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NAME FRANKLIN DICKINSON DATE

Phase 14

Dismiss

4 weeks (3 Feb 2025 - 2 Mar 2025)

14.1 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.

14.1 Push

Regular workout

Created by Nicholas Falke on 27 Jan 2025, last updated on 27 Jan 2025.

est. 54 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 Incline Bench press.	3 sets x 8	⚠ Rest 90 sec between sets
	Dumbbell shoulder press	3 sets x 8	⚠ Rest 90 sec between sets

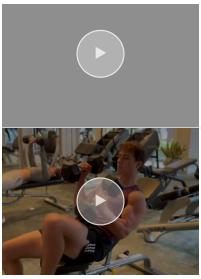
Superset of 3 sets

	Dumbbell Incline Bench Ches...	10	
	Incline push ups	max	
	Rest for 60 sec		

↶ Repeat new set

	Cable Single Arm Lateral Rai...	3 sets x 10 each	⚠ Rest 60 sec between sets
	Dumbbell lateral raises	3 sets x 10	⚠ Rest 60 sec between sets
	Machine chest fly	3 sets x 10	⚠ Rest 60 sec between sets
	Cable overhead tricep extens...	3 sets x max	⚠ Rest 60 sec between sets

Jog



-Keep it light
-Goal: Warm up muscles/break a sweat
[Dismiss](#)

Dumbbell Incline 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



Incline push ups



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)



Machine chest fly



Cable overhead tricep extensions



[Dismiss](#)

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 Incline 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
Incline push ups	reps x lbs	reps x lbs	reps x lbs
Cable Single Arm Lateral Raises	reps x lbs	reps x lbs	reps x lbs
Dumbbell lateral raises	reps x lbs	reps x lbs	reps x lbs
Machine chest fly	reps x lbs	reps x lbs	reps x lbs
Cable overhead tricep extensions	reps x lbs	reps x lbs	reps x lbs

Previous Stats

EXERCISE

14.2 Pull

14.2 Pull

Regular workout

Created by Nicholas Falke on 27 Jan 2025, last updated on 27 Jan 2025.

est. 47 minutes

Equipment



Jog	1 set x 5 min	▼ Rest 90 sec between sets
Lat Machine Single Arm Clos...	2 sets x 12 each	▼ Rest 60 sec between sets
Lat Machine Single Arm Clos...	2 sets x 12 each	▼ Rest 60 sec between sets
Cable rows	3 sets x 10	▼ Rest 90 sec between sets
Standing Cable Pullover	3 sets x 12	▲ Rest 60 sec between sets

	Standing Cable Pullover	3 sets x 12	
	Machine rear delt fly	3 sets x 10	Dismiss
Superset of 3 sets			
	Dumbbell Incline Bench Back ...	10	
	Dumbbell incline bench curls	max	
	Rest for 60 sec		
	Dumbbell hammer curls	2 sets x max	

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

Lat Machine Single Arm Close Grip Row
 1. Grasp the handle with your arm extended straight overhead, palm facing in. Lean back slightly and look up.
 2. Pull the handle down in front to the top of your chest.
 3. Straighten your arm, returning the handle to the starting position, going through a full range of motion.
 4. Repeat. Complete all reps on one side before switching to the other side.

Cable rows
 - Brace core ("preparing for a punch to the stomach")
 - Head packed/chin tucked ("double chin")
 - Feet screwed into the ground or feet platform
 - Starting position: Sit upright
 - Shoulders packed (squeeze shoulder blades back and press shoulders down into back pockets) *Maintain while releasing pulled cable as well
 - Aim for a squeeze and slight hold at the end of the pulled back position

Standing Cable Pullover
 -Brace core
 -Feet screwed into the ground
 -Arms extended, pack the shoulder
 -Wrists and elbows locked
 -Hips hinged backwards, lower body locked throughout the entire exercise
 -While arms locked out in front, drive elbows into back pockets (should feel lat engagement)
 -Aim to squeeze w/slight hold at the end of the contraction
 -Slowly release the squeeze to the top position

Machine rear delt fly

Dumbbell Incline Bench Back Fly

1) When performing this exercise, ensure that you squeeze your shoulder blades together to lift the dumbbells.
 2) Keep a soft elbow bend.

3) Lie down on an incline bench. Have the dumbbells in each hand with the palms facing each other.
 4) Move the weights out and away from each other in an arc motion.
 5) The arms should be elevated until they are parallel to the floor.
 6) Slowly lower the weights back down.
 7) Repeat.

