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NAME FRANKLIN DICKINSON DATE

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Phase 4

4 weeks (1 Apr 2024 - 28 Apr 2024)

4.1 Push

4.1 Push

Regular workout

Created by Nicholas Falke on 30 Mar 2024, last updated on 30 Mar 2024.

est. 54 minutes

Equipment



Barbell

	Incline Walk - warmup	1 set x 5 min	Rest 90 sec between sets
	Dumbbell Incline Bench press.	4 sets x 8	Rest 2 min between sets

Superset of 3 sets

	Cable fly crossovers	10	
	Standing Cable Chest Press	max	
	Rest for 2 min		

Repeat new set

	Machine incline chest press.	3 sets x 12	Rest 2 min between sets
	Barbell Close Grip Bench Press	3 sets x 12	Rest 60 sec between sets

Superset of 3 sets

	Cable Tricep Crossover	12	
	Push ups	max	
	Rest for 60 sec		

Repeat new set



Incline Walk - warmup

Set the treadmill to 6% incline, 3mph, and walk!

If you do not have access to a treadmill just walk at a moderate pace for about 5 minutes.

If you do not have access to a treadmill just walk at a moderate pace for about 5 minutes.

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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



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



Standing Cable Chest Press

- 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, drive the forearms forward from an out wide position to in front of the chest position



Machine incline chest press.



Barbell Close Grip Bench Press

- 1) Lie on a flat bench and hold a barbell with both hands in a close grip fashion.
- 2) Lower the bar until it touches your chest right below the nipples and then press the bar back up.
- 3) Repeat.
- 4) Keep your arms close to your sides during the whole exercise.



Cable Tricep Crossover



Push ups

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

Tracking Sheet

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

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Exercise Name	Set 1	Set 2	Set 3	Set 4
Incline Walk - warmup	Distance miles Time m: s Speed Levels/incline Calories burnt			
Dumbbell Incline Bench press.	reps x lbs	reps x lbs	reps x lbs	reps x lbs
Cable fly crossovers	reps x lbs	reps x lbs	reps x lbs	reps x lbs
Standing Cable Chest Press	reps x lbs	reps x lbs	reps x lbs	reps x lbs
Machine incline chest press.	reps x lbs	reps x lbs	reps x lbs	reps x lbs
Barbell Close Grip Bench Press	reps x lbs	reps x lbs	reps x lbs	reps x lbs
Cable Tricep Crossover	reps x lbs	reps x lbs	reps x lbs	reps x lbs
Push ups	reps x lbs	reps x lbs	reps x lbs	reps x lbs

Previous Stats

EXERCISE	24 APR 2024	15 APR 2024	8 APR 2024
Incline Walk - warmup	Distance 0.33 miles Time 6 m: 4 s Speed 3.5 Levels/incline 14 Calories burnt 45	Distance 0.34 miles Time 5 m: 7 s Speed 3.2 Levels/incline 12 Calories burnt 74	Distance 0.4 miles Time 7 m: 41 s Speed 3.5 Levels/incline 13 Calories burnt 0
	Set 1		
	Set 2		
	Set 3		
	Set 4		
Dumbbell Incline Bench press.	Set 1	8 reps x 40 lbs	8 reps x 35 lbs
	Set 2	8 reps x 40 lbs	10 reps x 35 lbs
	Set 3	8 reps x 40 lbs	10 reps x 35 lbs
	Set 4	8 reps x 40 lbs	10 reps x 35 lbs
Cable fly crossovers	Set 1	12 reps x 22.5 lbs	10 reps x 22.5 lbs
	Set 2	12 reps x 22.5 lbs	10 reps x 22.5 lbs
	Set 3	12 reps x 22.5 lbs	10 reps x 22.5 lbs
Standing Cable Chest Press	Set 1	12 reps x 22.5 lbs	10 reps x 22.5 lbs
	Set 2	42 reps x 22.5 lbs	10 reps x 22.5 lbs
	Set 3	12 reps x 22.5 lbs	10 reps x 22.5 lbs
Machine incline chest press.	Set 1	8 reps x 110 lbs	12 reps x 85 lbs
	Set 2	8 reps x 110 lbs	12 reps x 115 lbs

