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NAME FRANKLIN DICKINSON DATE

Phase 23

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4 weeks (13 Oct 2025 - 9 Nov 2025)

23.1 Push

For machine seated chest fly, after each set I want you to hold the handles when they are all the way back and just feel the stretch in your chest muscle for about 20 seconds.

23.1 Push

Regular workout

Created by Nicholas Falke on 12 Oct 2025, last updated on 12 Oct 2025.

est. 51 minutes

Equipment



Dumbbell

Instructions

For machine seated chest fly, after each set I want you to hold the handles when they are all the way back and just feel the stretch in your chest muscle for about 20 seconds.

	Jog	1 set x 5 min	⚠ Rest 90 sec between sets
	Dumbbell bench press.	3 sets x 10	⚠ Rest 90 sec between sets
	Dumbbell shoulder press	3 sets x 8	⚠ Rest 90 sec between sets

Superset of 3 sets

	Dumbbell Incline Bench Ches...	10
	Close grip dumbbell chest pr...	max
	Rest for 60 sec	

↶ Repeat new set

Superset of 3 sets

	Dumbbell Front Raise	8
	Dumbbell lateral raises	max
	Rest for 60 sec	

↶ Repeat new set

	Dips	3 sets x 10	⚠ Rest 60 sec between sets
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 Dumbbell Tricep Kickback | 3 sets x 10 each | Rest 60 sec between sets

[Dismiss](#)

 **Jog**
 -Keep it light
 -Goal: Warm up muscles/break a sweat

 **Dumbbell bench press.**
 - Brace core ("preparing for a punch to the stomach")
 - Feet screwed into the ground
 - Shoulders packed (squeeze shoulder blades back and press shoulders down into back pockets) *Mostly upper back should make contact w/ bench
 - Head packed/chin tucked ("double chin")
 - Slowly descend elbows until wrists are even w/ chest
 - Drive forearms up and squeeze at the top

 **Dumbbell shoulder press**
 - Head packed/chin tucked ("double chin")
 - Back and butt pressed against seat
 - Feet screwed into the ground
 - Shoulders packed (squeeze shoulder blades back and press shoulders down into back pockets)
 - Full squeeze at top of the press

 **Dumbbell Incline Bench Chest Fly**
 1. Lie on an incline bench set at 45 degrees holding the dumbbells up over your chest at 90 degrees to the ground with your arms straight.
 2. Lower the dumbbells to the sides of your body in an arc-like motion inline with the middle of your chest, until your hands are at the same level as your chest.
 3. Raise the dumbbells back up over your chest, keeping your arms straight throughout.
 4. Repeat.

 **Close grip dumbbell chest press**
 hold dumbbells together and press upward. lower slowly

 **Dumbbell Front Raise**
 1) Stand with a dumbbell in each hand, with feet shoulder-width apart.
 2) Lift the weights in front of you, with straight arms, until your forearms are parallel to the floor.
 3) Slowly return to the start position and repeat.

 **Dumbbell lateral raises**
 - Brace core ("preparing for a punch to the stomach")
 - Head packed/chin tucked ("double chin")
 - Shoulders packed (squeeze shoulder blades back and press shoulders down into back pockets)
 - Feet screwed into the ground
 - Wrists and elbows locked/stabilized
 - Pull the weight out to the sides (about shoulder height)

Dips

 **Dumbbell Tricep Kickback**
 1) Place your left knee on a flat bench with your left hand resting at the edge of the bench for balance.
 2) Start with the dumbbell hanging in your right hand, with your elbow lined up at shoulder height close to the side of your body.
 3) Press the weight back until your arm is straight and parallel to the ground.
 4) Pause, and return to the starting position.

