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NAME FRANKLIN DICKINSON DATE

Phase 21

[Dismiss](#)

4 weeks (18 Aug 2025 - 14 Sep 2025)

21.1 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.

21.1 Push

Regular workout

Created by Nicholas Falke on 17 Aug 2025, last updated on 18 Aug 2025.

est. 49 minutes

Equipment

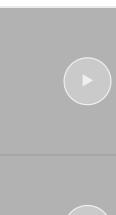


Body weight

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 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 8 each	Rest 60 sec between sets
▶ Dips	3 sets x 10	Rest 60 sec between sets
▶ Diamond Push Up	3 sets x max	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 around

	<ul style="list-style-type: none"> - Shoulders packed (squeeze shoulder blades back and press shoulders down into back pockets) *Mostly upper back should make contact w/ bench - Head packed/chin tucked ("double chin") - Slowly descend elbows until wrists are even w/ chest - Drive forearms up and squeeze at the top
	Dumbbell shoulder press <ul style="list-style-type: none"> - 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 <ul style="list-style-type: none"> - 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
	Dips
	Diamond Push Up <ol style="list-style-type: none"> 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.

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	Dismiss	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
Cable Single Arm Lateral Raises	reps x	lbs	reps x	lbs	reps x	lbs
Dips	reps x	lbs	reps x	lbs	reps x	lbs
Diamond Push Up		reps			reps	reps

Previous Stats

21.2 Pull

21.2 Pull

Regular workout

Created by Nicholas Falke on 17 Aug 2025, last updated on 17 Aug 2025.

est. 47 minutes

Equipment



Jog	1 set x 5 min	Rest 90 sec between sets
Lat pulldown	3 sets x 12	Rest 90 sec between sets
Cable Seated Single Arm Row	3 sets x 10 each	Rest 90 sec between sets
Cable Face Pull	2 sets x 12	Rest 60 sec between sets
Machine rear delt fly	3 sets x 10	Rest 60 sec between sets
Barbell Shrug	3 sets x 12	Rest 60 sec between sets
Machine preacher curl	3 sets x 10	Rest 60 sec between sets
Dumbbell hammer curls	2 sets x 12	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

	<ul style="list-style-type: none"> - 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
	<p>Cable Seated Single Arm Row</p> <ol style="list-style-type: none"> 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.
	<p>Cable Face Pull</p>
	<p>Machine rear delt fly</p>
	<p>Barbell Shrug</p> <ol style="list-style-type: none"> 1) Stand and hold a barbell with both hands in front of you at arms length, with your hands slightly wider than shoulder width apart. 2) Begin by raising your shoulders up as far as possible, pause, and then return to the starting position.
	<p>Machine preacher curl</p> <ul style="list-style-type: none"> -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
	<p>Dumbbell hammer curls</p> <ul style="list-style-type: none"> - 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		

Lat pulldown	Levels/incline		Calories burnt		Dismiss
	reps x	lbs	reps x	lbs	
Cable Seated Single Arm Row					
Cable Face Pull					
Machine rear delt fly					
Barbell Shrug					
Machine preacher curl					
Dumbbell hammer curls					

Previous Stats

21.3 Legs

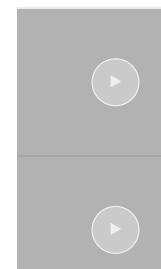
21.3 Legs

Regular workout

Created by Nicholas Falke on 17 Aug 2025, last updated on 17 Aug 2025.

est. 49 minutes

Jog	1 set x 5 min	Rest 90 sec between sets
Dumbbell Romanian Deadlift	3 sets x 12	Rest 90 sec between sets
Single leg leg press machine	2 sets x 10 each	Rest 60 sec between sets
Leg press machine	2 sets x 15	Rest 60 sec between sets
Calf raise on leg press machi...	3 sets x 15	Rest 60 sec between sets
Seated leg curl	3 sets x 12	Rest 90 sec between sets
seated leg extension	3 sets x 12	Rest 90 sec between sets
Seated Hip Abduction	3 sets x 12	Rest 60 sec between sets



Jog

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



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 (to **Dismiss** 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



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
- 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

Seated leg curl



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

Seated leg extension



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

Seated Hip Abduction



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

Exercise Name	Set 1	Set 2	Set 3
	Distance miles		

Jog	Time Speed Levels/incline Calories burnt	m: s	Dismiss		
Dumbbell Romanian Deadlift	reps x lbs		reps x lbs	reps x	lbs
Single leg leg press machine	reps x lbs		reps x lbs		
Leg press machine	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

21.4 Upper Body

21.4 Upper Body

Regular workout

Created by Nicholas Falke on 17 Aug 2025, last updated on 17 Aug 2025.