	Set 3	8 reps x 110 lbs Dismiss	10 reps x 115 lbs	
Barbell Close Grip Bench Press	Set 1	7 reps x 60 lbs	6 reps x 60 lbs	10 reps x 50 lbs
	Set 2	5 reps x 60 lbs	7 reps x 60 lbs	8 reps x 50 lbs
	Set 3	3 reps x 60 lbs	5 reps x 60 lbs	8 reps x 50 lbs
Cable Tricep Crossover	Set 1	12 reps x 12.5 lbs		
	Set 2			
	Set 3			
Push ups	Set 1			
	Set 2			
	Set 3			
Cable tricep pushdown	Set 1		10 reps x 35 lbs	12 reps x 35 lbs
	Set 2		10 reps x 42.5 lbs	15 reps x 35 lbs
	Set 3		10 reps x 35 lbs	15 reps x 35 lbs

4.2 Pull

4.2 Pull

Regular workout

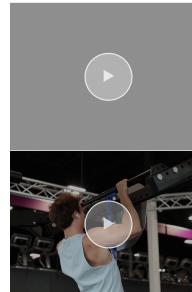
Created by Nicholas Falke on 30 Mar 2024, last updated on 30 Mar 2024.

est. 53 minutes

Incline Walk - warmup	1 set x 5 min	⚠ Rest 90 sec between sets
Pull ups	2 sets x max	⚠ Rest 60 sec between sets
Barbell row - overhand	3 sets x 10	⚠ Rest 90 sec between sets
Lat pulldown	4 sets x 10	⚠ Rest 90 sec between sets
Dumbbell Rows	3 sets x 8 each	⚠ Rest 90 sec between sets
Machine preacher curl	3 sets x 8	⚠ Rest 90 sec between sets

Superset of 3 sets

Dumbbell bicep curls	8
Dumbbell hammer curls	max
Rest for 90 sec	



Incline Walk - warmup

Set the treadmill to 6% incline, 3mph, and walk!

If you do not have access to a treadmill just walk at a moderate pace for about 5 minutes.



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



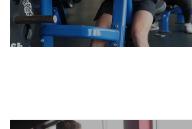
Barbell row - overhand

- Brace core ("preparing for a punch to the stomach")
- Feet screwed into the ground w/ a slight bend at the knees
- Shoulders packed (squeeze shoulder blades back and press shoulders down into back pockets)
- Head packed/chin tucked ("double chin")
- About 45 degree bend at hips, locking in the lower body
- Aim to drive elbows straight back, past beyond the back w/ a slight squeeze and hold



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



Dumbbell Rows

Machine preacher curl

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



Dumbbell bicep curls

- Brace core
- Screw feet into the ground
- Lock in the lower half of the body
- Pack the shoulders *Maintain this through the entire rep to stabilize the shoulder and allow for more bicep isolation
- Tight grip
- Elbows close to the body
- Drive "through the bicep"
- *Slowly at the top w/ a slight hold before releasing

- 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

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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	Set 4
Incline Walk - warmup	Distance miles Time m: s Speed Levels/incline Calories burnt			
Pull ups	reps x lbs	reps x lbs		
Barbell row - overhand	reps x lbs	reps x lbs	reps x lbs	
Lat pulldown	reps x lbs	reps x lbs	reps x lbs	reps x lbs
Dumbbell Rows	reps x lbs	reps x lbs	reps x lbs	
Machine preacher curl	reps x lbs	reps x lbs	reps x lbs	
Dumbbell bicep curls	reps x lbs	reps x lbs	reps x lbs	
Dumbbell hammer curls	reps x lbs	reps x lbs	reps x lbs	