Tracking Sheet (Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1	Set 2	Set 3
Jog	Distance miles Time m: s Speed Levels/incline Calories burnt		
Dumbbell bench press.	reps x lbs	reps x lbs	reps x lbs
Dumbbell shoulder press	reps x lbs	reps x lbs	reps x lbs
Dumbbell Incline Bench Chest Fly	reps x lbs	reps x lbs	reps x lbs
Close grip dumbbell chest press	reps x lbs	reps x lbs	reps x lbs
Dumbbell Front Raise	reps x lbs	reps x lbs	reps x lbs
Dumbbell lateral raises	reps x lbs	reps x lbs	reps x lbs
Dips	reps x lbs	reps x lbs	reps x lbs
Dumbbell Tricep Kickback	reps x lbs	reps x lbs	reps x lbs

Previous Stats

EXERCISE	

23.2 Pull

23.2 Pull

 Regular workout Created by Nicholas Falke on 12 Oct 2025, last updated on 12 Oct 2025.

est. 49 minutes

 Jog	1 set x 5 min	▼ Rest 90 sec between sets
 Lat pulldown	3 sets x 12	▼ Rest 90 sec between sets
 Dumbbell Rows	3 sets x 10 each	▼ Rest 90 sec between sets

	Standing Cable Pullover	3 sets x 12	Rest 60 sec between sets
	Machine rear delt fly	3 sets x 10	Rest 60 sec between sets
	Cable bicep curls	3 sets x 10	Rest 60 sec between sets
	Dumbbell hammer curls	3 sets x 12	Rest 60 sec between sets
	dead hang	2 sets x max	Rest 60 sec between sets

- Elbows close to the side or the body
- Wrists locked and aligned with the forearms
- Lift forearms like a lever and squeeze at the top against the biceps

Dismiss

dead hang

Tracking Sheet

(Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1	Set 2	Set 3
Jog	Distance miles Time m: s Speed Levels/incline Calories burnt		
Lat pulldown	reps x lbs	reps x lbs	reps x lbs
Dumbbell Rows	reps x lbs	reps x lbs	reps x lbs
Standing Cable Pullover	reps x lbs	reps x lbs	reps x lbs
Machine rear delt fly	reps x lbs	reps x lbs	reps x lbs
Cable bicep curls	reps x lbs	reps x lbs	reps x lbs
Dumbbell hammer curls	reps x lbs	reps x lbs	reps x lbs
dead hang	reps x lbs	reps x lbs	reps x lbs

Previous Stats

EXERCISE

23.3 Legs

23.3 Legs

Regular workout

Created by Nicholas Falke on 12 Oct 2025, last updated on 12 Oct 2025.

est. 52 minutes

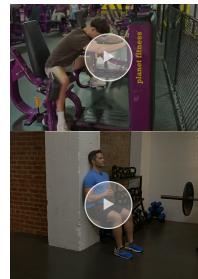
Equipment



Body weight

	Jog	1 set x 5 min	Rest 90 sec between sets
	Single leg leg press machine	3 sets x 8 each	Rest 90 sec between sets

	Calf raise on leg press machi...	3 sets x 15	▼ Rest 60 sec between sets
	Single Leg Dumbbell Hip Thr...	3 sets x 8 ea	Dismiss ▼ Rest 90 sec between sets
	Seated leg curl	3 sets x 12	▼ Rest 90 sec between sets
	seated leg extension	3 sets x 12	▼ Rest 90 sec between sets
	Seated Hip Abduction	3 sets x 12	▼ Rest 60 sec between sets
	Wall Sit	2 sets x max	▼ Rest 60 sec between sets



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Wall Sit

- 1) When performing this exercise, ensure your knees don't move forward past your toes.
- 2) Try to keep your knees at 90 degrees and hold.

Jog

- Keep it light
- Goal: Warm up muscles/break a sweat

Single leg leg press machine

Calf raise on leg press machine

- Brace core ("preparing for a punch to the stomach")
- Press back and butt flush with the backrest
- Use a tight grip on the handles (help with stability & lock in)
- Feet placement will place more load on certain parts of the legs:
- Wider stance and/or toes pointed outward = more outside leg recruitment
- Narrower stance and/or toes pointed inward = more inside leg recruitment
- Just the forefoot and up to the toes should make contact with the press platform
- Aim for a full stretch at the bottom and a full squeeze at the top

