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NAME FRANKLIN DICKINSON DATE

## Phase 16

Dismiss

4 weeks (31 Mar 2025 - 27 Apr 2025)

### 16.1 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.

#### 16.1 Push

Regular workout

Created by Nicholas Falke on 24 Mar 2025, last updated on 24 Mar 2025.

est. 53 minutes

#### Equipment

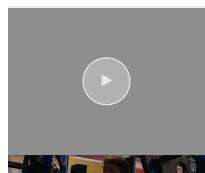


Cable

#### 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.

	Jog	1 set x 5 min	Rest 90 sec between sets
	Machine incline chest press.	3 sets x 10	Rest 90 sec between sets
	Dumbbell shoulder press	3 sets x 8	Rest 90 sec between sets
	Machine chest fly	3 sets x 10	Rest 60 sec between sets
	Dumbbell lateral raises	3 sets x 12	Rest 60 sec between sets
	Cable Single Arm Lateral Rai...	2 sets x 10 each	Rest 60 sec between sets
	Cable fly crossovers	3 sets x 10	Rest 60 sec between sets
	Cable tricep pushdown	3 sets x 10	Rest 60 sec between sets
	Cable Tricep Kickback	2 sets x 12 each	Rest 60 sec between sets



▶

Jog

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



Machine incline chest press.

[Dismiss](#)

### 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)



### Cable Single Arm Lateral Raises

Single Arm Lateral Raises



### 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



### Cable tricep pushdown

- 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
- Drive pinkies to the floor, having an outward pull at the bottom
- Squeeze at the bottom
- Slowly release the squeeze until elbow is around 90 degrees



### 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.

Exercise Name	Dismiss		Set 2	Set 3
	Distance	miles		
Jog	Time	m: s		
	Speed			
	Levels/incline			
	Calories burnt			
Machine incline chest press.	reps x	lbs	reps x	lbs
Dumbbell shoulder press	reps x	lbs	reps x	lbs
Machine chest fly	reps x	lbs	reps x	lbs
Dumbbell lateral raises	reps x	lbs	reps x	lbs
Cable Single Arm Lateral Raises	reps x	lbs	reps x	lbs
Cable fly crossovers	reps x	lbs	reps x	lbs
Cable tricep pushdown	reps x	lbs	reps x	lbs
Cable Tricep Kickback	reps x	lbs	reps x	lbs

### Previous Stats

EXERCISE		2 APR 2025
Jog	Set 1	Distance 0.62 miles Time 6 m: 22 s Speed 2 Levels/incline null Calories burnt 90
Machine incline chest press.	Set 1	10 reps x 85 lbs
	Set 2	10 reps x 85 lbs
	Set 3	10 reps x 85 lbs
Dumbbell shoulder press	Set 1	10 reps x 22 lbs
	Set 2	10 reps x 22 lbs
	Set 3	10 reps x 22 lbs
Machine chest fly	Set 1	10 reps x 75 lbs
	Set 2	10 reps x 75 lbs
	Set 3	10 reps x 75 lbs
Dumbbell lateral raises	Set 1	8 reps x 22 lbs
	Set 2	8 reps x 22 lbs
	Set 3	8 reps x 22 lbs

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

Sets			
Cable Single Arm Lateral Raises	Set 1	Dismiss	8 reps x 10 lbs
	Set 2		8 reps x 10 lbs
Cable fly crossovers	Set 1		10 reps x 22 lbs
	Set 2		10 reps x 22 lbs
	Set 3		10 reps x 22 lbs
Cable tricep pushdown	Set 1		10 reps x 45 lbs
	Set 2		10 reps x 45 lbs
	Set 3		10 reps x 45 lbs
Cable Tricep Kickback	Set 1		8 reps x 18 lbs
	Set 2		10 reps x 12 lbs

Superset of 3 sets			
	Dumbbell Concentration Curl	8 each	Dismiss
	Dumbbell hammer curls	8 each	
	Rest for 60 sec		
<a href="#">Repeat new set</a>			

## 16.2 Pull

### 16.2 Pull

Regular workout

Created by Nicholas Falke on 24 Mar 2025, last updated on 24 Mar 2025.

est. 49 minutes

Equipment



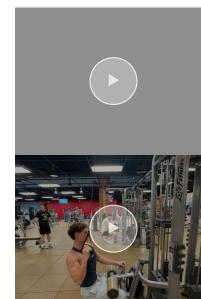
 Jog	1 set x 5 min	 Rest 90 sec between sets
 Lat Machine Single Arm Clos...	3 sets x 12 each	 Rest 90 sec between sets

Superset of 3 sets

 Cable Seated Single Arm Row	10 each
 Cable rows	max
 Rest for 90 sec	

[Repeat new set](#)

 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 Face Pull	2 sets x max	 Rest 60 sec between sets