Previous Stats

EXERCISE		16 APR 2024	9 APR 2024
		Distance	Distance
Incline Walk - warmup	Set 1	0.33 miles	0.3 miles
		Time 5 m: 35 s	Time 5 m: 45 s
		Speed 3.7	Speed 3
		Levels/incline 12	Levels/incline 12
		Calories burnt 69	Calories burnt 60
Pull ups	Set 1	8 reps x 37.5 lbs	
	Set 2	7 reps x 37.5 lbs	
Barbell row - overhand	Set 1	10 reps x 80 lbs	10 reps x 60 lbs
	Set 2	10 reps x 80 lbs	10 reps x 60 lbs
	Set 3	10 reps x 60 lbs	10 reps x 60 lbs
Lat pulldown	Set 1	10 reps x 100 lbs	10 reps x 100 lbs

	Set 2	10 reps x 100 lbs	8 reps x 100 lbs
	Set 3	8 reps x 100 lbs	8 reps x 100 lbs
	Set 4	8 reps x 100 lbs	6 reps x 100 lbs
Dumbbell Rows	Set 1	8 reps x 45 lbs	8 reps x 45 lbs
	Set 2	8 reps x 45 lbs	8 reps x 45 lbs
	Set 3	8 reps x 45 lbs	8 reps x 45 lbs
Machine preacher curl	Set 1	8 reps x 80 lbs	8 reps x 70 lbs
	Set 2	8 reps x 80 lbs	8 reps x 70 lbs
	Set 3	8 reps x 80 lbs	8 reps x 70 lbs
Dumbbell bicep curls	Set 1	8 reps x 20 lbs	8 reps x 17.5 lbs
	Set 2	8 reps x 20 lbs	10 reps x 17.5 lbs
	Set 3	8 reps x 20 lbs	10 reps x 17.5 lbs
Dumbbell hammer curls	Set 1	6 reps x 20 lbs	10 reps x 17.5 lbs
	Set 2	8 reps x 20 lbs	10 reps x 17.5 lbs
	Set 3	6 reps x 20 lbs	10 reps x 17.5 lbs

4.3 Legs

4.3 Legs

Regular workout

Created by Nicholas Falke on 30 Mar 2024, last updated on 30 Mar 2024.

est. 55 minutes

	Incline Walk - warmup	1 set x 5 min	⚠ Rest 90 sec between sets
	Hip Thrust Machine	3 sets x 10	⚠ Rest 90 sec between sets
	Seated leg curl	3 sets x 12	⚠ Rest 60 sec between sets
	seated leg extension	3 sets x 12	⚠ Rest 60 sec between sets
	Barbell Romanian deadlift.	3 sets x 10	⚠ Rest 2 min between sets

Superset of 3 sets

	Seated Hip Abduction	15
	Dumbbell Reverse Lunges	8 each

Rest for 90 sec

Repeat new set Dismiss

	Leg press machine	2 sets x 10	Rest 2 min between sets
	Calf raise on leg press machi...	2 sets x 20	Rest 60 sec between sets

Incline Walk - warmup
Set the treadmill to 6% incline, 3mph, and walk!
If you do not have access to a treadmill just walk at a moderate pace for about 5 minutes.

Hip Thrust Machine
Hip Thrust Machine Quick Tutorial

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

Barbell Romanian deadlift.

Seated Hip Abduction

Dumbbell Reverse Lunges

Leg press machine Dismiss

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
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

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

Exercise Name	Set 1	Set 2	Set 3
Incline Walk - warmup	Distance miles Time m: s Speed Levels/incline Calories burnt		
Hip Thrust 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
Barbell Romanian deadlift.	reps x lbs	reps x lbs	reps x lbs
Seated Hip Abduction	reps x lbs	reps x lbs	reps x lbs
Dumbbell Reverse Lunges	reps x lbs	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	

Previous Stats

EXERCISE	11 APR 2024	5 APR 2024
Incline Walk - warmup	Distance 0.3 miles Time 5 m: 24 s Speed 3.5 Levels/incline 12 Calories burnt 63	Distance 0.33 miles Time 6 m: 5 s Speed 3 Levels/incline 12 Calories burnt 70
	Set 1	

