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NAME FRANKLIN DICKINSON DATE

Phase 15

Dismiss

4 weeks (3 Mar 2025 - 30 Mar 2025)

15.1 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.

15.1 Push

Regular workout

Created by Nicholas Falke on 26 Feb 2025, last updated on 26 Feb 2025.

est. 52 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

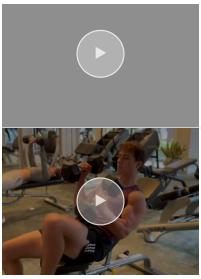
Superset of 3 sets

	Dumbbell Incline Bench Ches...	10	
	Incline bench lateral raises	max	
	Rest for 60 sec		

↶ Repeat new set

	Cable Single Arm Lateral Rai...	2 sets x 10 each	⚠ Rest 60 sec between sets
	Machine chest fly	3 sets x 10	⚠ Rest 60 sec between sets
	Low to high cable fly	3 sets x 12	⚠ Rest 60 sec between sets
	Cable tricep pushdown	3 sets x max	⚠ Rest 60 sec between sets

Jog

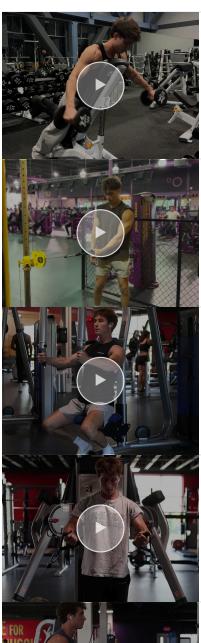


- Keep it light
 - Goal: Warm up muscles/break a sweat
- [Dismiss](#)

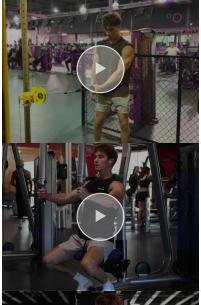


Dumbbell shoulder press

- 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



Incline bench lateral raises



Cable Single Arm Lateral Raises

Single Arm Lateral Raises



Machine chest fly



Low to high cable fly

Cable tricep pushdown

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



- 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 Dismiss
 - 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

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	
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 bench lateral raises	reps x	lbs	reps x	lbs	reps x	lbs
Cable Single Arm Lateral Raises	reps x	lbs	reps x	lbs	reps x	lbs
Machine chest fly	reps x	lbs	reps x	lbs	reps x	lbs
Low to high cable fly	reps x	lbs	reps x	lbs	reps x	lbs
Cable tricep pushdown	reps x	lbs	reps x	lbs	reps x	lbs

Previous Stats

EXERCISE	17 MAR 2025	10 MAR 2025
Jog	Set 1	Distance 0.5 miles
		Time 5 m: 15 s
		Speed 6
		Levels/incline 2
		Calories burnt 73
Dumbbell Incline Bench press.	Set 2	
	Set 1	7 reps x 45 lbs
	Set 2	7 reps x 45 lbs
Dumbbell shoulder press	Set 3	7 reps x 45 lbs
	Set 1	8 reps x 27.5 lbs
	Set 2	8 reps x 27.5 lbs
	Set 3	8 reps x 27.5 lbs
		10 reps x 25 lbs
		10 reps x 25 lbs

Dumbbell Incline Bench Chest Fly	Set 1		10 reps x 15 lbs	10 reps x 15 lbs
	Set 2	Dismiss	10 reps x 15 lbs	10 reps x 15 lbs
	Set 3		10 reps x 15 lbs	10 reps x 15 lbs
Incline bench lateral raises	Set 1		10 reps x 15 lbs	10 reps x 15 lbs
	Set 2		10 reps x 15 lbs	10 reps x 15 lbs
	Set 3		10 reps x 15 lbs	10 reps x 15 lbs
Cable Single Arm Lateral Raises	Set 1		10 reps x 10 lbs	6 reps x 12.5 lbs
	Set 2		10 reps x 10 lbs	6 reps x 12.5 lbs
Machine chest fly	Set 1		10 reps x 85 lbs	10 reps x 85 lbs
	Set 2		8 reps x 85 lbs	10 reps x 85 lbs
	Set 3		10 reps x 85 lbs	10 reps x 85 lbs
Low to high cable fly	Set 1			
	Set 2			
	Set 3			
Cable tricep pushdown	Set 1		10 reps x 50 lbs	10 reps x 50 lbs
	Set 2		10 reps x 50 lbs	10 reps x 50 lbs
	Set 3		10 reps x 50 lbs	10 reps x 50 lbs

