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NAME FRANKLIN DICKINSON DATE

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Phase 8

4 weeks (19 Aug 2024 - 15 Sep 2024)

8.1 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.

8.1 Push

Regular workout

Created by Nicholas Falke on 13 Aug 2024, last updated on 15 Aug 2024.

est. 50 minutes

Equipment

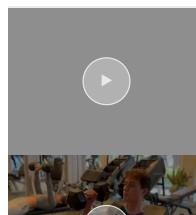


Cable

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.

| | | | |
|---|-------------------------------|---|--------------------------|
| A small video thumbnail showing a person jogging. | Jog | 1 set x 5 min | Rest 90 sec between sets |
| A small video thumbnail showing a person performing a dumbbell incline bench press. | Dumbbell Incline Bench press. | 3 sets x 8 (slow eccentric/stretch aft... | Rest 90 sec between sets |
| A small video thumbnail showing a person performing a dumbbell shoulder press. | Dumbbell shoulder press | 3 sets x 8 | Rest 90 sec between sets |
| A small video thumbnail showing a person performing a machine chest fly. | Machine chest fly | 3 sets x 12 | Rest 60 sec between sets |
| A small video thumbnail showing a person performing dumbbell lateral raises. | Dumbbell lateral raises | 3 sets x 12 | Rest 60 sec between sets |
| A small video thumbnail showing a person performing a low-to-high cable fly. | Low to high cable fly | 3 sets x 10 | Rest 60 sec between sets |
| A small video thumbnail showing a person performing dips. | Dips | 2 sets x max | Rest 90 sec between sets |
| A small video thumbnail showing a person performing a cable tricep kickback. | Cable Tricep Kickback | 3 sets x max each | Rest 60 sec between sets |



Jog

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



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") Dismiss
- 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



Machine chest 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 (about shoulder height)



Low to high cable fly



Dips



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.

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 |
| Machine chest fly | reps x | lbs | reps x | lbs | reps x | lbs |
| Dumbbell lateral raises | reps x | lbs | reps x | lbs | reps x | lbs |
| Low to high cable fly | reps x | lbs | 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 |

Previous Stats

| EXERCISE | | 29 AUG 2024 |
|-------------------------------|-------|--|
| Jog | Set 1 | Distance 1.2 miles Time 750 m: s Speed 6 Levels/incline 2 Calories burnt 156 |
| Dumbbell Incline Bench press. | Set 1 | 10 reps x 40 lbs |
| | Set 2 | 10 reps x 40 lbs |
| | Set 3 | 10 reps x 40 lbs |
| Dumbbell shoulder press | Set 1 | 5 reps x 40 lbs |
| | Set 2 | 6 reps x 35 lbs |
| | Set 3 | 6 reps x 35 lbs |
| Machine chest fly | Set 1 | 12 reps x 70 lbs |
| | Set 2 | 12 reps x 70 lbs |
| | Set 3 | 10 reps x 70 lbs |
| Dumbbell lateral raises | Set 1 | 12 reps x 15 lbs |
| | Set 2 | 12 reps x 15 lbs |
| | Set 3 | 15 reps x 15 lbs |
| Low to high cable fly | Set 1 | 8 reps x 17.5 lbs |
| | Set 2 | 12 reps x 12.5 lbs |
| | Set 3 | 12 reps x 12.5 lbs |
| | Set 4 | 12 reps x 12.5 lbs |
| Dips | Set 1 | |

| | | | |
|-----------------------|-------|----------------|--------------------|
| Cable Tricep Kickback | Set 2 | Dismiss | |
| | Set 1 | | 10 reps x 12.5 lbs |
| | Set 2 | | 10 reps x 12.5 lbs |
| | Set 3 | | 10 reps x 12.5 lbs |

8.2 Pull

8.2 Pull

Regular workout

Created by Nicholas Falke on 13 Aug 2024, last updated on 15 Aug 2024.

est. 51 minutes

Equipment



Cable

| | | |
|-----------------------------|--|----------------------------|
| Jog | 1 set x 5 min | ⚠ Rest 90 sec between sets |
| Lat pulldown | 4 sets x 8 | ⚠ Rest 90 sec between sets |
| Cable Seated Single Arm Row | 3 sets x 10 each (slow eccentric/stre... | ⚠ Rest 90 sec between sets |
| Machine rear delt fly | 3 sets x 8 | ⚠ Rest 60 sec between sets |
| Cable Face Pull | 3 sets x 12 (lighter weight) | ⚠ Rest 60 sec between sets |