Hip Thrust Machine	Set 1	Dismiss	10 reps x 110 lbs	12 reps x 90 lbs
	Set 2		10 reps x 110 lbs	12 reps x 90 lbs
	Set 3		10 reps x 110 lbs	12 reps x 90 lbs
Seated leg curl	Set 1		10 reps x 85 lbs	12 reps x 85 lbs
	Set 2		10 reps x 85 lbs	12 reps x 85 lbs
	Set 3		12 reps x 85 lbs	12 reps x 85 lbs
seated leg extension	Set 1		12 reps x 85 lbs	12 reps x 85 lbs
	Set 2		12 reps x 85 lbs	12 reps x 85 lbs
	Set 3		12 reps x 85 lbs	
Barbell Romanian deadlift.	Set 1		10 reps x 70 lbs	
	Set 2		10 reps x 70 lbs	
	Set 3		10 reps x 70 lbs	
Seated Hip Abduction	Set 1		15 reps x 80 lbs	15 reps x 70 lbs
	Set 2		15 reps x 70 lbs	15 reps x 70 lbs
	Set 3		15 reps x 70 lbs	15 reps x 7 lbs
Dumbbell Reverse Lunges	Set 1		10 reps x 25 lbs	10 reps x 20 lbs
	Set 2		10 reps x 25 lbs	10 reps x 20 lbs
	Set 3		10 reps x 25 lbs	10 reps x 20 lbs
Leg press machine	Set 1		12 reps x 240 lbs	10 reps x 160 lbs
	Set 2		15 reps x 240 lbs	10 reps x 160 lbs
Calf raise on leg press machine	Set 1		20 reps x 240 lbs	20 reps x 240 lbs
	Set 2		20 reps x 240 lbs	20 reps x 240 lbs
Dumbbell Romanian Deadlift	Set 1			10 reps x 25 lbs
	Set 2			10 reps x 25 lbs
	Set 3			10 reps x 25 lbs

4.4 Chest + Back + Shoulders

4.4 Chest + Back + Shoulders

Regular workout
Created by Nicholas Falke on 30 Mar 2024, last updated on 30 Mar 2024.
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est. 53 minutes

Equipment

Body weight

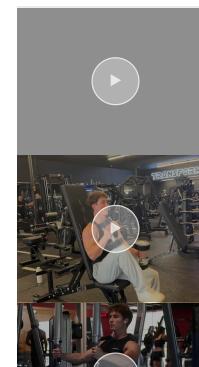
	Incline Walk - warmup	1 set x 5 min	⚠ Rest 90 sec between sets
	Dumbbell shoulder press	3 sets x 8	⚠ Rest 90 sec between sets
	Machine chest fly	3 sets x 12	⚠ Rest 60 sec between sets
	Dumbbell Incline Bench press.	3 sets x 8	⚠ Rest 90 sec between sets
	Dumbbell Incline Bench Rows	3 sets x 10	⚠ Rest 90 sec between sets

Superset of 3 sets

	Dumbbell lateral raises	12
	Dumbbell Rear Delt Flyes	max
	Rest for 60 sec	

Superset of 3 sets

	Lat pulldown	12
	Incline Push Up	max
	Rest for 60 sec	



Incline Walk - warmup

Set the treadmill to 6% incline, 3mph, and walk!

If you do not have access to a treadmill just walk at a moderate pace for about 5 minutes.

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

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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 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)



Dumbbell Rear Delt Flyes

How to do Dumbbell Rear Delt Flyes



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



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.

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

Exercise Name	Set 1	Set 2	Set 3
Incline Walk - warmup	Distance miles Time m: s Speed Levels/incline Calories burnt		

Dumbbell shoulder press	reps x lbs	reps x lbs	reps x lbs
Machine chest fly	reps x Dismiss	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 lateral raises	reps x lbs	reps x lbs	reps x lbs
Dumbbell Rear Delt Flyes	reps x lbs	reps x lbs	reps x lbs
Lat pulldown	reps x lbs	reps x lbs	reps x lbs
Incline Push Up	reps	reps	reps

