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NAME FRANKLIN DICKINSON DATE

## Phase 25

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4 weeks (8 Dec 2025 - 4 Jan 2026)

### 25.1 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.

#### 25.1 Push

Regular workout

Created by Nicholas Falke on 7 Dec 2025, last updated on 7 Dec 2025.

est. 49 minutes

#### Equipment

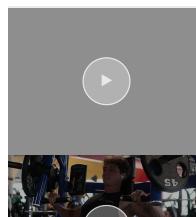


Dumbbell

#### 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
	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
	Dumbbell Incline Bench Ches...	3 sets x 10	⚠ Rest 60 sec between sets
	Incline bench lateral raises	3 sets x 12	⚠ Rest 60 sec between sets
	Cable Single Arm Lateral Rai...	2 sets x 12 each	⚠ Rest 60 sec between sets
	Dips	3 sets x 10	⚠ Rest 60 sec between sets
	Single arm tricep cable push...	3 sets x 12 each	⚠ Rest 60 sec between sets



#### Jog

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

Machine incline chest press.



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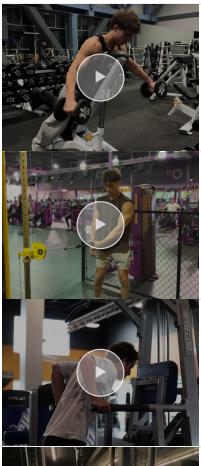
#### Dumbbell shoulder press

- 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

#### Dumbbell Incline Bench Chest Fly

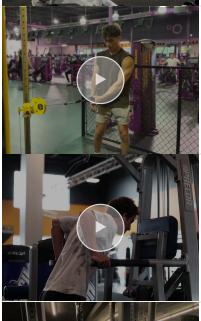
1. Lie on an incline bench set at 45 degrees holding the dumbbells up over your chest at 90 degrees to the ground with your arms straight.
2. Lower the dumbbells to the sides of your body in an arc-like motion inline with the middle of your chest, until your hands are at the same level as your chest.
3. Raise the dumbbells back up over your chest, keeping your arms straight throughout.
4. Repeat.

#### Incline bench lateral raises



#### Cable Single Arm Lateral Raises

##### Single Arm Lateral Raises



#### Dips



#### Single arm tricep cable pushdowns



#### 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		

Machine incline chest 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
Dips	reps x	lbs	reps x	lbs	reps x	lbs
Single arm tricep cable pushdowns	reps x	lbs	reps x	lbs	reps x	lbs

#### Previous Stats

EXERCISE

## 25.2 Pull

### 25.2 Pull

Regular workout

Created by Nicholas Falke on 7 Dec 2025, last updated on 7 Dec 2025.

est. 52 minutes

Jog	1 set x 5 min	▼ Rest 90 sec between sets
Lat pulldown	3 sets x 12	▼ Rest 90 sec between sets
Dumbbell Rows	3 sets x 10 each	▼ Rest 90 sec between sets

#### Superset of 3 sets

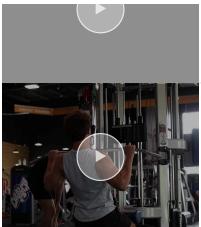
Standing Cable Pullover	8	
Cable Face Pull	max	
Rest for 60 sec		
↳ Repeat new set		

Machine Single Arm Rear Fly	2 sets x 8 each	▼ Rest 60 sec between sets
Machine rear delt fly	3 sets x 10	▼ Rest 60 sec between sets
Ez bar bicep curls	3 sets x 10	▼ Rest 60 sec between sets
Single arm cable curls	3 sets x 12 each	▼ Rest 60 sec between sets



#### Jog

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

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### 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

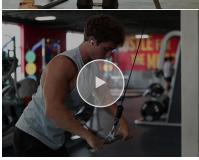


### Dumbbell Rows

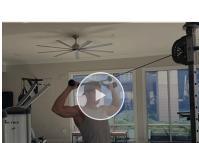


### Standing Cable Pullover

- 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



### Cable Face Pull



### Machine Single Arm Rear Fly



### Machine rear delt fly



### Ez bar bicep curls



### Single arm cable curls

- stay upright
- elbow stays behind body throughout entire movement
- keep core engaged
- bend at elbow joint only, keeping shoulder joint in extended position.
- go slow