Superset of 3 sets

| | |
|---------------------|-----|
| EZ bar upright rows | 8 |
| Ez bar bicep curls | max |

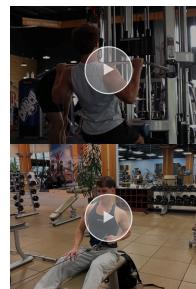
Rest for 60 sec

Repeat new set

| | | |
|------------------------|-------------------|----------------------------|
| Single arm cable curls | 3 sets x max each | ⚠ Rest 60 sec between sets |
|------------------------|-------------------|----------------------------|

Jog

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



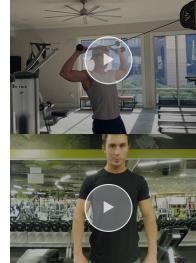
Lat pulldown

- Brace core
- Lower half of the body locked again
- Feet screwed into the ground
- Aim to pack the shoulders while driving the elbows into back pockets
- lean slightly back while pulling, careful not to use momentum.
- Recommended: Tight and slightly outside shoulder width grip on the bar

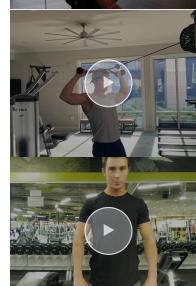


Cable Seated Single Arm Row

- 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



Cable Face Pull



EZ bar upright rows



Ez bar bicep curls



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 | Distance miles | Set 1 | Set 2 | Set 3 | Set 4 |
|---------------|----------------|-----------|-------|----------------|-------|
| | | Time m: s | Speed | Levels/Incline | |
| Jog | | | | | |

| | Calories burnt | | | | | | |
|-----------------------------|----------------|-----|---------|--------|-----|--------|-----|
| | reps x | lbs | Dismiss | reps x | lbs | reps x | lbs |
| Lat pulldown | | | | | | | |
| 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 |
| Cable Face Pull | reps x | lbs | | reps x | lbs | reps x | lbs |
| EZ bar upright rows | reps x | lbs | | reps x | lbs | reps x | lbs |
| Ez bar 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 | | 30 AUG 2024 |
|-----------------------------|-------|---------------------|
| Jog | Set 1 | Distance 1.18 miles |
| | | Time 12 m: s |
| | | Speed 6 |
| | | Levels/incline 2 |
| | | Calories burnt 124 |
| Lat pulldown | Set 1 | 12 reps x 70 lbs |
| | Set 2 | 12 reps x 70 lbs |
| | Set 3 | 12 reps x 70 lbs |
| | Set 4 | 12 reps x 70 lbs |
| Cable Seated Single Arm Row | Set 1 | 10 reps x 35 lbs |
| | Set 2 | 12 reps x 35 lbs |
| | Set 3 | 12 reps x 35 lbs |
| | Set 4 | |
| Machine rear delt fly | Set 1 | 10 reps x 40 lbs |
| | Set 2 | 12 reps x 40 lbs |
| | Set 3 | 10 reps x 40 lbs |
| Cable Face Pull | Set 1 | 10 reps x 35 lbs |
| | Set 2 | 12 reps x 30 lbs |
| | Set 3 | 12 reps x 30 lbs |
| | Set 4 | 12 reps x 30 lbs |
| EZ bar upright rows | Set 1 | 10 reps x 40 lbs |

| | | | |
|------------------------|-------|---------|------------------|
| | Set 2 | Dismiss | 10 reps x 40 lbs |
| | Set 3 | | |
| Ez bar bicep curls | Set 1 | | 10 reps x 40 lbs |
| | Set 2 | | 10 reps x 40 lbs |
| | Set 3 | | |
| Single arm cable curls | Set 1 | | 8 reps x 15 lbs |
| | Set 2 | | 8 reps x 15 lbs |
| | Set 3 | | 8 reps x 15 lbs |

8.3 Legs

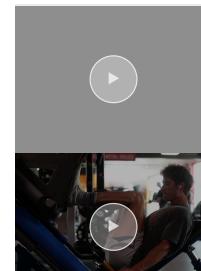
8.3 Legs

Regular workout

Created by Nicholas Falke on 13 Aug 2024, last updated on 15 Aug 2024.

