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Phase 2

3 weeks (29 Jan 2024 - 22 Feb 2024)

2.1 Push

2.1 Push

Regular workout

Created by Nicholas Falke on 28 Jan 2024, last updated on 28 Jan 2024.

est. 53 minutes

Equipment



Barbell



Body weight

	Incline Walk - warmup	1 set x 5 min	Rest 90 sec between sets
	Dumbbell bench press.	4 sets x 10	Rest 2 min between sets

Superset of 3 sets

	Machine chest fly	10	
	Incline push ups	max	
	Rest for 90 sec		

Repeat new set

	Dumbbell lateral raises	3 sets x 15	Rest 60 sec between sets
	Barbell Close Grip Bench Press	3 sets x 12	Rest 90 sec between sets

Superset of 3 sets

	Dumbbell Skull Crusher	10	
	Bench Dip	max	
	Rest for 90 sec		

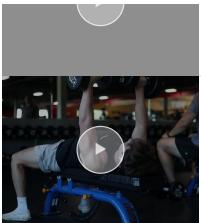
Repeat new set



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.

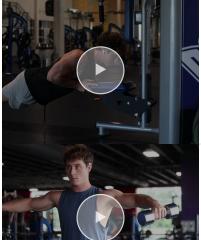
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Dumbbell bench press.

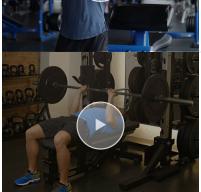
- Brace core ("preparing for a punch to the stomach")
- Feet screwed into the ground
- Shoulders packed (squeeze shoulder blades back and press shoulders down into back pockets) *Mostly upper back should make contact w/ bench
- Head packed/chin tucked ("double chin")
- Slowly descend elbows until wrists are even w/ chest
- Drive forearms up and squeeze at the top



Machine chest fly



Incline push ups



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)



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 is 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.



Dumbbell Skull Crusher



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.

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
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	Distance miles	Time m:	Speed	Levels/Incline	Calories burnt	Dismiss		
Incline Walk - warmup								
Dumbbell bench press.	reps x	lbs	reps x	lbs	reps x	lbs	reps x	lbs
Machine chest fly	reps x	lbs	reps x	lbs	reps x	lbs	reps x	lbs
Incline push ups	reps x	lbs	reps x	lbs	reps x	lbs	reps x	lbs
Dumbbell lateral raises	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
Dumbbell Skull Crusher	reps x	lbs	reps x	lbs	reps x	lbs	reps x	lbs
Bench Dip			reps		reps		reps	

Previous Stats

EXERCISE	19 FEB 2024	13 FEB 2024	5 FEB 2024	29 JAN 2024
Incline Walk - warmup	Distance 0.25 miles	Distance 0.25 miles	Distance 0.27 miles	Distance 0.25 miles
	Time 5 m: 7 s	Time 5 m: 1 s	Time 5 m: 23 s	Time 5 m: s
	Speed 3	Speed 3.2	Speed 3	Speed 3
	Levels/Incline 12	Levels/Incline 11	Levels/Incline 12	Levels/Incline 12
	Calories burnt 54	Calories burnt 51	Calories burnt 60	Calories burnt 52
Dumbbell bench press.	Set 1 7 reps x 75 lbs	8 reps x 75 lbs	8 reps x 70 lbs	8 reps x 45 lbs
	Set 2 6 reps x 75 lbs	7 reps x 75 lbs	7 reps x 70 lbs	10 reps x 45 lbs
	Set 3 7 reps x 75 lbs	6 reps x 75 lbs	7 reps x 70 lbs	9 reps x 45 lbs
	Set 4 5 reps x 75 lbs	5 reps x 75 lbs		9 reps x 45 lbs
Machine chest fly	Set 1 12 reps x 85 lbs	12 reps x 85 lbs	12 reps x 58 lbs	12 reps x 70 lbs
	Set 2 12 reps x 85 lbs	8 reps x 85 lbs	10 reps x 85 lbs	10 reps x 85 lbs
	Set 3	8 reps x 85 lbs	10 reps x 85 lbs	8 reps x 85 lbs
Incline push ups	Set 1			
	Set 2			
	Set 3			
Dumbbell lateral raises	Set 1 15 reps x 12.5 lbs	15 reps x 12.5 lbs	10 reps x 12.5 lbs	15 reps x 12.5 lbs
	Set 2 15 reps x 12.5 lbs	15 reps x 12.5 lbs	15 reps x 12.5 lbs	15 reps x 12.5 lbs
	Set 3 15 reps x 12.5 lbs	15 reps x 12.5 lbs	15 reps x 12.5 lbs	15 reps x 12.5 lbs
Barbell Close Grip Bench Press	Set 1 6 reps x 60 lbs	8 reps x 50 lbs	6 reps x 50 lbs	12 reps x 50 lbs