est. 51 minutes

Equipment



Jog	1 set x 5 min, 5 min	Rest 90 sec between sets
Pull ups	3 sets x max	Rest 90 sec between sets
Dumbbell Incline Bench press.	3 sets x 10	Rest 90 sec between sets
Dumbbell standing shoulder ...	3 sets x 8	Rest 90 sec between sets
Standing Cable Pullover	2 sets x 12	Rest 60 sec between sets

Superset of 3 sets

Machine chest fly	10
Machine rear delt fly	10

Rest for 60 sec

Repeat new set

Superset of 3 sets

Dumbbell Upright Row	8
Dumbbell lateral raises	max

Rest for 60 sec

Dismiss

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

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 standing shoulder presses

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 chest fly

Machine rear delt fly

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 chin and your elbows out.

3.Pause at the top.

4.Return to starting position.

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)

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
Dumbbell Incline Bench press.	reps x lbs	reps x lbs	reps x lbs
Dumbbell standing shoulder presses	reps x lbs	reps x lbs	reps x lbs
Standing Cable Pullover	reps x lbs	reps x lbs	
Machine chest fly	reps x lbs	reps x lbs	reps x lbs
Machine rear delt fly	reps x lbs	reps x lbs	reps x lbs
Dumbbell Upright Row	reps x lbs	reps x lbs	reps x lbs
Dumbbell lateral raises	reps x lbs	reps x lbs	reps x lbs

Previous Stats

21.5 Legs + Arms

21.5 Legs + Arms

Regular workout

Created by Nicholas Falke on 17 Aug 2025, last updated on 17 Aug 2025.

est. 51 minutes

Equipment



Dumbbell

Jog

1 set x 5 min

Rest 90 sec between sets



Dumbbell Sumo Squats

3 sets x 12

Rest 90 sec between sets

Dumbbell Sumo Squats | **8 sets x 12** | **Rest 60 sec between sets**

Superset of 3 sets

	Single Leg Dumbbell Hip Thr...	8 each	Dismiss
	Dumbbell Hip Thrust	12	

Rest for 2 min

Repeat new set

	Bodyweight Single leg hip thr...	2 sets x max each	Rest 60 sec between sets
	Dips	3 sets x 10	Rest 60 sec between sets
	Dumbbell Concentration Curl	3 sets x 10 each	Rest 60 sec between sets

Superset of 3 sets

	Cable overhead tricep extens...	12	
	Cable reverse grip bicep curls	max	

Rest for 60 sec

Repeat new set

dumbbells in place. Your weight should be supported by your upper back and the heels of your feet.

5. Extend as far as possible. **Dismiss**

Bodyweight Single leg hip thrust

Dips

Dumbbell Concentration Curl

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

Cable overhead tricep extensions

Cable reverse grip bicep curls

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

Dumbbell Sumo Squats
Maintain a slight forward lean throughout the entire exercise.

Single Leg Dumbbell Hip Thrust

Dumbbell Hip Thrust

1. When performing this exercise, you'll want most of the work being done from your hips rather than your lower back. Keep your abdominal set - particularly at the top of the lift.
2. To stabilize the dumbbell, you'll need to use your hands to make sure it doesn't roll off.
3. Begin by sitting close to a bench while holding the dumbbells. This will be your starting position.
4. Begin the movement by driving through with your heels, extending your hips vertically keeping the

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 Sumo Squats	reps x lbs	reps x lbs	reps x lbs
Single Leg Dumbbell Hip Thrust	reps x lbs	reps x lbs	reps x lbs
Dumbbell Hip Thrust	reps x lbs	reps x lbs	reps x lbs
Bodyweight Single leg hip thrust	reps x lbs	reps x lbs	
Dips	reps x lbs	reps x lbs	reps x lbs
Dumbbell Concentration Curl	reps x lbs	reps x lbs	reps x lbs
Cable overhead tricep extensions	reps x lbs	reps x lbs	reps x lbs

Cable reverse grip bicep curls	reps x	lbs	reps x	lbs	reps x	lbs

Dismiss

Previous Stats

Abs

Abs

Regular workout

Created by Nicholas Falke on 17 Aug 2025, last updated on 17 Aug 2025.

est. 12 minutes

Equipment



Body weight

Superset of 3 sets

	Alternating V Ups	12 each
	Heel taps	20 each
	Hollow Body Hold Flutter Kicks	max

Rest for 60 sec

Repeat new set

Alternating V Ups



Heel taps



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.