15.2 Pull

15.2 Pull

Regular workout Created by Nicholas Falke on 26 Feb 2025, last updated on 26 Feb 2025.

est. 48 minutes

Equipment

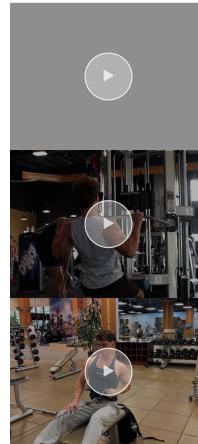
- Cable

Jog	1 set x 5 min	Rest 90 sec between sets
Lat pulldown	3 sets x 12	Rest 90 sec between sets

Superset of 3 sets

Cable Seated Single Arm Row	10 each
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	Cable rows	max
	Rest for 90 sec	
Dismiss		
Repeat new set		
	Dumbbell Lat Pullover	3 sets x 12
	Machine rear delt fly	3 sets x 10
	Cable Face Pull	2 sets x max
	Cable bicep curls	3 sets x max
▼ Rest 90 sec between sets		
▼ Rest 60 sec between sets		
▼ Rest 60 sec between sets		
▼ 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 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 Seated Single Arm Row

- Sit upright holding the handle in one hand with your arm straight out in front.
- Pull the handle straight in to your chest.
- Release the handle returning to starting position. Remain upright throughout and do not sway back and forth.
- Complete all reps on one side before switching to the other side.



Cable rows

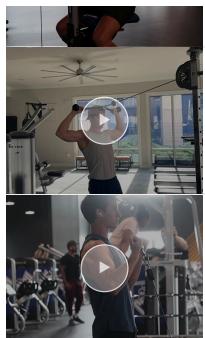
- Brace core ("preparing for a punch to the stomach")
- Head packed/chin tucked ("double chin")
- Feet screwed into the ground or feet platform
- Starting position: Sit upright
- Shoulders packed (squeeze shoulder blades back and press shoulders down into back pockets) *Maintain while releasing pulled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



Dumbbell Lat Pullover



Machine rear delt fly



Cable Face Pull

[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		
Lat pulldown	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
Dumbbell Lat 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	
Cable bicep curls	reps x lbs	reps x lbs	reps x lbs

Previous Stats

EXERCISE		20 MAR 2025
jog	Set 1	Distance 0.57 miles Time 6 m: s Speed 6 Levels/incline 2 Calories burnt 80
Lat pulldown	Set 1	10 reps x 85 lbs
	Set 2	10 reps x 85 lbs
	Set 3	10 reps x 85 lbs

	Set 4	Dismiss
Cable Seated Single Arm Row	Set 1	10 reps x 40 lbs
	Set 2	10 reps x 40 lbs
	Set 3	10 reps x 40 lbs
Cable rows	Set 1	8 reps x 100 lbs
	Set 2	6 reps x 100 lbs
	Set 3	6 reps x 100 lbs
Dumbbell Lat Pullover	Set 1	10 reps x 25 lbs
	Set 2	10 reps x 25 lbs
	Set 3	10 reps x 25 lbs
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
Cable Face Pull	Set 1	12 reps x 32.5 lbs
	Set 2	10 reps x 32.5 lbs
Cable bicep curls	Set 1	10 reps x 42.5 lbs
	Set 2	8 reps x 37.5 lbs
	Set 3	8 reps x 37.5 lbs

15.3 Legs

15.3 Legs

Regular workout

Created by Nicholas Falke on 26 Feb 2025, last updated on 26 Feb 2025.

est. 48 minutes

Jog	1 set x 5 min	⚠ Rest 90 sec between sets
Bodyweight Side Lunges	2 sets x 8 each	⚠ Rest 60 sec between sets
Smith Machine Romanian De...	3 sets x 10	⚠ Rest 90 sec between sets