	Set 2	8 reps x 60 lbs	7 reps x 50 lbs Dismiss	7 reps x 50 lbs	6 reps x 50 lbs
	Set 3	8 reps x 60 lbs	6 reps x 50 lbs	8 reps x 50 lbs	5 reps x 50 lbs
Dumbbell Skull Crusher	Set 1	12 reps x 15 lbs	12 reps x 12.5 lbs	10 reps x 12.5 lbs	12 reps x 15 lbs
	Set 2	15 reps x 15 lbs	12 reps x 12.5 lbs	12 reps x 12.5 lbs	6 reps x 15 lbs
	Set 3	12 reps x 15 lbs	12 reps x 12.5 lbs	9 reps x 12.5 lbs	4 reps x 15 lbs
	Set 4			9 reps x 12.5 lbs	
Bench Dip	Set 1	15 reps	12 reps	12 reps	12 reps
	Set 2	15 reps	12 reps	12 reps	12 reps
	Set 3	15 reps	12 reps	12 reps	12 reps
	Set 4			12 reps	

2.2 Pull

2.2 Pull

Regular workout

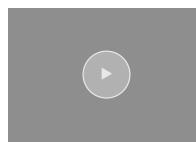
Created by Nicholas Falke on 28 Jan 2024, last updated on 28 Jan 2024.

est. 56 minutes

Incline Walk - warmup	1 set x 5 min	➡ Rest 90 sec between sets
Barbell row - overhand	4 sets x 8	➡ Rest 2 min between sets
Dumbbell Incline Bench Rows	3 sets x 8	➡ Rest 90 sec between sets
Lat pulldown	3 sets x 10	➡ Rest 90 sec between sets
Standing Cable Pullover	3 sets x 12	➡ Rest 60 sec between sets
Machine preacher curl	3 sets x 8	➡ Rest 60 sec between sets

Superset of 3 sets

Dumbbell bicep curls	8	
Dumbbell hammer curls	max	
Rest for 90 sec		
➡ Repeat new set		



Incline Walk - warmup

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

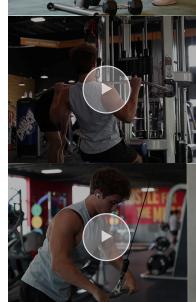
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If you do not have access to a treadmill just walk at a moderate pace for about 5 minutes.



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



Dumbbell Incline Bench Rows



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



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 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"
- 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 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 Dismiss up 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								
Barbell row - overhand	reps x	lbs	reps x	lbs	reps x	lbs	reps x	lbs
Dumbbell Incline Bench Rows	reps x	lbs	reps x	lbs	reps x	lbs		
Lat pulldown	reps x	lbs	reps x	lbs	reps x	lbs		
Standing Cable Pullover	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	20 FEB 2024	14 FEB 2024	6 FEB 2024	30 JAN 2024
Incline Walk - warmup	Distance 0.25 miles	Distance 0.25 miles	Distance 0.54 miles	Distance 0.27 miles
	Time 5m: 7 s	Time 5m: 10 s	Time 5m: 54 s	Time 5m: 1 s
	Speed 3	Speed 3	Speed 3.5	Speed 3.4
	Levels/incline 12	Levels/incline 12	Levels/incline 10	Levels/incline 10
	Calories burnt 56	Calories burnt 53	Calories burnt 62	Calories burnt 51
Barbell row - overhand	Set 2			
	Set 1	8 reps x 60 lbs	8 reps x 60 lbs	8 reps x 50 lbs
	Set 2	8 reps x 60 lbs	8 reps x 60 lbs	8 reps x 50 lbs
	Set 3	8 reps x 60 lbs	8 reps x 60 lbs	8 reps x 50 lbs
Dumbbell Incline Bench Rows	Set 4	8 reps x 60 lbs	8 reps x 60 lbs	8 reps x 50 lbs
	Set 1	10 reps x 40 lbs	8 reps x 35 lbs	10 reps x 35 lbs
	Set 2	10 reps x 40 lbs	12 reps x 35 lbs	10 reps x 35 lbs
	Set 3	10 reps x 40 lbs		10 reps x 35 lbs
Lat pulldown	Set 4	8 reps x 120 lbs	10 reps x 120 lbs	8 reps x 120 lbs
	Set 1			