[Dismiss](#)

### Tracking Sheet

 (Print and track your progress here. Don't forget to sync 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
Dumbbell Rows	reps x	lbs	reps x	lbs	reps x	lbs
Standing Cable Pullover	reps x	lbs	reps x	lbs	reps x	lbs
Cable Face Pull	reps x	lbs	reps x	lbs	reps x	lbs
Machine Single Arm Rear Fly	reps x	lbs	reps x	lbs	reps x	lbs
Machine rear delt fly	reps x	lbs	reps x	lbs	reps x	lbs
Ez bar bicep curls	reps x	lbs	reps x	lbs	reps x	lbs
Single arm cable curls	reps x	lbs	reps x	lbs	reps x	lbs

### Previous Stats

EXERCISE

## 25.3 Legs

### 25.3 Legs

Regular workout

Created by Nicholas Falke on 7 Dec 2025, last updated on 7 Dec 2025.

est. 47 minutes

Jog	1 set x 5 min	▼ Rest 90 sec between sets
Glute Hyper Extension	3 sets x 10	▼ Rest 60 sec between sets
Single leg leg press machine	3 sets x 8 each	▼ Rest 90 sec between sets
Calf raise on leg press machi...	3 sets x 15	▼ Rest 60 sec between sets
Dumbbell Sumo Squats	3 sets x 12	▼ Rest 90 sec between sets
Seated leg curl	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

**Glute Hyper Extension**

**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

**Dumbbell Sumo Squats**

Maintain a slight forward lean throughout the entire exercise.

**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 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 Time m: s Speed		
100			

Exercise	Level/incline	Calories burnt	Dismiss	reps x	lbs	reps x	lbs	reps x	lbs
Glute Hyper Extension				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
Dumbbell Sumo Squats				reps x	lbs	reps x	lbs	reps x	lbs
Seated leg curl				reps x	lbs	reps x	lbs	reps x	lbs
Seated Hip Abduction				reps x	lbs	reps x	lbs	reps x	lbs

### Previous Stats

EXERCISE

## 25.4 Upper Body

### 25.4 Upper Body

Regular workout

Created by Nicholas Falke on 7 Dec 2025, last updated on 7 Dec 2025.

est. 51 minutes

#### Equipment

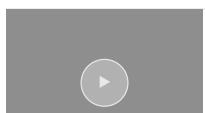


	Jog	1 set x 5 min, 5 min	⚠ Rest 90 sec between sets
	Pull ups	3 sets x max	⚠ Rest 90 sec between sets
	Machine incline chest press.	3 sets x 10	⚠ Rest 90 sec between sets
	Cable Seated Single Arm Row	3 sets x 10 each	⚠ Rest 90 sec between sets
	Cable rows	2 sets x max	⚠ Rest 60 sec between sets
	Cable fly	3 sets x 10	⚠ Rest 60 sec between sets

#### Superset of 3 sets

	Dumbbell Rear Delt Flyes	8
	Dumbbell lateral raises	8
	Dumbbell standing shoulder ...	max
	Rest for 60 sec	

↶ Repeat new set



### Jog

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

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### 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



### Machine incline chest press.



### 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



### Cable fly



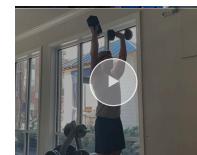
### Dumbbell Rear Delt Flyes

How to do Dumbbell Rear Delt Flyes



### 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 standing shoulder presses

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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					
Pull ups	reps x	lbs	reps x	lbs	reps x	lbs
Machine incline chest press.	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		
Cable fly	reps x	lbs	reps x	lbs	reps x	lbs
Dumbbell Rear Delt Flyes	reps x	lbs	reps x	lbs	reps x	lbs
Dumbbell lateral raises	reps x	lbs	reps x	lbs	reps x	lbs
Dumbbell standing shoulder presses	reps x	lbs	reps x	lbs	reps x	lbs