Dumbbell Incline bench curls

Dumbbell hammer curls
 - Brace core ("preparing for a punch to the stomach")
 - Shoulders packed (squeeze shoulder blades back and press shoulders down into back pockets)
 - Elbows close to the side of the body
 - Wrists locked and aligned with the forearms
 - Lift forearms like a lever and squeeze at the top against the biceps

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 Machine Single Arm Close Grip Row	reps x lbs	reps x lbs	
Lat Machine Single Arm Close Grip Row	reps x lbs	reps x lbs	
Cable 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
Dumbbell Incline Bench Back Fly	reps x lbs	reps x lbs	reps x lbs
Dumbbell incline bench curls	reps x lbs	reps x lbs	reps x lbs
Dumbbell hammer curls	reps x lbs	reps x lbs	

Previous Stats

EXERCISE		11 FEB 2025
		Distance 0.5 miles
		Time 5 m: 22 s
		Speed 6
Jog	Set 1	

		Dismiss	Levels/incline 2
		Dismiss	Calories burnt 72
Lat Machine Single Arm Close Grip Row	Set 1		10 reps x 42 lbs
	Set 2		10 reps x 42 lbs
Lat Machine Single Arm Close Grip Row	Set 1		10 reps x 42.5 lbs
	Set 2		10 reps x 42.5 lbs
Cable rows	Set 1		8 reps x 100 lbs
	Set 2		8 reps x 100 lbs
	Set 3		8 reps x 100 lbs
	Set 4		8 reps x 100 lbs
Standing Cable Pullover	Set 1		12 reps x 42.5 lbs
	Set 2		12 reps x 42.5 lbs
	Set 3		15 reps x 42.5 lbs
Machine rear delt fly	Set 1		8 reps x 70 lbs
	Set 2		8 reps x 70 lbs
	Set 3		6 reps x 70 lbs
Dumbbell Incline Bench Back Fly	Set 1		
	Set 2		
	Set 3		
Dumbbell incline bench curls	Set 1		10 reps x 17.5 lbs
	Set 2		10 reps x 17.5 lbs
	Set 3		10 reps x 17.5 lbs
Dumbbell hammer curls	Set 1		10 reps x 20 lbs
	Set 2		10 reps x 20 lbs

est. 53 minutes			
Equipment			
 Body weight			
	Jog	1 set x 5 min	⚠ Rest 90 sec between sets
	Clamshell	2 sets x 15 each	⚠ Rest 20 sec between sets
	Single leg leg press machine	3 sets x 10 each	⚠ Rest 90 sec between sets
	Calf raise on leg press machi...	3 sets x 15	⚠ Rest 60 sec between sets
	Goblet Squat	2 sets x max	⚠ Rest 60 sec between sets
	Seated leg curl	3 sets x 10	⚠ 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 90 sec between sets
	Body Weight Forward Lunges	2 sets x max each	⚠ Rest 60 sec between sets



Jog

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



Clamshell

1. Lay on your side, and bend your knees keeping your legs stacked together.
2. Lift your top knee away from the bottom knee while holding the rest of your body in place, then return your knees together.
3. Once you're done, repeat on the other side.

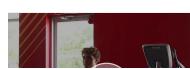


Single leg leg press machine



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



Goblet Squat

- Brace core ("preparing for a punch to the stomach")

14.3 Legs

14.3 Legs

 Regular workout

Created by Nicholas Falke on 27 Jan 2025, last updated on 27 Jan 2025.



- 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 Dismiss heels onto (allows for a deeper squat due to a lack of ankle mobility)
- Drop the butt straight down onto "an invisible stool underneath"



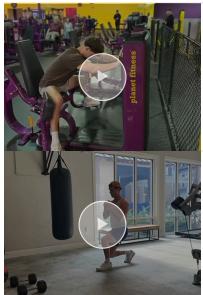
Seated leg curl

- 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
Jog	Distance miles Time m: s Speed Levels/incline Calories burnt		
Clamshell	reps	reps	
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
Goblet Squat	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
Body Weight Forward Lunges	reps x lbs	reps x lbs	

Previous Stats

EXERCISE

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14.4 Upper Body

14.4 Upper Body

Regular workout

Created by Nicholas Falke on 27 Jan 2025, last updated on 27 Jan 2025.