Previous Stats

EXERCISE	Set 1	20 APR 2024	12 APR 2024	7 APR 2024
		Distance 0.34 miles	Distance 0.33 miles	Distance 0.3 miles
Incline Walk - warmup	Set 1	Time 6 m: 6 s	Time 5 m: 9 s	Time m: s
		Speed 3.5	Speed 3.8	Speed 3.5
		Levels/incline 13	Levels/incline 12	Levels/incline 12
		Calories burnt 74	Calories burnt 68	Calories burnt 56
Dumbbell shoulder press	Set 1	8 reps x 40 lbs	6 reps x 40 lbs	8 reps x 35 lbs
	Set 2	6 reps x 40 lbs	6 reps x 40 lbs	8 reps x 35 lbs
	Set 3	6 reps x 40 lbs	6 reps x 40 lbs	8 reps x 35 lbs
Machine chest fly	Set 1	10 reps x 85 lbs		12 reps x 85 lbs
	Set 2	8 reps x 85 lbs		12 reps x 85 lbs
	Set 3	8 reps x 85 lbs		10 reps x 85 lbs
Dumbbell Incline Bench press.	Set 1	7 reps x 40 lbs	8 reps x 35 lbs	9 reps x 32.5 lbs
	Set 2	7 reps x 40 lbs	8 reps x 35 lbs	9 reps x 32.5 lbs
	Set 3	7 reps x 40 lbs	8 reps x 35 lbs	8 reps x 32.5 lbs
Dumbbell Incline Bench Rows	Set 1	10 reps x 40 lbs	10 reps x 35 lbs	8 reps x 40 lbs
	Set 2	10 reps x 40 lbs	10 reps x 35 lbs	10 reps x 40 lbs
	Set 3	10 reps x 40 lbs	10 reps x 35 lbs	9 reps x 40 lbs
Dumbbell lateral raises	Set 1	8 reps x 15 lbs	8 reps x 15 lbs	10 reps x 12.5 lbs
	Set 2	8 reps x 15 lbs	8 reps x 15 lbs	10 reps x 12.5 lbs
	Set 3		8 reps x 15 lbs	10 reps x 12.5 lbs
Dumbbell Rear Delt Flyes	Set 1	8 reps x 15 lbs	8 reps x 15 lbs	10 reps x 12.5 lbs

	Set 2	8 reps x 15 lbs	8 reps x 15 lbs	10 reps x 12.5 lbs
	Set 3	Dismiss	8 reps x 15 lbs	12 reps x 12.5 lbs
Lat pulldown	Set 1			12 reps x 85 lbs
	Set 2			12 reps x 85 lbs
	Set 3			10 reps x 85 lbs
Incline Push Up	Set 1			15 reps
	Set 2			15 reps
	Set 3			12 reps

4.5 Legs + Arms

4.5 Legs + Arms

Regular workout

Created by Nicholas Falke on 30 Mar 2024, last updated on 30 Mar 2024.

est. 55 minutes

	Incline Walk - warmup	1 set x 5 min	Rest 90 sec between sets
	Leg press machine	3 sets x 8	Rest 2 min between sets
	Leg press machine	1 set x max (20+)	Rest 90 sec between sets
	seated leg extension	3 sets x 12	Rest 60 sec between sets
	Seated leg curl	3 sets x 12	Rest 60 sec between sets
	Glute Hyper Extension	3 sets x 15	Rest 60 sec between sets

Superset of 3 sets

	Cable bicep curls	8
	Cable tricep pushdown	8
	Rest for 60 sec	

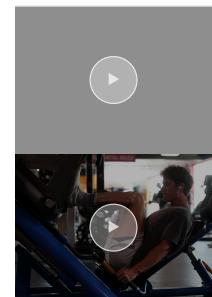
Repeat new set

Superset of 3 sets

	Dumbbell Skull Crusher	10
	Dumbbell hammer curls	10
	Rest for 90 sec	

Repeat new set

Dismiss



Incline Walk - warmup

Set the treadmill to 6% incline, 3mph, and walk!

If you do not have access to a treadmill just walk at a moderate pace for about 5 minutes.