Single Leg Dumbbell Hip Thrust

Seated leg curl

- Brace core ("preparing for a punch to the stomach")
- Press back and butt flush with the backrest
- Use a tight grip on the handles (help with stability & lock in)
- Shoulders packed (squeeze shoulder blades back and press shoulders down into back pockets)
- Legs locked underneath the leg pad
- Pull the heels towards the butt and squeeze at the end of the rep
- Slowly release the squeeze until the legs are almost back to straightforward

seated leg extension

- Brace core ("preparing for a punch to the stomach")
- Press back and butt flush with the backrest
- Use a tight grip on the handles (help with stability & lock in)
- Shoulders packed (squeeze shoulder blades back and press shoulders down into back pockets)
- Kick the lower legs & squeeze at the top until the legs are almost straightforward, keep the ankles locked throughout the whole rep
- Slowly descend the legs on the release of the squeeze

Seated Hip Abduction

Tracking Sheet

(Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1		Set 2		Set 3	
	Distance miles	Time m: s	Speed	Levels/incline	Calories burnt	
Jog						
Single leg leg press machine	reps x	lbs	reps x	lbs	reps x	lbs
Calf raise on leg press machine	reps x	lbs	reps x	lbs	reps x	lbs
Single Leg Dumbbell Hip Thrust	reps x	lbs	reps x	lbs	reps x	lbs
Seated leg curl	reps x	lbs	reps x	lbs	reps x	lbs
seated leg extension	reps x	lbs	reps x	lbs	reps x	lbs
Seated Hip Abduction	reps x	lbs	reps x	lbs	reps x	lbs
Wall Sit		sec		sec		sec

Previous Stats

EXERCISE	

23.4 Upper Body

23.4 Upper Body

Regular workout

Created by Nicholas Falke on 12 Oct 2025, last updated on 12 Oct 2025.

est. 50 minutes

Equipment



Jog

1 set x 5 min, 5 min

▼ Rest 90 sec between sets

	Pull ups	3 sets x max	Rest 90 sec between sets
	Machine incline chest press.	3 sets x 10	Rest 90 sec between sets
	Cable Seated Single Arm Row	3 sets x 10 each	Rest 90 sec between sets
	Cable fly	3 sets x 10	Rest 60 sec between sets
	Cable Face Pull	3 sets x 12	Rest 60 sec between sets
Superset of 3 sets			
	Dumbbell lateral raises	8	
	Dumbbell standing shoulder ...	max	
	Rest for 60 sec		
	Repeat new set		

	Jog -Keep it light -Goal: Warm up muscles/break a sweat
	Pull ups - Brace core ("preparing for a punch to the stomach") - Slightly arched lower back - Aim to pack the shoulders (squeeze shoulder blades back and press shoulders down into back pockets), driving the elbows into back pockets - Recommended: Tight and slightly outside shoulder width grip on the bar
	Machine incline chest press.
	Cable Seated Single Arm Row 1.Sit upright holding the handle in one hand with your arm straight out in front. 2.Pull the handle straight in to your chest. 3.Release the handle returning to starting position. Remain upright throughout and do not sway back and forth. 4.Complete all reps on one side before switching to the other side.
	Cable fly

Cable Face Pull

Dismiss

Dumbbell lateral raises

- Brace core ("preparing for a punch to the stomach")
- Head packed/chin tucked ("double chin")
- Shoulders packed (squeeze shoulder blades back and press shoulders down into back pockets)
- Feet screwed into the ground
- Wrists and elbows locked/stabilized
- Pull the weight out to the sides (about shoulder height)

Dumbbell standing shoulder presses

Tracking Sheet (Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1	Set 2	Set 3
Jog	Distance miles Time m: s Speed Levels/incline Calories burnt		
Pull ups	reps x lbs	reps x lbs	reps x lbs
Machine incline chest press.	reps x lbs	reps x lbs	reps x lbs
Cable Seated Single Arm Row	reps x lbs	reps x lbs	reps x lbs
Cable fly	reps x lbs	reps x lbs	reps x lbs
Cable Face Pull	reps x lbs	reps x lbs	reps x lbs
Dumbbell lateral raises	reps x lbs	reps x lbs	reps x lbs
Dumbbell standing shoulder presses	reps x lbs	reps x lbs	reps x lbs

Previous Stats

EXERCISE

23.5 Legs + Arms

23.5 Legs + Arms

Regular workout

Created by Nicholas Falke on 12 Oct 2025, last updated on 12 Oct 2025.

est. 47 minutes

Equipment

 Cable  Dumbbell

[Dismiss](#)