## Previous Stats

EXERCISE	

## 25.5 Legs + Arms

### 25.5 Legs + Arms

[Regular workout](#)Created by Nicholas Falke on 7 Dec 2025, last updated on 7 Dec 2025.

est. 51 minutes

#### Equipment

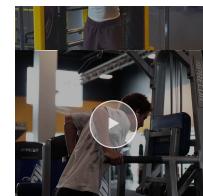


	Jog	1 set x 5 min	⚠ Rest 90 sec between sets
	Dumbbell Bulgarian split squat	3 sets x 10 each	⚠ Rest 90 sec between sets
	Dumbbell Romanian Deadlift	3 sets x 12	⚠ Rest 90 sec between sets

	Dumbbell Calf Raise	3 sets x 15	⚠ Rest 60 sec between sets
	Single arm cable rear delt fly	3 sets x 8 ea	⚠ 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
<b>Superset of 2 sets</b>			
	Cable Tricep Kickback	12 each	
	Single arm cable curls	12 each	
	Rest for 60 sec		
	Repeat new set		

	<b>Jog</b> -Keep it light -Goal: Warm up muscles/break a sweat
<b>Dumbbell Bulgarian split squat</b>	
<b>Dumbbell Romanian Deadlift</b>	
<ul style="list-style-type: none"> <li>- Brace core ("preparing for a punch to the stomach")</li> <li>- Head packed/chin tucked ("double chin")</li> <li>- Feet screwed into the ground w/ slight bend in the knees</li> <li>- Shoulders packed (squeeze shoulder blades back and press shoulders down into back pockets) w/ arms in front of the legs</li> <li>- Keep the arms and back straight throughout the whole rep</li> <li>- Hinge the hips back (push butt back)</li> <li>- 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)</li> <li>- Press the hips back forward, squeezing the glutes at the top of the rep</li> </ul>	

	<b>Dumbbell Calf Raise</b>
1) When performing a calf raise, ensure that your knees are straight and try to get the full range of motion through your ankle.	
2) Start by grasping a dumbbell in your left hand and standing on the edge of an elevated platform. Let both your heel drop as far as possible.	
3) Keeping your body straight, raise both heels up as far as possible.	
4) Pause and squeeze the calf muscle, and then slowly lower your heel back down as far as possible.	
5) Repeat for desired reps.	
	<b>Single arm cable rear delt fly</b>



Dips

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#### 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 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.



#### Single arm cable curls

- stay upright
- elbow stays behind body throughout entire movement
- keep core engaged
- bend at elbow joint only, keeping shoulder joint in extended position.
- go slow

#### Tracking Sheet

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

Exercise Name	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						
Dumbbell Bulgarian split squat						
Dumbbell Romanian Deadlift						
Dumbbell Calf Raise						
Single arm cable rear delt fly						
Dips						
Dumbbell Concentration Curl						
Cable Tricep Kickback						
Single arm cable curls						

#### Previous Stats

EXERCISE

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## Abs

### Abs

Regular workout

Created by Nicholas Falke on 7 Dec 2025, last updated on 7 Dec 2025.

est. 12 minutes

#### Equipment

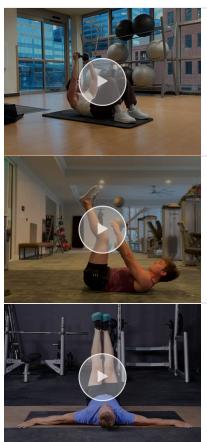


Body weight

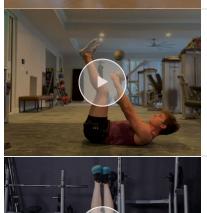
#### Superset of 3 sets

	Weighted crunches	12
	Toe taps	12
	Floor Windshield Wiper	max
	Rest for 60 sec	

Repeat new set



Weighted crunches



Toe taps



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.