Lat pulldown	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
	Set 2	10 reps x 120 lbs	10 reps x 120 lbs	Dismiss	7 reps x 120 lbs	7 reps x 120 lbs	7 reps x 120 lbs	7 reps x 120 lbs
	Set 3	7 reps x 120 lbs	10 reps x 150 lbs		5 reps x 120 lbs	7 reps x 120 lbs		
Standing Cable Pullover	Set 1	10 reps x 50 lbs	10 reps x 47.5 lbs		12 reps x 42.5 lbs	10 reps x 42.5 lbs	10 reps x 42.5 lbs	
	Set 2	7 reps x 50 lbs	10 reps x 47.5 lbs		10 reps x 42.5 lbs	10 reps x 42.5 lbs		
	Set 3	10 reps x 42.5 lbs	8 reps x 47.5 lbs		10 reps x 42.5 lbs	8 reps x 42.5 lbs		
	Set 4							
Machine preacher curl	Set 1	12 reps x 60 lbs	10 reps x 60 lbs		10 reps x 60 lbs	10 reps x 65 lbs		
	Set 2	12 reps x 60 lbs	10 reps x 60 lbs		10 reps x 60 lbs	8 reps x 65 lbs		
	Set 3	10 reps x 60 lbs	10 reps x 60 lbs		10 reps x 60 lbs			
	Set 4							
Dumbbell bicep curls	Set 1	8 reps x 17.5 lbs	8 reps x 17.5 lbs		10 reps x 15 lbs	8 reps x 15 lbs		
	Set 2	10 reps x 17.5 lbs	8 reps x 17.5 lbs		12 reps x 15 lbs	10 reps x 15 lbs		
	Set 3	8 reps x 17.5 lbs	10 reps x 17.5 lbs		12 reps x 15 lbs	12 reps x 15 lbs		
	Set 4							
Dumbbell hammer curls	Set 1	10 reps x 17.5 lbs	8 reps x 17.5 lbs		8 reps x 15 lbs	8 reps x 15 lbs		
	Set 2	8 reps x 17.5 lbs	8 reps x 17.5 lbs		10 reps x 15 lbs	8 reps x 15 lbs		
	Set 3	10 reps x 17.5 lbs	8 reps x 17.5 lbs		8 reps x 15 lbs	8 reps x 15 lbs		
	Set 4							

2.3 Legs

2.3 Legs					
Regular workout		Created by Nicholas Falke on 28 Jan 2024, last updated on 5 Feb 2024.			
est. 46 minutes					
Equipment					
Dumbbell					
Incline Walk - warmup		1 set x 5 min			
Barbell squat		3 sets x 8			
Seated leg extension		3 sets x 12			
⚠ Rest 90 sec between sets					
⚠ Rest 2 min between sets					
⚠ Rest 60 sec between sets					

Seated Hip Abduction 2 sets x 12 Dismiss

Rest 60 sec between sets

Superset of 3 sets

Seated leg curl	12
Goblet Squat	8
Rest for 90 sec	

Repeat new set

Dumbbell Walking Lunge	2 sets x 8 each leg	Rest 60 sec between sets
Calf raise on leg press machi...	3 sets x 20	Rest 60 sec between sets

Dumbbell Walking Lunge

- Field packed (shoulder blades back and press shoulders down into back pockets)
- Shoulders packed (squeeze shoulder blades back and press shoulders down into back pockets)
- Elbows close to the side of the body
- Can use a small platform or stool to Dismiss heels onto (allows for a deeper squat due to a lack of ankle mobility)
- Drop the butt straight down onto "an invisible stool underneath"

Calf raise on leg press machine

1) When performing your lunges, ensure that your upper body stays over top of your back knee.
2) Front knee doesn't reach forward over top of your front toes.

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.