est. 50 minutes

Equipment



Cable

	Jog	1 set x 5 min	▼ Rest 90 sec between sets
	Pull ups	3 sets x max	▼ Rest 90 sec between sets
	Dumbbell Incline Bench press.	2 sets x 10	▼ Rest 60 sec between sets
	Dumbbell bench press.	2 sets x 10	▼ Rest 60 sec between sets
	Cable Seated Single Arm Row	3 sets x 12 each	▼ Rest 90 sec between sets

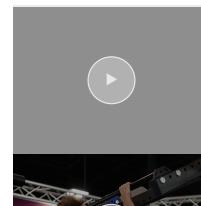
Superset of 3 sets

	Machine rear delt fly	10
	Machine chest fly	10

Rest for 60 sec

Repeat new set

	Cable Single Arm Lateral Rai...	2 sets x max each	▼ Rest 60 sec between sets
	Single arm cable rear delt fly	2 sets x max each	▼ Rest 60 sec between sets
	Dumbbell lateral raises	2 sets x max	▼ Rest 60 sec between sets



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



Dumbbell Incline 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 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



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.



Machine rear delt fly



Machine chest fly



Cable Single Arm Lateral Raises

Single Arm Lateral Raises



Single arm cable rear delt fly



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 (below shoulder height)

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 Time	m: s	Speed	Levels/incline	Calories burnt	
Pull ups	reps x	lbs	reps x	lbs	reps x	lbs
Dumbbell Incline Bench press.	reps x	lbs	reps x	lbs		
Dumbbell bench press.	reps x	lbs	reps x	lbs		
Cable Seated Single Arm Row	reps x	lbs	reps x	lbs	reps x	lbs
Machine rear delt fly	reps x	lbs	reps x	lbs	reps x	lbs
Machine chest fly	reps x	lbs	reps x	lbs	reps x	lbs
Cable Single Arm Lateral Raises	reps x	lbs	reps x	lbs		
Single arm cable rear delt fly	reps x	lbs	reps x	lbs		
Dumbbell lateral raises	reps x	lbs	reps x	lbs		

Previous Stats

EXERCISE

14.5 Legs + Arms

14.5 Legs + Arms

Regular workout

Created by Nicholas Falke on 27 Jan 2025, last updated on 27 Jan 2025.

est. 45 minutes

Equipment



Cable

	Jog	1 set x 5 min	⚠ Rest 90 sec between sets
	Bodyweight Squats	2 sets x 10	⚠ Rest 60 sec between sets
	Goblet Squat	2 sets x 12	⚠ Rest 60 sec between sets
	Dumbbell Romanian Deadlift	2 sets x 12	⚠ Rest 60 sec between sets

	Cable Pull Through	2 sets x max	⚠ Rest 60 sec between sets
	Dips	3 sets x max	⚠ Rest 90 sec between sets
	Cable Tricep Kickback	3 sets x max each	⚠ Rest 60 sec between sets
Superset of 3 sets			
	Dumbbell bicep curls	10	
	Single arm cable curls	max each (hammer)	
	Rest for 60 sec		
	Repeat new set		

	Jog -Keep it light -Goal: Warm up muscles/break a sweat
	Bodyweight Squats
	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"
	Dumbbell Romanian Deadlift - Brace core ("preparing for a punch to the stomach") - Head packed/chin tucked ("double chin") - Feet screwed into the ground w/ slight bend in the knees - Shoulders packed (squeeze shoulder blades back and press shoulders down into back pockets) w/ arms in front of the legs - Keep the arms and back straight throughout the whole rep - Hinge the hips back (push butt back) - Keep center of mass straight above the feet while following the dumbbells down the leg as if you were about to drop them onto your feet (you should feel a stretch in the back of your legs) - Press the hips back forward, squeezing the glutes at the top of the rep
	Cable Pull Through 1.Squat with your back to a cable system holding a rope between your legs with your arms straight and back flat. 2.Stand upright, pulling the rope forward and up between your legs, keeping your arms straight. 3. Return to starting position.
	Dips



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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.