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 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 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

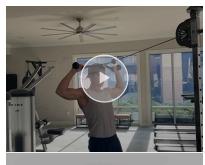


### Standing Cable Pullover

- 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



**Cable Face Pull**

**Dismiss**



**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.



**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	reps x lbs
Cable Seated Single Arm Row	reps x lbs	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
Cable Face Pull	reps x lbs	reps x lbs	
Dumbbell Concentration Curl	reps x lbs	reps x lbs	reps x lbs
Dumbbell hammer curls	reps x lbs	reps x lbs	reps x lbs

#### Previous Stats

EXERCISE		22 APR 2025	4 APR 2025
Jog	Set 1	Distance 0.5 miles Time 5 m: 3 s Speed 6.5 Levels/incline 2 Calories burnt 70	Distance 0.26 miles Time 6 m: 19 s Speed 10 Levels/incline 2 Calories burnt 30

		Calories burnt 70	Calories burnt 30
Lat Machine Single Arm Close Grip Row	Set 1	10 reps x 42 lbs	10 reps x 42 lbs
	Set 2	10 reps x 42 lbs	10 reps x 42 lbs
	Set 3	10 reps x 42 lbs	10 reps x 42 lbs
Cable Seated Single Arm Row	Set 1	10 reps x 42 lbs	
	Set 2	10 reps x 42 lbs	
	Set 3	10 reps x 42.5 lbs	
Cable rows	Set 1	10 reps x 85 lbs	10 reps x 85 lbs
	Set 2	10 reps x 85 lbs	10 reps x 85 lbs
	Set 3	6 reps x 85 lbs	
Standing Cable Pullover	Set 1	10 reps x 50 lbs	10 reps x 42.5 lbs
	Set 2	10 reps x 50 lbs	10 reps x 42.5 lbs
	Set 3	10 reps x 50 lbs	10 reps x 42.5 lbs
	Set 4		
Machine rear delt fly	Set 1		10 reps x 55 lbs
	Set 2		10 reps x 55 lbs
	Set 3		10 reps x 55 lbs
	Set 4		
Cable Face Pull	Set 1	10 reps x 32.5 lbs	10 reps x 32.5 lbs
	Set 2	10 reps x 32.5 lbs	10 reps x 32.5 lbs
Dumbbell Concentration Curl	Set 1	8 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 17.5 lbs	10 reps x 20 lbs
	Set 2	10 reps x 17.5 lbs	10 reps x 20 lbs
	Set 3	10 reps x 17.5 lbs	10 reps x 20 lbs

## 16.3 Legs

16.3 Legs

Regular workout

**Created by Nicholas Falke on 24 Mar 2025, last updated on 24 Mar 2025.**

Dismiss

est. 48 minutes

Jog	1 set x 5 min	Rest 90 sec between sets
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**Superset of 3 sets**

	Smith Machine Romanian De...	8
	Dumbbell Romanian Deadlift	8
	Rest for 2 min	

Repeat new set

**Superset of 3 sets**

	Single leg leg press machine	8 each
	Calf raise on leg press machi...	15 (single leg)
	Rest for 90 sec	

Repeat new set

	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	2 sets x 12	Rest 60 sec between sets

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

**Smith Machine Romanian Deadlift**  
 Smith Machine Romanian Deadlift

**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

**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

**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		
Smith Machine Romanian Deadlift	reps x lbs	reps x lbs	reps x lbs
Dumbbell Romanian Deadlift	reps x lbs	reps x lbs	reps x lbs
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
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

Previous Stats

EXERCISE

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## 16.4 Upper Body

### 16.4 Upper Body

Regular workout

Created by Nicholas Falke on 24 Mar 2025, last updated on 24 Mar 2025.

est. 48 minutes

Equipment



Dumbbell

Jog

1 set x 5 min

Rest 90 sec between sets

Superset of 3 sets



Pull ups

max



Push ups

max



Rest for 90 sec

Repeat new set



Dumbbell Incline Bench press.

3 sets x 10

Rest 90 sec between sets



Dumbbell Incline Bench Rows

3 sets x 10

Rest 90 sec between sets

Superset of 3 sets



Dumbbell Seated Back Fly

8



Dumbbell Upright Row

8



Dumbbell standing shoulder ...

8



Rest for 60 sec

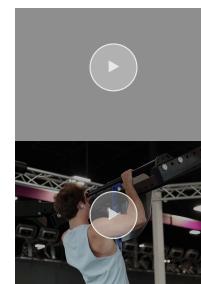
Repeat new set



Cable fly

2 sets x 12

Rest 60 sec between sets



JOY

- Keep it light  
- Goal: Warm up muscles/breath control



**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)
- Recommended: Tight and slightly outside shoulder width grip on the bar



**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



**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

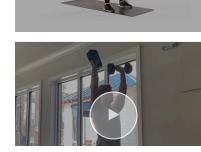


**Dumbbell Incline Bench Rows**



**Dumbbell Seated Back Fly**

- 1) When performing this exercise, keep your body and your back in a straight or slightly arched position
- 2) Have the dumbbells in each hand.
- 3) Move the weights out and away from each other in an arc motion.
- 4) The arms should be elevated until they are parallel to the floor.
- 5) Slowly lower the weights back down
- 6) Repeat.