Barbell squat

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

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

Goblet Squat

- Brace core ("preparing for a punch to the stomach")
Hand under chin tucked ("drunken chin")

Exercise Name	Set 1		Set 2		Set 3	
Incline Walk - warmup	Distance miles					
	Time m:	s				
	Speed					
	Levels/incline					
	Calories burnt					
Barbell squat	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		
Seated leg curl	reps x	lbs	reps x	lbs	reps x	lbs
Goblet Squat	reps x	lbs	reps x	lbs	reps x	lbs
Dumbbell Walking Lunge	reps x	lbs	reps x	lbs		
Calf raise on leg press machine	reps x	lbs	reps x	lbs	reps x	lbs

EXERCISE		16 FEB 2024	8 FEB 2024	31 JAN 2024
Incline Walk - warmup	Set 1	Distance 0.27 miles	Distance 0.33 miles	Distance 0.22 miles
		Time 5 m: 40 s	Time 6 m: 16 s	Time 5 m: s
		Speed 3	Speed 3.3	Speed 3
		Levels/incline 13	Levels/incline 13	Levels/incline 10
		Calories burnt 62	Calories burnt 74	Calories burnt 43
Barbell squat	Set 1	8 reps x 60 lbs	6 reps x 50 lbs	8 reps x 50 lbs

	Set 2	10 reps x 60 lbs Dismiss	8 reps x 50 lbs	8 reps x 50 lbs
seated leg extension	Set 3	10 reps x 60 lbs	7 reps x 50 lbs	8 reps x 50 lbs
	Set 1	8 reps x 6 lbs	12 reps x 70 lbs	
	Set 2	10 reps x 6 lbs	12 reps x 70 lbs	
	Set 3	10 reps x 6 lbs	12 reps x 70 lbs	
Seated Hip Abduction	Set 1	15 reps x 145 lbs	10 reps x 70 lbs	
	Set 2	15 reps x 145 lbs	12 reps x 80 lbs	
	Set 3			
Seated leg curl	Set 1	10 reps x 85 lbs	12 reps x 70 lbs	
	Set 2	12 reps x 85 lbs	12 reps x 70 lbs	
	Set 3	12 reps x 85 lbs	15 reps x 85 lbs	
Goblet Squat	Set 1	10 reps x 48 lbs	10 reps x 44 lbs	
	Set 2	10 reps x 48 lbs	12 reps x 44 lbs	
	Set 3	10 reps x 48 lbs	12 reps x 44 lbs	
Dumbbell Walking Lunge	Set 1	8 reps x 25 lbs	8 reps x 25 lbs	
	Set 2	8 reps x 25 lbs	8 reps x 25 lbs	
Calf raise on leg press machine	Set 1	20 reps x 180 lbs	20 reps x 140 lbs	
	Set 2	20 reps x 180 lbs	22 reps x 140 lbs	
	Set 3	20 reps x 180 lbs	22 reps x 140 lbs	
Dumbbell Romanian Deadlift	Set 1			8 reps x 35 lbs
	Set 2			8 reps x 35 lbs
	Set 3			

2.4 Chest + Back + Shoulders

2.4 Chest + Back + Shoulders

Regular workout

Created by Nicholas Falke on 28 Jan 2024, last updated on 28 Jan 2024.

est. 59 minutes

Incline Walk - warmup

1 set x 5 min

Rest 90 sec between sets

	Dumbbell shoulder press	4 sets x 8	Rest 2 min between sets
	Pull ups	3 sets x 10 Dismiss	Rest 90 sec between sets
	Cable fly	3 sets x 12	Rest 60 sec between sets
	Dumbbell Incline Bench press.	3 sets x 8	Rest 90 sec between sets
Superset of 3 sets			
	Dumbbell lateral raises	12	
	Dumbbell Rear Delt Flyes	max	
	Rest for 60 sec		
	Repeat new set		
Superset of 3 sets			
	Lat pulldown	12	
	Incline push ups	max	
	Rest for 90 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.



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



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



Cable fly



Dumbbell Incline Bench press.