est. 51 minutes

| | | | |
|---|----------------------------------|-------------------|----------------------------|
|  | Jog | 1 set x 5 min | ⚠ Rest 90 sec between sets |
|  | Leg press machine | 4 sets x 8 | ⚠ Rest 2 min between sets |
|  | Calf raise on leg press machi... | 3 sets x 15 | ⚠ Rest 60 sec between sets |
|  | Dumbbell Romanian Deadlift | 3 sets x 10 | ⚠ Rest 90 sec between sets |
|  | seated leg extension | 3 sets x 10 | ⚠ Rest 90 sec between sets |
|  | Seated leg curl | 3 sets x 10 | ⚠ Rest 90 sec between sets |
|  | Single leg leg press machine | 2 sets x max each | ⚠ Rest 60 sec between sets |



Jog

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

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:
- Higher feet placement = more hamstring recruitment



- Lower feet placement = more quad recruitment
- Wider stance and/or toes pointed outward = more outside leg recruitment
- Narrower stance and/or toes pointed inward = more inside leg recruitment
- Dismiss**
- Drive heels upward when pressing
- Descend the press slowly until knees are close to the chest or right before the tailbone starts to lift off of the seat



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



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



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 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



Single leg leg press machine

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

| Exercise Name | Set 1 | Set 2 | Set 3 | Set 4 |
|---------------------------------|--|------------|------------|------------|
| jog | Distance miles Time m: s Speed Levels/Incline Calories burnt | | | |
| Leg press machine | reps x lbs | reps x lbs | reps x lbs | reps x lbs |
| Calf raise on leg press machine | reps x lbs | reps x lbs | reps x lbs | |

| | | | | | | | |
|------------------------------|--------|-----|---------|-----|--------|--------|-----|
| Dumbbell Romanian Deadlift | reps x | lbs | reps x | lbs | reps x | lbs | |
| seated leg extension | reps x | lbs | Dismiss | x | lbs | reps x | lbs |
| Seated leg curl | reps x | lbs | reps x | lbs | reps x | lbs | |
| Single leg leg press machine | reps x | lbs | reps x | lbs | | | |

Previous Stats

| EXERCISE | | 11 SEP 2024 |
|---------------------------------|-------|--|
| Jog | Set 1 | Distance 1.05 miles Time 10 m: 5 s Speed 6.5 Levels/incline 2 Calories burnt 155 |
| Leg press machine | Set 1 | 15 reps x 240 lbs |
| | Set 2 | 15 reps x 260 lbs |
| | Set 3 | 15 reps x 260 lbs |
| | Set 4 | 15 reps x 280 lbs |
| Calf raise on leg press machine | Set 1 | 20 reps x 200 lbs |
| | Set 2 | 20 reps x 200 lbs |
| | Set 3 | 20 reps x 200 lbs |
| Dumbbell Romanian Deadlift | Set 1 | 10 reps x 30 lbs |
| | Set 2 | 10 reps x 30 lbs |
| | Set 3 | 10 reps x 330 lbs |
| seated leg extension | Set 1 | 10 reps x 85 lbs |
| | Set 2 | 10 reps x 85 lbs |
| | Set 3 | 10 reps x 85 lbs |
| Seated leg curl | Set 1 | 10 reps x 85 lbs |
| | Set 2 | 12 reps x 85 lbs |
| | Set 3 | |
| Single leg leg press machine | Set 1 | 10 reps x 140 lbs |
| | Set 2 | 10 reps x 140 lbs |
| | Set 3 | 12 reps x 140 lbs |

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8.4 Upper Body

8.4 Upper Body

Regular workout

Created by Nicholas Falke on 13 Aug 2024, last updated on 13 Aug 2024.

est. 53 minutes

Equipment



Cable

| | | | |
|--|--------------------------------|------------------|--------------------------|
| | Jog | 1 set x 5 min | Rest 90 sec between sets |
| | Pull ups | 2 sets x max | Rest 60 sec between sets |
| | Dumbbell Incline Bench press. | 3 sets x 8 | Rest 90 sec between sets |
| | Dumbbell standing shoulder ... | 3 sets x 10 | Rest 90 sec between sets |
| | Cable Seated Single Arm Row | 3 sets x 10 each | Rest 90 sec between sets |
| | Lat pulldown | 3 sets x 10 | Rest 60 sec between sets |
| | Cable fly crossovers | 3 sets x 10 | Rest 60 sec between sets |
| | Dumbbell lateral raises | 2 sets x 12 | Rest 60 sec between sets |
| | Push ups | 2 sets x max | Rest 60 sec between sets |

