crossover:** 3 x 8-10
- 2B: Hammer Curls:** 3 x 8-10
 - Rest 75-90 seconds between sets
- 3A: Forward Lunge:** 3 x 10-12
- 3B: Dumbbell Sumo Deadlift:** 3 x 10-12
 - Rest 75-90 seconds between sets
- 4A: Skull Crusher (on the floor):** 3 x 12-15
- 4B: Dumbbell 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

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	

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.