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



seated leg extension

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



Seated leg curl

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



Glute Hyper Extension

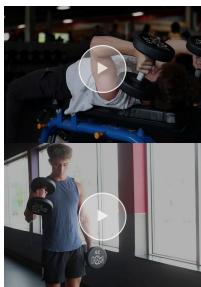


Cable bicep curls



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



Dumbbell Skull Crusher

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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
Incline Walk - warmup	Distance miles Time m: s Speed Levels/incline Calories burnt		
Leg press machine	reps x lbs	reps x lbs	reps x lbs
Leg press machine	reps x lbs		
seated leg extension	reps x lbs	reps x lbs	reps x lbs
Seated leg curl	reps x lbs	reps x lbs	reps x lbs
Glute Hyper Extension	reps x lbs	reps x lbs	reps x lbs
Cable bicep curls	reps x lbs	reps x lbs	reps x lbs
Cable tricep pushdown	reps x lbs	reps x lbs	reps x lbs
Dumbbell Skull Crusher	reps x lbs	reps x lbs	reps x lbs
Dumbbell hammer curls	reps x lbs	reps x lbs	reps x lbs

Previous Stats

EXERCISE		21 APR 2024	14 APR 2024
Incline Walk - warmup	Set 1	Distance 0.3 miles	Distance 0.29 miles
		Time 5 m: 20 s	Time 5 m: 16 s
		Speed 3.5	Speed 3.5
		Levels/incline 13	Levels/incline 12
		Calories burnt 63	Calories burnt 60
Leg press machine	Set 1	12 reps x 240 lbs	15 reps x 240 lbs
	Set 2	15 reps x 240 lbs	15 reps x 240 lbs
	Set 3	15 reps x 240 lbs	15 reps x 240 lbs

	Set 1	Set 2	Set 3
Leg press machine	20 reps x 240 lbs Dismiss	2002 reps x 200 lbs	
seated leg extension	12 reps x 85 lbs	12 reps x 85 lbs	
	12 reps x 85 lbs	12 reps x 85 lbs	
	12 reps x 85 lbs	12 reps x 85 lbs	
	12 reps x 85 lbs	12 reps x 85 lbs	
	12 reps x 85 lbs	12 reps x 85 lbs	
Seated leg curl	12 reps x 85 lbs	12 reps x 85 lbs	
	15 reps x 85 lbs	12 reps x 85 lbs	
	12 reps x 85 lbs	15 reps x 85 lbs	
Glute Hyper Extension	9 reps x 25 lbs	8 reps x 25 lbs	
	9 reps x 25 lbs	8 reps x 25 lbs	
	8 reps x 25 lbs	8 reps x 25 lbs	
Cable bicep curls	10 reps x 42.5 lbs	10 reps x 35 lbs	
	10 reps x 37.5 lbs	8 reps x 42.5 lbs	
	10 reps x 37.5 lbs	8 reps x 42.5 lbs	
Cable tricep pushdown	12 reps x 42.5 lbs	10 reps x 35 lbs	
	12 reps x 42.5 lbs	10 reps x 42.5 lbs	
	12 reps x 42.5 lbs	10 reps x 35 lbs	
Dumbbell Skull Crusher	6 reps x 20 lbs	10 reps x 17.5 lbs	
	7 reps x 20 lbs	10 reps x 17.5 lbs	
	10 reps x 20 lbs	10 reps x 17.5 lbs	
Dumbbell hammer curls	10 reps x 20 lbs	12 reps x 17.5 lbs	
	10 reps x 20 lbs	15 reps x 17.5 lbs	
	10 reps x 20 lbs	15 reps x 17.5 lbs	

Abs

Abs
Regular workout
Created by Nicholas Falke on 30 Mar 2024, last updated on 30 Mar 2024.