Dumbbell bicep curls

- Brace core
- Screw feet into the ground
- Lock in the lower half of the body
- Pack the shoulders *Maintain this through the entire rep to stabilize the shoulder and allow for more bicep isolation
- Tight grip
- Elbows close to the body
- Drive "through the bicep"
- Squeeze at the top w/ a slight hold before releasing
- Maintain a slow but still tensed release downward
- Aim to have the arms close to full extension at the bottom



Single arm cable curls

- 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	
	Distance	miles	Time	m:	s	Speed
Jog						Levels/incline
						Calories burnt
Bodyweight Squats	reps x	lbs	reps x	lbs		
Goblet Squat	reps x	lbs	reps x	lbs		
Dumbbell Romanian Deadlift	reps x	lbs	reps x	lbs		
Cable Pull Through	reps x	lbs	reps x	lbs		
Dips	reps x	lbs	reps x	lbs	reps x	lbs
Cable Tricep Kickback	reps x	lbs	reps x	lbs	reps x	lbs
Dumbbell bicep curls	reps x	lbs	reps x	lbs	reps x	lbs
Single arm cable curls	reps x	lbs	reps x	lbs	reps x	lbs

Previous Stats

EXERCISE

Abs

[Dismiss](#)

Abs

Regular workout

Created by Nicholas Falke on 27 Jan 2025, last updated on 27 Jan 2025.

est. 12 minutes

Equipment

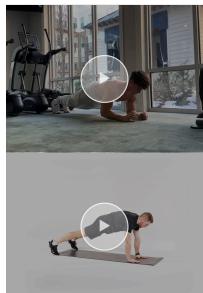


Body weight

Superset of 3 sets

	Plank to push ups	12 up downs
	Shoulder Tap	12 each
	Mountain climbers	max
	Rest for 60 sec	

[Repeat new set](#)



Plank to push ups

Shoulder Tap

- 1) When this exercise, maintain a straight line throughout your body from head to feet.
- 2) Get in a plank position, keep your glutes on. Hands underneath your shoulders and feet roughly shoulder-width apart.
- 3) From here, squeeze your glutes and abdominals as you tap up to the other side with the opposite hand.
- 4) Maintain your body position without your hips lifting or body rotation.



Mountain climbers

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

Exercise Name	Set 1	Set 2	Set 3
Plank to push ups	reps x lbes	reps x lbes	reps x lbes

Plank to push ups	reps x lbes	reps x lbes	reps x lbes	reps x lbes
Shoulder Tap	reps x lbes	reps x lbes	reps x lbes	reps x lbes
Mountain climbers	reps x lbes	reps x lbes	reps x lbes	reps x lbes

Previous Stats

EXERCISE	Set 1	11 FEB 2025
Plank to push ups	Set 1	
	Set 2	
	Set 3	
Shoulder Tap	Set 1	12 reps
	Set 2	
	Set 3	
Mountain climbers	Set 1	
	Set 2	
	Set 3	

abs 2

abs 2

Regular workout

Created by Nicholas Falke on 27 Jan 2025, last updated on 27 Jan 2025.

est. 15 minutes

	Weighted lateral flexion	3 sets x 12 each	
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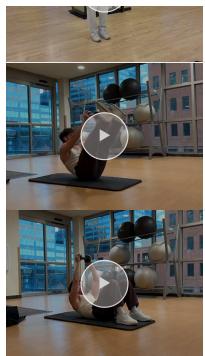
Superset of 3 sets

	Weighted V Ups	12
	Weighted crunches	max
	Rest for 60 sec	

[Repeat new set](#)



Weighted lateral flexion



Weighted V Ups

Dismiss



Weighted crunches

Dismiss

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

Exercise Name	Set 1	Set 2	Set 3	
Weighted lateral flexion	reps x	lbs	reps x	lbs
Weighted V Ups	reps x	lbs	reps x	lbs
Weighted crunches	reps x	lbs	reps x	lbs

Previous Stats

EXERCISE	

BW Lower + abs

BW Lower + abs

Regular workout

Created by Nicholas Falke on 27 Jan 2025, last updated on 27 Jan 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
Dismiss

Repeat new set

Superset of 3 sets

	Body Weight Single Leg Deadlift	12 each
	Box Pistol Squat	8 each
	Rest for 60 sec	

Repeat new set

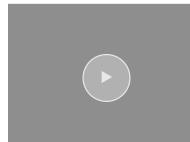
Superset of 3 sets

	Bicycle Crunch	10 each
	Hollow Body Hold Flutter Kicks	30 sec
	Rest for 60 sec	

Repeat new set

	Burpee	3 sets x 15
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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.



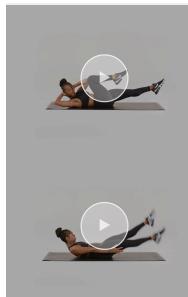
Body Weight Single Leg Deadlift

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



Box Pistol Squat

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



Hollow Body Hold Flutter Kicks

- 1) For this exercise, you'll come up in a V position.
- 2) Sitting on your sit bones and your pelvis.
- 3) Make sure that your abdominals are tight and pulled in, not leaning back, loading your lower back.
- 4) From there, kick your legs in an alternate pattern.