Tracking Sheet

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

Dismiss

Exercise Name	Set 1	Set 2	Set 3	
Alternating V Ups	reps x	lbs	reps x	lbs
Heel taps	reps x	lbs	reps x	lbs
Hollow Body Hold Flutter Kicks	reps		reps	reps

Previous Stats

abs 2

abs 2

Regular workout

Created by Nicholas Falke on 17 Aug 2025, last updated on 17 Aug 2025.

est. 12 minutes

Equipment



Body weight

Superset of 3 sets

	Weighted crunches	12
	Floor Windshield Wiper	12 each
	Toe taps	max

Rest for 60 sec

Repeat new set

Weighted crunches



Floor Windshield Wiper



- 1) Lie with back flat on the ground, arms straight on shoulder level, fingers spread out on against the floor. Feet and legs together, legs raised and straight.
- 2) Bring your legs, in a diagonal position, towards the ground on one side maintaining a contraction in your abs.
- 3) Bring the legs on the center returning to starting position.
- 4) Repeat bringing the legs on the other side. Alternate.

Toe taps



Dismiss

Tracking Sheet

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

Exercise Name	Set 1		Set 2		Set 3	
	reps x	lbs	reps x	lbs	reps x	lbs
Weighted crunches						
Floor Windshield Wiper						
Toe taps						

Previous Stats

BW Lower + abs

BW Lower + abs

Regular workout Created by Nicholas Falke on 17 Aug 2025, last updated on 17 Aug 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

Dismiss

Superset of 3 sets

 Bicycle Crunch	10 each
 Hollow Body Hold Flutter Kicks	30 sec

Rest for 60 sec

 Repeat new set

 Burpee	3 sets x 15
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Rest 60 sec between sets

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

 **Alternating Jump Lunge**
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.

[Dismiss](#)

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

Bicycle Crunch

- 1) For the bicycle crunch, sit on your pelvis or your sit bones with your feet off the ground and upper body tall.
- 2) Bring opposite elbow to the opposite knee.
- 3) Twist between your pelvis and your rib cage.

Hollow Body Hold Flutter Kicks

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

Burpee

1. Start in the top of a push up position.
2. Jump your feet in, bringing your knees to your chest while keeping your hands on the floor.
3. Come to an upright position and jump into the air, raising your arms overhead.
4. Return to the mid position and then jump your feet back out to a straight position.

Tracking Sheet

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

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

Previous Stats

BW Upper

BW Upper

Regular workout

Created by Nicholas Falke on 17 Aug 2025, last updated on 17 Aug 2025.

est. 51 minutes

[Dismiss](#)

Equipment



Body weight

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

Superset of 3 sets

Mountain Climber	20 each
Sit Up	10

Rest for 90 sec

[Repeat new set](#)

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

Side Plank Dip	10 each side
Reverse Crunch	10

Rest for 90 sec

[Repeat new set](#)



Jog

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



Decline Push Up

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

2. Push up to a straight arm position.

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

4. Repeat.

[Picked It Up](#)

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. [Dismiss](#)
- 2.Push your body upwards and straighten your arms.
- 3.Lower your body returning to starting position.
- 4.Repeat.

Diamond Push Up

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

Mountain Climber

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

Sit Up

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

Piked Push Up

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

Side Plank Dip

Reverse Crunch

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

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

Exercise Name	Set 1		Set 2		Set 3	
	Distance	Miles	Dismiss	Time	m:	s
Jog						
Decline Push Up			reps			reps
Push Up			reps			reps
Diamond Push Up			reps			reps
Mountain Climber			reps			reps
Sit Up			reps			reps
Piked Push Up			reps			reps
Side Plank Dip	reps x	lbs	reps x	lbs	reps x	lbs
Reverse Crunch			reps			reps

Previous Stats

BW Upper Body

BW Upper Body

Regular workout

Created by Nicholas Falke on 17 Aug 2025, last updated on 17 Aug 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	
	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		

	Toe Crunch 1) Lie in your back and as best as you can, straighten your legs up into the air. You might need to bend your knees if your hamstrings are too tight.
	2) From here, roll your rib cage up and reach for your toes and then back down.
	3) If it's too easy, try reaching farther into the bottom of your feet.
	Crunch Heel Tap 1) For this exercise, shorten the distance between your pelvis and your rib cage. 2) Try not to strain your neck by leaning forward with your head excessively. 3) Lie down on a mat. 4) Sit up and touch the heel alternately, left to right as you stay up and crunch forward.
	Lying Straight Leg Raise 1. For this exercise, keep your core engaged, especially when you're lifting your feet up off the floor but also while they're returning and getting close to the ground again. 2. Lie with your back flat on a ground and your legs extended in front of you. 3. Place your hands on your sides with your palms down. 4. As you keep your legs extended, straight as possible, raise your legs until they make a 90-degree angle with the floor. Exhale as you perform this portion of the movement and hold the contraction at the top for a second. 5. As you inhale, slowly lower your legs back down to the starting position.

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

Exercise Name	Set 1	Set 2	Set 3
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