**Dumbbell Upright Row**

1. Stand and hold dumbbells in front of your body with arms hanging and thumbs facing inwards.
2. Pull dumbbells straight up till just below your chin and your elbows out.
3. Pause at the top.
4. Return to starting position.



**Dumbbell standing shoulder presses**



Cable fly

[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		
Pull ups	reps x lbs	reps x lbs	reps x lbs
Push ups	reps x lbs	reps x lbs	reps x lbs
Dumbbell Incline Bench press.	reps x lbs	reps x lbs	reps x lbs
Dumbbell Incline Bench Rows	reps x lbs	reps x lbs	reps x lbs
Dumbbell Seated Back Fly	reps x lbs	reps x lbs	reps x lbs
Dumbbell Upright Row	reps x lbs	reps x lbs	reps x lbs
Dumbbell standing shoulder presses	reps x lbs	reps x lbs	reps x lbs
Cable fly	reps x lbs	reps x lbs	

### Previous Stats

EXERCISE		18 APR 2025
Jog	Set 1	Distance 0.5 miles Time 5 m: s Speed 6 Levels/incline 2 Calories burnt 72
Pull ups	Set 1	8 reps x 50 lbs
	Set 2	6 reps x 50 lbs
	Set 3	5 reps x 50 lbs
Push ups	Set 1	
	Set 2	

Set 3	Dismiss	
Dumbbell Incline Bench press.	10 reps x 35 lbs	
Set 1	8 reps x 35 lbs	
Set 2	8 reps x 35 lbs	
Set 3	8 reps x 35 lbs	
Dumbbell Incline Bench Rows	8 reps x 35 lbs	
Set 1	8 reps x 35 lbs	
Set 2	8 reps x 35 lbs	
Set 3	8 reps x 35 lbs	
Dumbbell Seated Back Fly	8 reps x 15 lbs	
Set 1	10 reps x 15 lbs	
Set 2	8 reps x 15 lbs	
Set 3	8 reps x 15 lbs	
Set 4		
Dumbbell Upright Row	10 reps x 15 lbs	
Set 1	10 reps x 15 lbs	
Set 2	10 reps x 15 lbs	
Set 3	10 reps x 15 lbs	
Set 4		
Dumbbell standing shoulder presses	8 reps x 25 lbs	
Set 1	6 reps x 25 lbs	
Set 2	5 reps x 25 lbs	
Set 3		
Set 4		
Cable fly	Set 1	
	Set 2	

## 16.5 Legs + Arms

### 16.5 Legs + Arms

Regular workout

Created by Nicholas Falke on 24 Mar 2025, last updated on 24 Mar 2025.

est. 46 minutes

Equipment

Body weight Cable

1 set x 5 min

Rest 60 sec between sets

JOG

1 Set x 5 min | Rest 90 sec between sets

**Superset of 3 sets**

**Dismiss**

	Goblet Squat	10	
	Body Weight Forward Lunges	10 each	
	Rest for 90 sec		

Repeat new set

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	Cable Pull Through	2 sets x 12	
	Wall Sit	2 sets x max	
	Dips	3 sets x 10	
	Cable bicep curls	3 sets x 10	

**Superset of 3 sets**

	Cable Tricep Kickback	12 each	
	Dumbbell hammer 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"

**Body Weight Forward Lunges**

**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.

**Wall Sit**  
3. Return to starting position.

**Dismiss**

**Dips**

**Cable bicep curls**

**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 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		
Goblet Squat	reps x lbs	reps x lbs	reps x lbs
Body Weight Forward Lunges	reps x lbs	reps x lbs	reps x lbs
Cable Pull Through	reps x lbs	reps x lbs	
Wall Sit		sec	sec
Dips	reps x lbs	reps x lbs	reps x lbs
Cable bicep curls	reps x lbs	reps x lbs	reps x lbs
Cable Tricep Kickback	reps x lbs	reps x lbs	reps x lbs
Dumbbell hammer curls	reps x lbs	reps x lbs	reps x lbs

## Previous Stats

Dismiss

EXERCISE

## Abs

Abs

Regular workout

Created by Nicholas Falke on 24 Mar 2025, last updated on 24 Mar 2025.

est. 12 minutes

Superset of 3 sets

	Plate Russian Twist	12
	Toe taps	12
	Bicycle crunches	max
	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.