Superset of 3 sets

Leg press machine

8

	Body Weight Forward Lunges	max each	Dismiss
	Rest for 2 min		
	Repeat new set		

	Calf raise on leg press mach...	3 sets x 15	Rest 60 sec between sets
	Seated leg curl	2 sets x 12	Rest 60 sec between sets
	seated leg extension	2 sets x 12	Rest 60 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
	Bodyweight Side Lunges
	Smith Machine Romanian Deadlift Smith Machine Romanian Deadlift
	Leg press machine <ul style="list-style-type: none">- 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:<ul style="list-style-type: none">Higher feet placement = more hamstring recruitmentLower feet placement = more quad recruitmentWider stance and/or toes pointed outward = more outside leg recruitmentNarrower stance and/or toes pointed inward = more inside leg recruitmentDrive heels upward when pressingDescend the press slowly until knees are close to the chest or right before the tailbone starts to lift off of the seat
	Body Weight Forward Lunges
	Calf raise on leg press machine <ul style="list-style-type: none">- Brace core ("preparing for a punch to the stomach")

	<ul style="list-style-type: none">- 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:<ul style="list-style-type: none">Wider stance and/or toes pointed outward = more outside leg recruitmentNarrower 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 <ul style="list-style-type: none">- 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 <ul style="list-style-type: none">- Brace core ("preparing for a punch to the stomach")- Press back and butt flush with the backrest- Use a tight grip on the handles (help with stability & lock in)- Shoulders packed (squeeze shoulder blades back and press shoulders down into back pockets)- Kick the lower legs & squeeze at the top until the legs are almost straightforward, keep the ankles locked throughout the whole rep- Slowly descend the legs on the release of the squeeze
	Seated Hip Abduction

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

Exercise Name	Set 1		Set 2		Set 3	
	Distance Time Speed Levels/incline Calories burnt	m: s	reps x lbs	reps x lbs	reps x lbs	reps x lbs
Jog						
Bodyweight Side Lunges						
Smith Machine Romanian Deadlift						
Leg press machine						
Body Weight Forward Lunges						
Calf raise on leg press machine						
Seated leg curl						
seated leg extension						
Seated Hip Abduction						

Previous Stats

EXERCISE

15.4 Upper Body

15.4 Upper Body

Dismiss

Regular workout

Created by Nicholas Falke on 26 Feb 2025, last updated on 26 Feb 2025.

est. 48 minutes

Jog	1 set x 5 min	Rest 90 sec between sets
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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
	Dumbbell standing shoulder ...	3 sets x 8	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

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



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 standing shoulder presses



Machine rear delt fly



Machine chest fly

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 standing shoulder presses	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	Dismiss	reps x	lbs	reps x	lbs

Previous Stats

EXERCISE	

15.5 Legs + Arms

15.5 Legs + Arms

Regular workout

Created by Nicholas Falke on 26 Feb 2025, last updated on 26 Feb 2025.

est. 47 minutes

Equipment



Cable

Jog	1 set x 5 min	Rest 90 sec between sets
Dumbbell Sumo Squats	3 sets x 10	Rest 90 sec between sets
Bodyweight Squats	2 sets x max	Rest 60 sec between sets
Dumbbell Romanian Deadlift	3 sets x 10	Rest 90 sec between sets
Cable Pull Through	2 sets x max	Rest 60 sec between sets

Superset of 3 sets

Dips	max
Ez bar bicep curls	max (wide, regular, close grips)

Rest for 60 sec

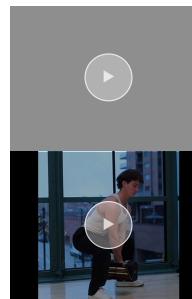
Repeat new set

Superset of 3 sets

Cable Tricep Kickback	max each
Single arm cable curls	max each

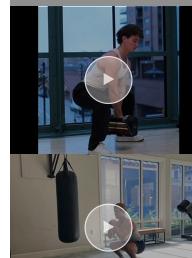
Rest for 60 sec

Repeat new set



Jog

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



Dumbbell Sumo Squats

Maintain a slight forward lean throughout the entire exercise.



Bodyweight Squats

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

- Squat with your back to a cable system holding a rope between your legs with your arms straight and back flat.
- Stand upright, pulling the rope forward and up between your legs, keeping your arms straight.
- Return to starting position.