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 burnt					
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 Dismiss reps | reps | reps |

Previous Stats

EXERCISE

Dismiss

BW Upper

BW Upper

Regular workout

Created by Nicholas Falke on 27 Jan 2025, last updated on 27 Jan 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

Superset of 3 sets

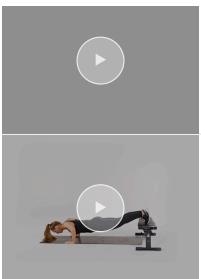
Side Plank Dip 10 each side

Reverse Crunch 10

Rest for 90 sec

↳ Repeat new set

↳ Load



-Keep it light
-Goal: Warm up muscles/break a sweat
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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.
- 3.Lower your body back returning to starting position, keeping your back flat and hips in line with shoulders throughout.
- 4.Repeat.



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.



Diamond Push Up

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



Mountain Climber

- 1) Begin in a pushup position, with your weight supported by your hands and toes.
- 2) Flexing the knee and hip, bring one leg until the knee is approximately under the hip. This will be your starting position.
- 3) 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.
- 4) Repeat in an alternating fashion for 20-30 seconds



Sit Up

- 1) Lie on your back on the floor with your feet shoulder width apart.
- 2) 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.
- 3) Lower your body back to the floor.
- 4) 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.

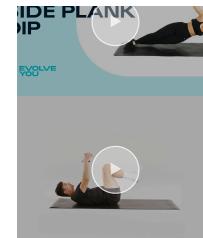


Piked Push Up

- 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.



Side Plank Dip



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Reverse Crunch

- 1) Lie on the floor and bend your knees so they are at 90 degrees.
- 2) Start by curling your hips off the floor and reach your legs up toward the ceiling.
- 3) Pause, and slowly return to 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
Jog						Levels/incline
Decline Push Up						Calories burnt
Push Up						
Diamond Push Up						
Mountain Climber						
Sit Up						
Piked Push Up						
Side Plank Dip		reps x lbs		reps x	lbs	reps x lbs
Reverse Crunch				reps		reps

Previous Stats

EXERCISE	

BW Upper Body

BW Upper Body	Created by Nicholas Falke on 27 Jan 2025, last updated on 27 Jan 2025.
Regular workout	
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

Repeat new set

Superset of 3 sets

	Toe Crunch	12
	Crunch Heel Tap	12 each side
	Lying Straight Leg Raise	12

Rest for 90 sec

Repeat new set

Jog

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

Push Up

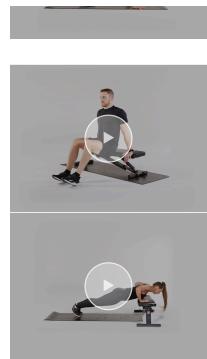
- 1.Lie with your chest facing down, palms flat on the floor and slightly more than shoulder-width apart, your feet should be together and your legs straight.
- 2.Push your body upwards and straighten your arms.
- 3.Lower your body returning to starting position.
- 4.Repeat.

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.



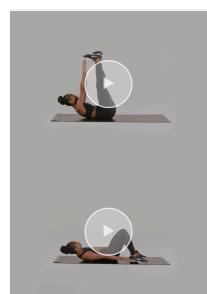
3.Press up through your shoulders, hold then return to starting position.

4.Repeat.

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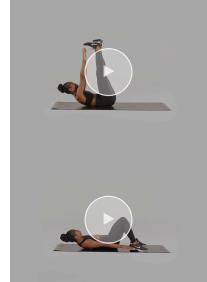
Bench Dip

- 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.



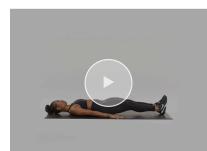
Incline Push Up

- 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.



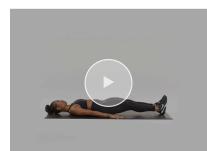
Toe Crunch

- 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 Time Speed Levels/incline Calories burnt	m: s	reps	reps	reps	reps
Jog						
Push Up			reps	reps	reps	reps
Plank To Push Up			reps	reps	reps	reps
Piked Push Up			reps	reps	reps	reps

Bench Dip	reps	reps	reps
Incline Push Up	reps	reps	reps
Toe Crunch	reps	reps	reps
Crunch Heel Tap	reps	reps	reps
Lying Straight Leg Raise	reps	reps	reps

Previous Stats

EXERCISE	
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