- Brace core ("preparing for a punch to the stomach")
- Feet screwed into the ground Dismiss
- 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 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 ups

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			
Dumbbell shoulder press	reps x lbs	reps x lbs	reps x lbs	reps x lbs
Pull ups	reps x lbs	reps x lbs	reps x lbs	reps x lbs
Cable fly	reps x lbs	reps x lbs	reps x lbs	reps x lbs
Dumbbell Incline Bench press.	reps x lbs	reps x lbs	reps x lbs	reps x lbs
Dumbbell lateral raises	reps x lbs	reps x lbs	reps x lbs	reps x lbs
Dumbbell Rear Delt Flyes	reps x lbs	reps x lbs	reps x lbs	reps x lbs
Lat pulldown	reps x lbs	reps x lbs	reps x lbs	reps x lbs
Incline push ups	reps x lbs	reps x lbs	reps x lbs	reps x lbs

Previous Stats

EXERCISE	Dismiss	9 FEB 2024
Incline Walk - warmup	Set 1	Distance 0.25 miles Time 5 m: s Speed 3.3 Levels/incline 13 Calories burnt 57
Dumbbell shoulder press	Set 1	10 reps x 30 lbs
	Set 2	10 reps x 30 lbs
	Set 3	10 reps x 30 lbs
	Set 4	10 reps x 30 lbs
Pull ups	Set 1	9 reps x 50 lbs
	Set 2	9 reps x 50 lbs
	Set 3	7 reps x 50 lbs
Cable fly	Set 1	10 reps x 17.5 lbs
	Set 2	10 reps x 17.5 lbs
	Set 3	10 reps x 17.5 lbs
Dumbbell Incline Bench press.	Set 1	8 reps x 35 lbs
	Set 2	8 reps x 35 lbs
	Set 3	8 reps x 35 lbs
Dumbbell lateral raises	Set 1	
	Set 2	
	Set 3	
Dumbbell Rear Delt Flyes	Set 1	
	Set 2	
	Set 3	
Lat pulldown	Set 1	
	Set 2	
	Set 3	

Incline push ups	Set 1
	Set 2
	Set 3

2.5 Legs + Arms

2.5 Legs + Arms

Regular workout

Created by Nicholas Falke on 28 Jan 2024, last updated on 28 Jan 2024.

est. 59 minutes

Equipment



Incline Walk - warmup	1 set x 5 min	⚠ Rest 90 sec between sets
Leg press machine	4 sets x 8	⚠ Rest 2 min between sets
Leg press machine	1 set x 20	⚠ Rest 90 sec between sets
seated leg extension	3 sets x 10	⚠ Rest 60 sec between sets
Seated leg curl	3 sets x 10	⚠ Rest 60 sec between sets
Machine Standing Calf Raise	3 sets x 15	⚠ Rest 45 sec between sets

Superset of 3 sets

Cable bicep curls	10
Cable tricep pushdown	10
Rest for 90 sec	

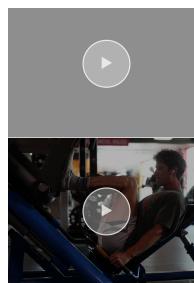
⟳ Repeat new set

Superset of 3 sets

Dumbbell Overhead Tricep E...	10
Dumbbell hammer curls	10
Rest for 90 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.

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 foot placement = more hamstring recruitment
- Lower foot 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



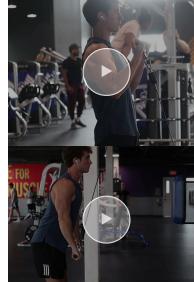
Seated leg curl

- 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



Machine Standing Calf Raise

Stand straight at a standing calf raise machine with your shoulders under the pads and your heels hanging off the foot step. Begin by raising up on your toes as high as you can go, pause, and then return to the starting position.



Cable bicep curls



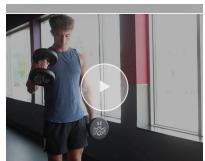
Cable tricep pushdown

- 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 Overhead Tricep Extension

- 1) For this exercise, keep your elbows pointing straight up to the ceiling and in line with one another.
- 2) Arm should be parallel and in line with your ear when you extend over top of your head as well as in the downward position.