	Jog	1 set x 5 min	 Rest 90 sec between sets
	Goblet Squat	3 sets x 12	 Rest 90 sec between sets

Superset of 3 sets

	Single Leg Dumbbell Hip Thr...	8 each
	Dumbbell Hip Thrust	12
	Rest for 2 min	

[Repeat new set](#)

	Dips	3 sets x 10	 Rest 60 sec between sets
	Dumbbell Concentration Curl	3 sets x 10 each	 Rest 60 sec between sets

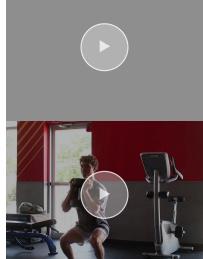
Superset of 3 sets

	Cable Tricep Kickback	12 each
	Single arm cable curls	12 each
	Rest for 60 sec	

[Repeat new set](#)

Jog

- Keep it light
- Goal: Warm up muscles/break a sweat



Goblet Squat

- Brace core ("preparing for a punch to the stomach")
- Head packed/chin tucked ("double chin")
- Shoulders packed (squeeze shoulder blades back and press shoulders down into back pockets)
- Elbows close to the side of the body
- Can use a small platform or plate to elevate heels onto (allows for a deeper squat due to a lack of ankle mobility)
- Drop the butt straight down onto "an invisible stool underneath"



Single Leg Dumbbell Hip Thrust



Dumbbell Hip Thrust

1. When performing this exercise, you want most of the work being done from your hips rather than your lower back. Keep your abdominal set **Dismiss** firmly at the top of the lift.
2. To stabilize the dumbbell, you'll need to use your hands to make sure it doesn't roll off.
3. Begin by sitting close to a bench while holding the dumbbells. This will be your starting position.
4. Begin the movement by driving through with your heels, extending your hips vertically keeping the dumbbells in place. Your weight should be supported by your upper back and the heels of your feet.
5. Extend as far as possible.



Dips



Dumbbell Concentration Curl

- 1) Sit on the end of a flat bench with your legs spread apart in a V-shape.
- 2) Rest your elbow on the inside of your thigh letting the dumbbell hang, while your other hand rests on the upper thigh of the other leg.
- 3) Slowly curl the weight up towards your shoulder using just your bicep.
- 4) Pause at the top and slowly lower to start position.



Cable Tricep Kickback

1. Grasp the cable with one hand, sit back (like sitting in a chair), lean forward
2. Using your lat, pull cable onto your side, elbows tight towards hips.
3. Extend the tricep all the way, arm straight. Keep both legs straight and maintain your balance.
4. Repeat. Complete all reps on one side before switching to the other side.



Single arm cable curl

- stay upright
- elbow stays behind body throughout entire movement
- keep core engaged
- bend at elbow joint only, keeping shoulder joint in extended position.
- go slow

Tracking Sheet

(Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1	Set 2	Set 3
Jog	Distance miles Time m: s Speed Levels/incline Calories burnt		
Goblet Squat	reps x lbs	reps x lbs	reps x lbs
Single Leg Dumbbell Hip Thrust	reps x lbs	reps x lbs	reps x lbs
Dumbbell Hip Thrust	reps x lbs	reps x lbs	reps x lbs
Dips	reps x lbs	reps x lbs	reps x lbs
Dumbbell Concentration Curl	reps x lbs	reps x lbs	reps x lbs
Cable Tricep Kickback	reps x lbs	reps x lbs	reps x lbs

Single arm cable curls reps x lbs reps x lbs reps x lbs

Previous Stats

Dismiss

EXERCISE

Abs

Abs

Regular workout

Created by Nicholas Falke on 12 Oct 2025, last updated on 12 Oct 2025.

est. 12 minutes

Equipment



Body weight

Superset of 3 sets

	Weighted crunches	12
	Side Plank Hip Dip	12 each
	Plank	max
	Rest for 60 sec	

Repeat new set



Weighted crunches



Side Plank Hip Dip

- 1) For this exercise, keep your glutes active and maintain a straight line through your body.
- 2) Ensure your elbow is below your shoulder as you get into a side plank position.
- 3) From here, drop your hip to the ground.
- 4) Then push it up towards the ceiling.