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	Dismiss	reps x	lbs	reps x	lbs
Weighted crunches						
Toe taps						
Floor Windshield Wiper						

### Previous Stats

EXERCISE

## abs 2

### abs 2

Regular workout

Created by Nicholas Falke on 7 Dec 2025, last updated on 7 Dec 2025.

est. 18 minutes



Ab Pulldown

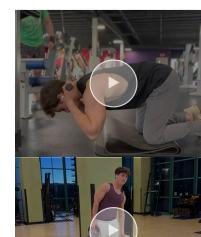
3 sets x 12

⚠ Rest 60 sec between sets

#### Superset of 3 sets

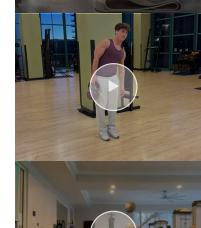
	Weighted lateral flexion	12 each
	Heel taps	20 each
	Reverse crunches	max
	Rest for 60 sec	

Repeat new set



Ab Pulldown

How To: Ab Pulldown



Weighted lateral flexion



Heel taps



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### Reverse crunches

**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						
Weighted lateral flexion						
Heel taps						
Reverse crunches						

### Previous Stats

EXERCISE	

## BW Lower + abs

### BW Lower + abs

Regular workout

Created by Nicholas Falke on 7 Dec 2025, last updated on 7 Dec 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

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Body Weight Single Leg Deadlift 12 each

Box Pistol Squat 8 each

Rest for 60 sec

Repeat new set

#### Superset of 3 sets

Bicycle Crunch 10 each

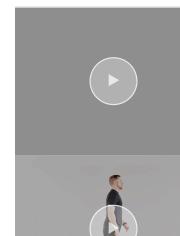
Hollow Body Hold Flutter Kicks 30 sec

Rest for 60 sec

Repeat new set

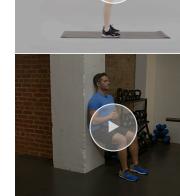
Burpee 3 sets x 15

Rest 60 sec between sets



Jog

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



#### Alternating Jump Lunge

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



#### Wall Sit

- When performing this exercise, ensure your knees don't move forward past your toes.
- Try to keep your knees at 90 degrees and hold.



#### Squat Jump

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



#### Body Weight Single Leg Deadlift

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

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### Box Pistol Squat

1. Stand upright.
2. Lower your body towards the box, sending your hips back and down, raising one leg, arms extended in front.
3. Push off the other leg to return to starting position.
4. Complete all reps on one side before switching to the other side.



### Bicycle Crunch

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



### Hollow Body Hold Flutter Kicks

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



### Burpee

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

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

Exercise Name	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

[Dismiss](#)

## BW Upper

### BW Upper

[Regular workout](#)

Created by Nicholas Falke on 7 Dec 2025, last updated on 7 Dec 2025.

#### 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

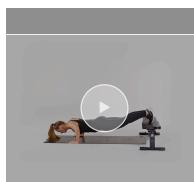
Rest for 90 sec

Repeat new set



### Jog

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



### Decline Push Up

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- 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.



### 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.



### 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	Time m: s	Speed	Levels/incline	Calories burnt	
Jog						
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	reps x lbs
Reverse Crunch			reps		reps	reps

## Previous Stats

EXERCISE	

## BW Upper Body

### BW Upper Body

[Regular workout](#)

Created by Nicholas Falke on 7 Dec 2025, last updated on 7 Dec 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

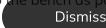
**Jog**  
-Keep it light  
-Goal: Warm up muscles/break a sweat

**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.

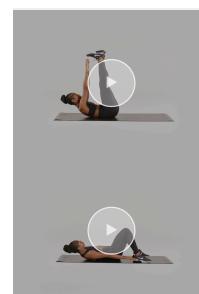
**Plank To Push Up**  
1.Lie face down on a mat with your legs straight and arms tucked in by your sides with elbows bent.  
2.Raise your body up into the top of a push up position, resting on your hand and toes and hold briefly. Keep your back flat and head looking down at the floor.  
3.Return to starting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

## Previous Stats

EXERCISE