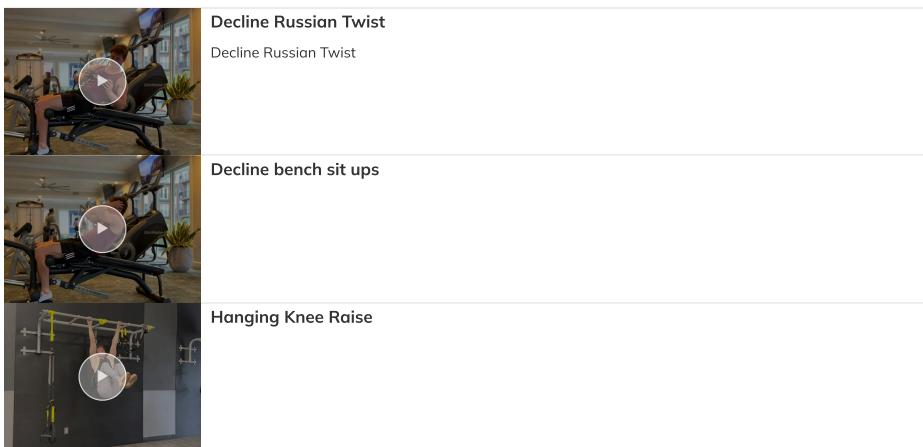
est. 16 minutes

Superset of 3 sets

	Decline Russian Twist	10 each side	Dismiss
	Decline bench sit ups	10	
	Rest for 90 sec		

Repeat new set

Hanging Knee Raise 3 sets x 10 Rest 60 sec between sets



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

Exercise Name	Set 1	Set 2	Set 3
Decline Russian Twist	reps x lbs	reps x lbs	reps x lbs
Decline bench sit ups	reps x lbs	reps x lbs	reps x lbs
Hanging Knee Raise	reps x lbs	reps x lbs	reps x lbs

Previous Stats

EXERCISE		15 APR 2024
Decline Russian Twist	Set 1	15 reps x 20 lbs
	Set 2	15 reps x 20 lbs
	Set 3	15 reps x 20 lbs
Decline bench sit ups	Set 1	

	Set 2	Dismiss
	Set 3	
Hanging Knee Raise	Set 1	
	Set 2	
	Set 3	

Abs 2

Abs 2

Regular workout Created by Nicholas Falke on 30 Mar 2024, last updated on 30 Mar 2024.

est. 19 minutes

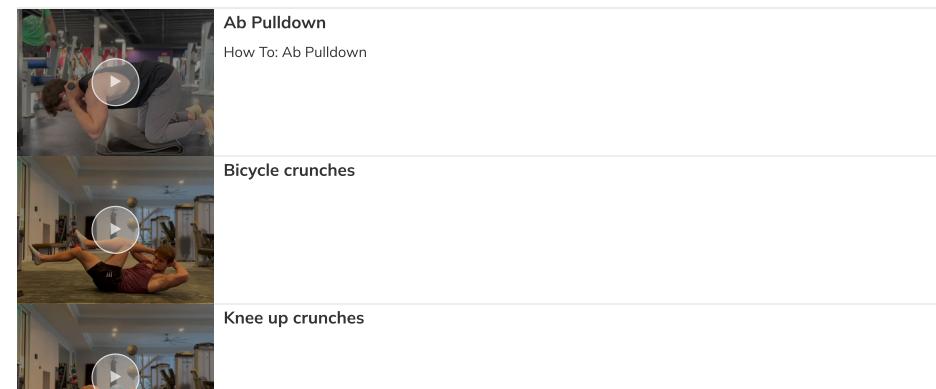
Ab Pulldown 3 sets x 10 Rest 60 sec between sets

Superset of 3 sets

	Bicycle crunches	12 each side
	Knee up crunches	12
	Heel taps	12 each side

Rest for 90 sec

Repeat new set



[Dismiss](#)

Heel taps



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
Ab Pulldown						
Bicycle crunches						
Knee up crunches						
Heel taps						

Previous Stats

EXERCISE		20 APR 2024	7 APR 2024
Ab Pulldown	Set 1	15 reps x 62.5 lbs	15 reps x 42.5 lbs
	Set 2	15 reps x 62.5 lbs	12 reps x 62.5 lbs
	Set 3	15 reps x 62.5 lbs	12 reps x 62.5 lbs
	Set 4		12 reps x 62.5 lbs
Bicycle crunches	Set 1		
	Set 2		
	Set 3		
Knee up crunches	Set 1		
	Set 2		
	Set 3		
Heel taps	Set 1		
	Set 2		
	Set 3		