Dumbbell hammer curls

- Brace core ("preparing for a punch")
- 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			
Leg press machine	reps x lbs	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	
Machine Standing Calf Raise	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 Overhead Tricep Extension	reps x lbs	reps x lbs	reps x lbs	
Dumbbell hammer curls	reps x lbs	reps x lbs	reps x lbs	

Previous Stats

EXERCISE		11 FEB 2024
Incline Walk - warmup	Set 1	Distance 1 miles Time 10 m: 20 s Speed 6 Levels/incline 2 Calories burnt 134
Leg press machine	Set 1	8 reps x 110 lbs
	Set 2	8 reps x 110 lbs
	Set 3	8 reps x 110 lbs
	Set 4	8 reps x 110 lbs
Leg press machine	Set 1	20 reps x 50 lbs
Seated leg extension	Set 1	10 reps x 75 lbs

Seated leg extension	Set 1	Dismiss	12 reps x 75 lbs
Seated leg curl	Set 1		10 reps x 75 lbs
	Set 2		12 reps x 75 lbs
	Set 3		12 reps x 75 lbs
Calf raise on leg press machine	Set 1		15 reps x 145 lbs
	Set 2		15 reps x 145 lbs
	Set 3		15 reps x 145 lbs
Cable bicep curls	Set 1		15 reps x 50 lbs
	Set 2		12 reps x 60 lbs
	Set 3		12 reps x 60 lbs
Cable tricep pushdown	Set 1		12 reps x 80 lbs
	Set 2		12 reps x 80 lbs
	Set 3		12 reps x 80 lbs
Dumbbell Overhead Tricep Extension	Set 1		10 reps x 35 lbs
	Set 2		12 reps x 30 lbs
	Set 3		10 reps x 30 lbs
Dumbbell hammer curls	Set 1		12 reps x 20 lbs
	Set 2		10 reps x 20 lbs
	Set 3		12 reps x 20 lbs

Abs

Abs			
Regular workout		Created by Nicholas Falke on 28 Jan 2024, last updated on 28 Jan 2024.	
est. 16 minutes			
	Ab Pulldown	3 sets x 8	⚠ Rest 60 sec between sets
	Decline Russian Twist	12 each side	

Decline bench crunches **12** Dismiss

Rest for 90 sec

Repeat new set

Ab Pulldown
How To: Ab Pulldown

Decline Russian Twist
Decline Russian Twist

Decline bench crunches

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

Exercise Name	Set 1	Set 2	Set 3
Ab Pulldown	reps x lbs	reps x lbs	reps x lbs
Decline Russian Twist	reps x lbs	reps x lbs	reps x lbs
Decline bench crunches	reps x lbs	reps x lbs	reps x lbs

Previous Stats

EXERCISE	Set 1	Set 2	Set 3
Ab Pulldown	Set 1	15 reps x 65 lbs	12 reps x 65 lbs
	Set 2	15 reps x 65 lbs	12 reps x 75 lbs
	Set 3	15 reps x 65 lbs	12 reps x 85 lbs
Decline Russian Twist	Set 1	10 reps x 20 lbs	12 reps x 20 lbs
	Set 2	12 reps x 20 lbs	12 reps x 20 lbs
	Set 3	12 reps x 20 lbs	12 reps x 20 lbs
Decline bench crunches	Set 1	12 reps x 20 lbs	

Set 2 Dismiss

Set 3 Dismiss

Abs 2

Abs 2

Regular workout Created by Nicholas Falke on 28 Jan 2024, last updated on 28 Jan 2024.

est. 21 minutes

Superset of 3 sets

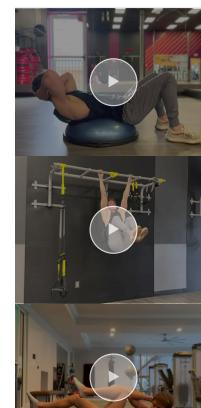
Bosu Ball Crunch	12
Hanging Knee Raise	12
Rest for 90 sec	

Repeat new set

Superset of 3 sets

Bicycle crunches	12 each
Knee up crunches	12
Rest for 90 sec	

Repeat new set



Bosu Ball Crunch

Hanging Knee Raise

Bicycle crunches



Knee up crunches

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
Bosu Ball Crunch						
Hanging Knee Raise						
Bicycle crunches						
Knee up crunches						

Previous Stats

EXERCISE		8 FEB 2024
Bosu Ball Crunch	Set 1	
	Set 2	
	Set 3	
Knee Raise on elbows	Set 1	
	Set 2	
	Set 3	
Bicycle crunches	Set 1	
	Set 2	
	Set 3	
Knee up crunches	Set 1	
	Set 2	
	Set 3	