Plank

Tracking Sheet Dismiss
(Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1	Set 2	Set 3
Weighted crunches	reps x lbs	reps x lbs	reps x lbs
Side Plank Hip Dip	reps	reps	reps
Plank	reps x lbs	reps x lbs	reps x lbs

Previous Stats

EXERCISE

abs 2

abs 2

Regular workout

Created by Nicholas Falke on 12 Oct 2025, last updated on 12 Oct 2025.

est. 12 minutes

Superset of 3 sets

	Weighted lateral flexion	12 each
	Plate Russian Twist	12 each
	Knee Raise on elbows	max
	Rest for 60 sec	

Repeat new set



Weighted lateral flexion



Plate Russian Twist

- 1) Sit on the floor, and with both hands hold a plate out in front you with arms slightly bent.
- 2) Slightly lean your upper body backwards, until it's against the floor.
- 3) Begin by curling your body up, and twisting to the left while keeping the plate held out in front.
- 4) Pause, and slowly return to start. Repeat with other side.



Knee Raise on elbows



Dismiss

Tracking Sheet (Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1		Set 2		Set 3	
	reps x	lbs	reps x	lbs	reps x	lbs
Weighted lateral flexion						
Plate Russian Twist						
Knee Raise on elbows						

Previous Stats

EXERCISE	

BW Lower + abs

BW Lower + abs

Regular workout

Created by Nicholas Falke on 12 Oct 2025, last updated on 12 Oct 2025.

est. 47 minutes

Equipment

Body weight Mat

Jog	1 set x 5 min	Rest 90 sec between sets
Alternating Jump Lunge	3 sets x 10 each	Rest 60 sec between sets

Superset of 3 sets

Wall Sit	60 sec
Squat Jump	15
Rest for 90 sec	

Superset of 3 sets

Body Weight Single Leg Deadlift	12 each
Box Pistol Squat	8 each

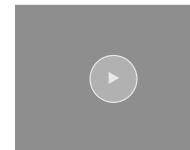
Rest for 60 sec

Repeat new set

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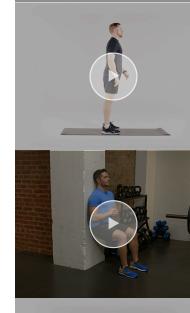
Superset of 3 sets

Bicycle Crunch	10 each
Hollow Body Hold Flutter Kicks	30 sec
Rest for 60 sec	
Repeat new set	
Burpee	3 sets x 15
Rest 60 sec between sets	



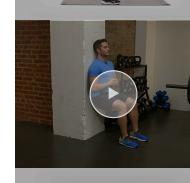
Jog

-Keep it light
-Goal: Warm up muscles/break a sweat



Alternating Jump Lunge

- When you're in the lunge position, keep your legs, knees and body all at 90 degrees to one another.
- When you jump, you land with a soft knee right back into the lunge position with your upper body over top of the back knee.
- Repeat.



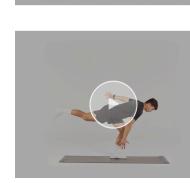
Wall Sit

- When performing this exercise, ensure your knees don't move forward past your toes.
- Try to keep your knees at 90 degrees and hold.



Squat Jump

- Start by slowly descending into a squat by sitting back into your hips and knees.
- Push the floor away and fully extend your hips and knees, leaving the floor as you come upwards.
- Land softly under control while keeping the knees in line with your hips and feet, not allowing them to cave inwards.
- Repeat for desired number of repetitions.



Body Weight Single Leg Deadlift

- When performing this exercise, ensure that your upper body maintains a safe position for your back. Chest up, a slight arch or neutral spine.
- Stand on one leg and tip at the hips sitting back into your heel on your standing leg.
- Squeeze your glutes and stand.
- Repeat.



Box Pistol Squat

- Stand upright.



2. Lower your body towards the box, sending your hips back and down, raising one leg, arms extended in front.

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3. Push off the other leg to return to starting position.

4. Complete all reps on one side before switching to the other side.



Bicycle Crunch

1) For the bicycle crunch, sit on your pelvis or your sit bones with your feet off the ground and upper body tall.