Jog

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

Pull ups

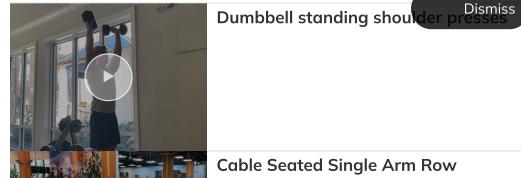
- Brace core ("preparing for a punch to the stomach")
- Slightly arched lower back
- Aim to pack the shoulders (squeeze shoulder blades back and press shoulders down into back pockets), driving the elbows into back pockets
- Recommended: Tight and slightly outside shoulder width grip on the bar

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

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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.



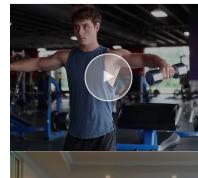
Lat pulldown

- Brace core
- Lower half of the body locked against leg pads
- Feet screwed into the ground
- Aim to pack the shoulders while driving the elbows into back pockets
- lean slightly back while pulling, careful not to use momentum.
- Recommended: Tight and slightly outside shoulder width grip on the bar



Cable fly crossovers

- 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, about shoulder width apart or staggered stance forward
- Wrists and elbows locked/stabilized
- Initially, pull the cables out forward a couple of steps to create constant tension
- Just moving at the shoulder joint, guide the arms from an out wide position to across the chest position without bending at the elbow



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)



Push ups

- Brace core ("preparing for a punch to the stomach")
- Head packed/chin tucked ("double chin")
- Recommended: Hands shoulder width apart or slightly wider than shoulder width
- Elbows tucked slightly closer to the body
- Drive forearms straight up, pushing the inside of the elbows towards center of the chest
- Squeeze at the top "plank" position
- Aim to pack the shoulders (squeeze shoulder blades back and press shoulders down into back pockets) at the bottom "floating" position
- Avoid: Letting the butt sink down

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 | | |
| Jog | Time | m: s | | |
| | Speed | | | |
| | Levels/incline | | | |
| | Calories burnt | | | |

| | | | | | |
|------------------------------------|--------|---------|--------|-----|-----------------|
| Pull ups | reps x | lbs | reps x | lbs | |
| Dumbbell Incline Bench press. | reps x | Dismiss | reps x | lbs | reps x lbs |
| Dumbbell standing shoulder presses | reps x | lbs | reps x | lbs | reps x lbs |
| Cable Seated Single Arm Row | reps x | lbs | reps x | lbs | reps x lbs |
| Lat pulldown | reps x | lbs | reps x | lbs | reps x lbs |
| Cable fly crossovers | reps x | lbs | reps x | lbs | reps x lbs |
| Dumbbell lateral raises | reps x | lbs | reps x | lbs | |
| Push ups | reps x | lbs | reps x | lbs | |

Previous Stats

| EXERCISE | | 14 SEP 2024 |
|------------------------------------|-------|---------------------|
| Jog | Set 1 | Distance 0.05 miles |
| | | Time 10 m: 5 s |
| | | Speed 6.5 |
| | | Levels/incline 2 |
| | | Calories burnt 152 |
| Pull ups | Set 1 | 10 reps x 100 lbs |
| | Set 2 | 10 reps x 100 lbs |
| Dumbbell Incline Bench press. | Set 1 | 10 reps x 40 lbs |
| | Set 2 | 40 reps x 40 lbs |
| | Set 3 | 6 reps x 40 lbs |
| Dumbbell standing shoulder presses | Set 1 | 10 reps x 20 lbs |
| | Set 2 | 10 reps x 20 lbs |
| | Set 3 | 10 reps x 20 lbs |
| Cable Seated Single Arm Row | Set 1 | 10 reps x 35 lbs |
| | Set 2 | 10 reps x 35 lbs |
| | Set 3 | 12 reps x 35 lbs |
| Lat pulldown | Set 1 | 10 reps x 70 lbs |
| | Set 2 | 12 reps x 70 lbs |
| | Set 3 | |
| Cable fly crossovers | Set 1 | 10 reps x 22.5 lbs |
| | Set 2 | 12 reps x 22.5 lbs |

| | | | |
|-------------------------|-------|---------|--------------------|
| | Set 3 | Dismiss | 12 reps x 22.5 lbs |
| Dumbbell lateral raises | Set 1 | | 10 reps x 15 lbs |
| | Set 2 | | 10 reps x 15 lbs |
| Push ups | Set 1 | | |
| | Set 2 | | |