Dips



Ez bar bicep curls



Cable Tricep Kickback

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



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

[Dismiss](#)

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
Dumbbell Sumo Squats	reps x	lbs	reps x	lbs	reps x	lbs
Bodyweight Squats	reps x	lbs	reps x	lbs		
Dumbbell Romanian Deadlift	reps x	lbs	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
Ez bar bicep curls	reps x	lbs	reps x	lbs	reps x	lbs
Cable Tricep Kickback	reps x	lbs	reps x	lbs	reps x	lbs
Single arm cable curls	reps x	lbs	reps x	lbs	reps x	lbs

Previous Stats

EXERCISE	

Abs

Abs

Regular workout

Created by Nicholas Falke on 26 Feb 2025, last updated on 26 Feb 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

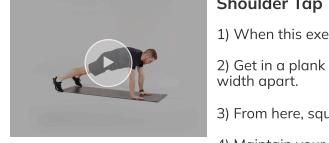
Rest for 60 sec

Repeat new set

[Dismiss](#)



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 lbs	reps x lbs	reps x lbs
Shoulder Tap	reps	reps	reps
Mountain climbers	reps x lbs	reps x lbs	reps x lbs

Previous Stats

EXERCISE		20 MAR 2025
Plank to push ups	Set 1	
	Set 2	
	Set 3	
Shoulder Tap	Set 1	10 reps
	Set 2	10 reps
	Set 3	
Mountain climbers	Set 1	
	Set 2	

Set 3

Dismiss

abs 2

abs 2

Regular workout

Created by Nicholas Falke on 26 Feb 2025, last updated on 26 Feb 2025.

est. 15 minutes

Weighted lateral flexion

3 sets x 12 each

▼ Rest 60 sec between sets

Superset of 3 sets

Weighted V Ups

12

Weighted crunches

max

Rest for 60 sec

↳ Repeat new set



Weighted lateral flexion

Weighted V Ups

Weighted crunches

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

Weighted V Ups	reps x	lbs	reps x	lbs	reps x	lbs
Weighted crunches	reps x	Dismiss	reps x	lbs	reps x	lbs

Previous Stats

EXERCISE

BW Lower + abs

BW Lower + abs

Regular workout

Created by Nicholas Falke on 26 Feb 2025, last updated on 26 Feb 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 Dismiss

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.
- 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**Hollow Body Hold Flutter Kicks**

1) For this exercise, you'll come up in a V position.

Dismiss

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	reps	reps	reps

Previous Stats

EXERCISE

Created by Nicholas Falke on 26 Feb 2025, last updated on 26 Feb 2025.

BW Upper**BW Upper**

Regular workout

est. 51 minutes

Equipment



Body weight

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

Superset of 3 sets

	Mountain Climber	20 each
	Sit Up	10
	Rest for 90 sec	

Repeat new set

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

	Side Plank Dip	10 each side
	Reverse Crunch	10
	Rest for 90 sec	

Repeat new set

	Jog	-Keep it light -Goal: Warm up muscles/break a sweat
	Decline Push Up	<p>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.</p> <p>2.Push up to a straight arm position.</p> <p>3.Lower your body back returning to starting position, keeping your back flat and hips in line with shoulders throughout.</p> <p>4.Repeat.</p>

	Push Up	<p>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.</p> <p>2.Push your body upwards and straighten your arms.</p> <p>3.Lower your body returning to starting position.</p> <p>4.Repeat.</p>
	Diamond Push Up	



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



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

BW Upper Body

Regular workout

Created by Nicholas Falke on 26 Feb 2025, last updated on 26 Feb 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

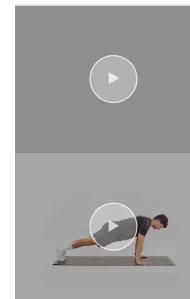
Superset of 3 sets

Bench Dip	15
Incline Push Up	max
Rest for 90 sec	

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
Dismiss



Jog

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



Push Up

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



Plank To Push Up

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



Piked Push Up

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



Bench Dip

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



Incline Push Up

- 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

If it's too easy, try reaching further into the bottom of your toes.

Crunch Heel Tap

Dismiss



- 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
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