2) Bring opposite elbow to the opposite knee.

3) Twist between your pelvis and your rib cage.



Burpee

1. Start in the top of a push up position.

2. Jump your feet in, bringing your knees to your chest while keeping your hands on the floor.

3. Come to an upright position and jump into the air, raising your arms overhead.

4. Return to the mid position and then jump your feet back out to a straight position.

Tracking Sheet

(Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1	Set 2	Set 3
Jog	Distance miles Time m: s Speed Levels/incline Calories burn		
Alternating Jump Lunge	reps	reps	reps
Wall Sit	sec	sec	sec
Squat Jump	reps	reps	reps
Body Weight Single Leg Deadlift	reps	reps	reps
Box Pistol Squat	reps x lbs	reps x lbs	reps x lbs
Bicycle Crunch	reps	reps	reps
Hollow Body Hold Flutter Kicks	reps	reps	reps
Burpee	reps	reps	reps

Previous Stats

EXERCISE	

RW Inner



BW Upper

[Dismiss](#)

Regular workout

Created by Nicholas Falke on 12 Oct 2025, last updated on 12 Oct 2025.

est. 51 minutes

Equipment



Body weight

	Jog	1 set x 5 min	⚠ Rest 90 sec between sets
	Decline Push Up	3 sets x 10-15	⚠ Rest 60 sec between sets
	Push Up	3 sets x 10-15 wide grip	⚠ Rest 60 sec between sets
	Diamond Push Up	3 sets x max	⚠ Rest 60 sec between sets

Superset of 3 sets

	Mountain Climber	20 each
	Sit Up	10

Rest for 90 sec

Repeat new set

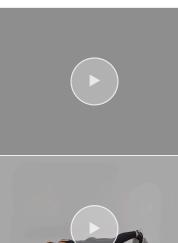
	Piked Push Up	3 sets x max	⚠ Rest 60 sec between sets
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Superset of 3 sets

	Side Plank Dip	10 each side
	Reverse Crunch	10

Rest for 90 sec

Repeat new set



Jog

-Keep it light
-Goal: Warm up muscles/break a sweat

Decline Push Up

1. Using an object to create a decline with your body, support your body on your toes and hands with your feet on a step behind, elbows bent and your chest nearly touching the floor.

2. Push up to a straight arm position



1. Sit Up to a straight arm position

- Lower your body back returning to starting position, keeping your back flat and hips in line with shoulders throughout.

[Dismiss](#)

4. Repeat.



Push Up

- Lie with your chest facing down, palms flat on the floor and slightly more than shoulder-width apart, your feet should be together and your legs straight.
- Push your body upwards and straighten your arms.
- Lower your body returning to starting position.
- Repeat.



Diamond Push Up

- Support your body on your toes and hands. Feet together and hands in diamond shaped placed under your chest.
- Push up to a straight arm position, keeping your back flat and the diamond position of your hands.
- Lower your body returning to starting position.
- Repeat.



Mountain Climber

- Begin in a pushup position, with your weight supported by your hands and toes.
- Flexing the knee and hip, bring one leg until the knee is approximately under the hip. This will be your starting position.
- Explosively reverse the positions of your legs, extending the bent leg until the leg is straight and supported by the toe, and bringing the other foot up with the hip and knee flexed.
- Repeat in an alternating fashion for 20-30 seconds



Sit Up

- Lie on your back on the floor with your feet shoulder width apart.
- Begin by lifting your upper body up until you are sitting up straight with your arms either at your sides, crossed in front of you, or behind your head.
- Lower your body back to the floor.
- Make sure that you do not use your arms to swing your body up and make sure that your feet remain touching the ground at all times.



Piked Push Up

- Get into push up position, palms flat on the floor and slightly more than shoulder-width apart, your feet should be together and your legs straight.
- Walk your feet towards your hand, lifting your butt into the air.
- Press up through your shoulders, hold then return to starting position.
- Repeat.



Side Plank Dip

- #### Reverse Crunch
- Lie on the floor and bend your knees so they are at 90 degrees.
 - Start by curling your hips off the floor and reach your legs up toward the ceiling.
 - Pause, and slowly return to starting position.