8.5 Legs + Arms

| | | | |
|---|------------------|--|--|
| 8.5 Legs + Arms | | | |
| Regular workout | | | Created by Nicholas Falke on 13 Aug 2024, last updated on 13 Aug 2024. |
| est. 50 minutes | | | |
| | | | |
|  Jog | 1 set x 5 min | | ▼ Rest 90 sec between sets |
|  Goblet Squat | 3 sets x 10 | | ▼ Rest 90 sec between sets |
|  Single Leg Dumbbell Hip Thr... | 3 sets x 12 each | | ▼ Rest 90 sec between sets |
| | | | |
| Superset of 3 sets | | | |
|  Machine preacher curl | 10 | | |
|  EZ Bar Reverse Grip Biceps C... | 10 | | |
|  Rest for 90 sec | | | |
| Repeat new set | | | |
| | | | |
| Superset of 3 sets | | | |
|  Dumbbell Skull Crusher | 8 | | |
|  Dumbbell bicep curls | 8 | | |
|  Rest for 60 sec | | | |
| Repeat new set | | | |
| | | | |
| Superset of 3 sets | | | |
|  Cable overhead tricep extens... | 8 | | |
|  Cable bicep curls | 10 | | |
|  Rest for 60 sec | | | |
| Repeat new set | | | |

Dismiss

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



EZ Bar Reverse Grip Biceps Curl

Machine preacher curl

- Brace core
- Screw feet into the ground or feet platform
- Lock in the lower half of the body
- Pack the shoulders (should feel some lat engagement) *Maintain this through the entire rep to stabilize the shoulder and allow for more bicep isolation
- Tight grip
- 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



Dumbbell Skull Crusher



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



Cable overhead tricep extensions

Dismiss



Cable bicep curls

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 |
| Machine preacher curl | reps x | lbs | reps x | lbs | reps x | lbs |
| EZ Bar Reverse Grip Biceps Curl | reps x | lbs | reps x | lbs | reps x | lbs |
| Dumbbell Skull Crusher | reps x | lbs | reps x | lbs | reps x | lbs |
| Dumbbell bicep curls | reps x | lbs | reps x | lbs | reps x | lbs |
| Cable overhead tricep extensions | reps x | lbs | reps x | lbs | reps x | lbs |
| Cable bicep curls | reps x | lbs | reps x | lbs | reps x | lbs |

Previous Stats

| EXERCISE | Set 1 | 15 SEP 2024 |
|--------------|-------|---------------------|
| Jog | Set 1 | Distance 1.05 miles |
| | | Time 105 m: s |
| | | Speed 6.5 |
| | | Levels/incline 2 |
| | | Calories burnt 152 |
| Goblet Squat | Set 1 | 10 reps x 44 lbs |
| | Set 2 | 10 reps x 44 lbs |
| | Set 3 | 10 reps x 44 lbs |

| | | | |
|----------------------------------|-------|----------------------|--------------------|
| Single Leg Dumbbell Hip Thrust | Set 1 | Dismiss | 10 reps x 15 lbs |
| | Set 2 | | 10 reps x 15 lbs |
| | Set 3 | | 10 reps x 15 lbs |
| Machine preacher curl | Set 1 | | 8 reps x 70 lbs |
| | Set 2 | | 10 reps x 70 lbs |
| | Set 3 | | 10 reps x 70 lbs |
| EZ Bar Reverse Grip Biceps Curl | Set 1 | | 10 reps x 40 lbs |
| | Set 2 | | 10 reps x 40 lbs |
| | Set 3 | | 10 reps x 40 lbs |
| Dumbbell Skull Crusher | Set 1 | | 8 reps x 20 lbs |
| | Set 2 | | 8 reps x 20 lbs |
| | Set 3 | | 8 reps x 20 lbs |
| | Set 4 | | |
| Dumbbell bicep curls | Set 1 | | 10 reps x 20 lbs |
| | Set 2 | | 10 reps x 20 lbs |
| | Set 3 | | 10 reps x 20 lbs |
| | Set 4 | | |
| Cable overhead tricep extensions | Set 1 | | 10 reps x 22.5 lbs |
| | Set 2 | | 12 reps x 22.5 lbs |
| | Set 3 | | 12 reps x 22.5 lbs |
| Cable bicep curls | Set 1 | | 12 reps x 32.5 lbs |
| | Set 2 | | 12 reps x 27.5 lbs |
| | Set 3 | | 12 reps x 27.5 lbs |