### Toe taps



### Bicycle crunches

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 Dismiss	reps x lbs	reps x lbs
Toe taps	reps x lbs	reps x lbs	reps x lbs
Bicycle crunches	reps x lbs	reps x lbs	reps x lbs

## Previous Stats

EXERCISE

22 APR 2025

Plate Russian Twist

Set 1

10 reps x 25 lbs

Set 2

12 reps x 25 lbs

Set 3

12 reps x 25 lbs

Toe taps

Set 1

Set 2

Set 3

Bicycle crunches

Set 1

Set 2

Set 3

## abs 2

abs 2

Regular workout

Created by Nicholas Falke on 24 Mar 2025, last updated on 24 Mar 2025.

est. 15 minutes

Equipment



Medicine ball

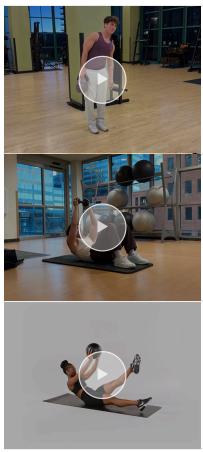
	Weighted lateral flexion	3 sets x 12 each	Rest 60 sec between sets
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Superset of 3 sets

	Weighted crunches	12
	Medicine Ball Flutter Kicks	max (can use any weight)

Rest for 60 sec

Repeat new set



Dismiss

### Weighted lateral flexion

### Weighted crunches

### Medicine Ball Flutter Kicks

Lie on your back with a medicine ball on your chest. Perform flutter kicks, keeping your core engaged.

### 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
Weighted lateral flexion			
Weighted crunches			
Medicine Ball Flutter Kicks			

### Previous Stats

EXERCISE		18 APR 2025
Weighted lateral flexion	Set 1	10 reps x 35 lbs
	Set 2	10 reps x 35 lbs
	Set 3	10 reps x 35 lbs
Weighted crunches	Set 1	12 reps x 22.5 lbs
	Set 2	10 reps x 22.5 lbs
	Set 3	
Medicine Ball Flutter Kicks	Set 1	
	Set 2	20 reps x 22.5 lbs
	Set 3	

## BW Lower + abs

Dismiss

### BW Lower + abs

Regular workout

Created by Nicholas Falke on 24 Mar 2025, last updated on 24 Mar 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	

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

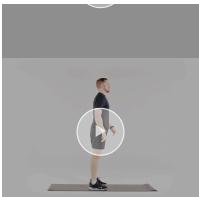
	Burpee	3 sets x 15
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Rest 60 sec between sets



#### Jog

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

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### 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.
- 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.



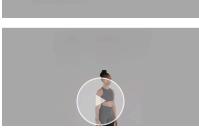
### Bicycle Crunch

- 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.

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### 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	reps	reps	reps

### Previous Stats

EXERCISE

## BW Upper

### BW Upper

Regular workout

Created by Nicholas Falke on 24 Mar 2025, last updated on 24 Mar 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	<b>Dismiss</b>
	Rest for 90 sec		
<a href="#">Repeat new set</a>			
	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		
<a href="#">Repeat new set</a>			

	<b>Jog</b> -Keep it light -Goal: Warm up muscles/break a sweat
	<b>Decline Push Up</b>
	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.

	<b>Push Up</b> 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.
	<b>Diamond Push Up</b> 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.
	<b>Mountain Climber</b> 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 leg up with the hip and knee flexed.
	4) Repeat in an alternating fashion for 20-30 seconds
	<b>Sit Up</b>
	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.
	<b>Piked Push Up</b>
	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.
	<b>Side Plank Dip</b>
	<b>Reverse Crunch</b>
	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

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## BW Upper Body

### BW Upper Body

Regular workout

Created by Nicholas Falke on 24 Mar 2025, last updated on 24 Mar 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	

↶ Repeat new set

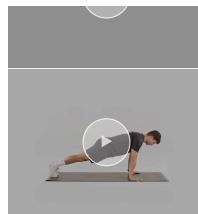
#### Superset of 3 sets

	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



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#### 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.



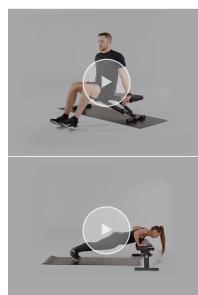
#### Plank To Push Up

- 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.



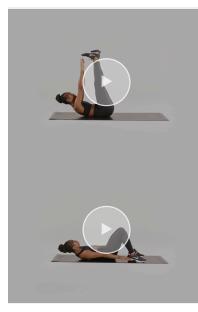
#### Bench Dip

- 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

- 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.



...and your legs straight and your arms down.

2. Lie with your back flat on a ground and your legs extended in front of you.

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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
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	
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