Tracking Sheet

[\(Print and track your progress here. Don't forget to sync them online.\)](#)[Dismiss](#)

Exercise Name	Set 1	Set 2	Set 3
Jog	Distance miles Time m: s Speed Levels/incline Calories burnt		
Decline Push Up	reps	reps	reps
Push Up	reps	reps	reps
Diamond Push Up	reps	reps	reps
Mountain Climber	reps	reps	reps
Sit Up	reps	reps	reps
Piked Push Up	reps	reps	reps
Side Plank Dip	reps x lbs	reps x lbs	reps x lbs
Reverse Crunch	reps	reps	reps

Previous Stats

EXERCISE

BW Upper Body

BW Upper Body

Regular workout

Created by Nicholas Falke on 12 Oct 2025, last updated on 12 Oct 2025.

est. 48 minutes

Equipment



Body weight

	Jog	1 set x 5 min	▼ Rest 90 sec between sets
	Push Up	3 sets x 12	▼ Rest 60 sec between sets
	Plank To Push Up	3 sets x 10	▼ Rest 60 sec between sets
	Piked Push Up	3 sets x 10	▼ Rest 60 sec between sets

Superset of 3 sets



Bench Dip

15

Incline Push Up | max

Rest for 90 sec

Dismiss

Superset of 3 sets

Toe Crunch	12
Crunch Heel Tap	12 each side
Lying Straight Leg Raise	12
Rest for 90 sec	

Jog
-Keep it light
-Goal: Warm up muscles/break a sweat

Push Up
1.Lie with your chest facing down, palms flat on the floor and slightly more than shoulder-width apart, your feet should be together and your legs straight.
2.Push your body upwards and straighten your arms.
3.Lower your body returning to starting position.
4.Repeat.

Plank To Push Up
1.Lie face down on a mat with your legs straight and arms tucked in by your sides with elbows bent.
2.Raise your body up into the top of a push up position, resting on your hand and toes and hold briefly. Keep your back flat and head looking down at the floor.
3.Return to starting position.
4.Repeat required reps.

Piked Push Up
1.Get into push up position, palms flat on the floor and slightly more than shoulder-width apart, your feet should be together and your legs straight.
2.Walk your feet towards your hand, lifting your butt into the air.
3.Press up through your shoulders, hold then return to starting position.
4.Repeat.

Bench Dip
1) When performing dip on the bench, keep your elbows pointing straight behind you.
2) Keep your body as close to the bench as possible as you dip down.

Incline Push Up

Incline Push Up

1.Using an object to create an incline with your body, support your body on your toes, legs and arms straight.
2.Lower your chest, elbows bent.
3.Push up to a straight arm, returning to starting position.
4.Return.

Toe Crunch
1) Lie in your back and as best as you can, straighten your legs up into the air. You might need to bend your knees if your hamstrings are too tight.
2) From here, roll your rib cage up and reach for your toes and then back down.
3) If it's too easy, try reaching farther into the bottom of your feet.

Crunch Heel Tap
1) For this exercise, shorten the distance between your pelvis and your rib cage.
2) Try not to strain your neck by leaning forward with your head excessively.
3) Lie down on a mat.
4) Sit up and touch the heel alternately, left to right as you stay up and crunch forward.

Lying Straight Leg Raise
1. For this exercise, keep your core engaged, especially when you're lifting your feet up off the floor but also while they're returning and getting close to the ground again.
2. Lie with your back flat on a ground and your legs extended in front of you.
3. Place your hands on your sides with your palms down.
4. As you keep your legs extended, straight as possible, raise your legs until they make a 90-degree angle with the floor. Exhale as you perform this portion of the movement and hold the contraction at the top for a second.
5. As you inhale, slowly lower your legs back down to the starting position.

Tracking Sheet (Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1		Set 2		Set 3	
	Distance miles	Time m: s	Speed	Levels/incline	Calories burnt	
Jog						
Push Up					reps	reps
Plank To Push Up					reps	reps
Piked Push Up					reps	reps
Bench Dip					reps	reps
Incline Push Up					reps	reps
Toe Crunch					reps	reps
Crunch Heel Tap					reps	reps
Lying Straight Leg Raise					reps	reps

Previous Stats

Exercise

EXERCISE

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