Abs

| | |
|-----------------|--|
| Abs | Created by Nicholas Falke on 13 Aug 2024, last updated on 15 Aug 2024. |
| Regular workout | |
| est. 13 minutes | |
| ■ | |

| Superset of 3 sets | | | |
|--------------------|---------------------|---------|----------------------|
| | Plate Russian Twist | 12 each | Dismiss |
| | Knee up crunches | 12 | |
| | Heel taps | 15 each | |
| | Flutter Kicks | 30 sec | |
| | Rest for 60 sec | | |
| | Repeat new set | | |



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 up crunches



Heel taps



Flutter Kicks

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

| Exercise Name | Set 1 | Set 2 | Set 3 |
|---------------------|---------------|---------------|---------------|
| Plate Russian Twist | reps x lbs | reps x lbs | reps x lbs |
| Knee up crunches | reps x lbs | reps x lbs | reps x lbs |
| Heel taps | reps x lbs | reps x lbs | reps x lbs |
| Flutter Kicks | reps x lbs | reps x lbs | reps x lbs |

Previous Stats

EXERCISE

Dismiss

abs 2

abs 2

Regular workout

Created by Nicholas Falke on 13 Aug 2024, last updated on 15 Aug 2024.

est. 12 minutes

| | | | |
|--|--------------------------|------------------|--|
|  | Weighted lateral flexion | 3 sets x 15 each |  Rest 60 sec between sets |
|  | Bosu Ball Crunch | 3 sets x 15 |  Rest 60 sec between sets |



Weighted lateral flexion



Bosu Ball Crunch

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 | reps x lbs |
| Bosu Ball Crunch | reps x lbs | reps x lbs | reps x lbs |

Previous Stats

EXERCISE

BW Lower + abs

BW Lower + abs

Regular workout

Created by Nicholas Falke on 13 Aug 2024, last updated on 13 Aug 2024.

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 | |

 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 |
|---|--------|-------------|

 Rest 60 sec between sets

Jog

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

Alternating Jump Lunge

1) When you're in the lunge position, keep your legs, knees and body all at 90 degrees to one another.



2) 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.

[Dismiss](#)

3) Repeat.



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.



Squat Jump

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



Body Weight Single Leg Deadlift

- 1) When performing this exercise, ensure that your upper body maintains a safe position for your back. Chest up, a slight arch or neutral spine.
- 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.



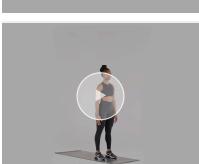
Bicycle Crunch

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

Previous Stats

EXERCISE

BW Upper

BW Upper

Regular workout

Created by Nicholas Falke on 13 Aug 2024, last updated on 13 Aug 2024.

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 Dismiss

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](#)

Play

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

Play

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.

Play

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.

Play

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.

Play

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

Play

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.

Play

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.

Play

Side Plank Dip

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 |
|------------------|--|------------|------------|
| 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

Dismiss

BW Upper Body

Regular workout

Created by Nicholas Falke on 13 Aug 2024, last updated on 13 Aug 2024.

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

- 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.

Dismiss

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.



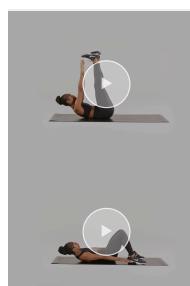
Incline Push Up

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.

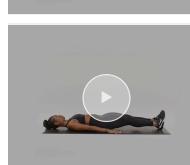


Toe Crunch

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.



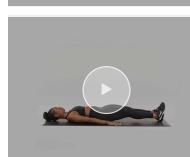
Crunch Heel Tap

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.

[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 | | |
| Push Up | reps | reps | reps |
| Plank To Push Up | reps | reps | reps |
| Piked Push Up | 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 | |
|----------|--|