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NAME FRANKLIN DICKINSON DATE

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## Phase 9

4 weeks (16 Sep 2024 - 13 Oct 2024)

### 9.1 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.

#### 9.1 Push

Regular workout

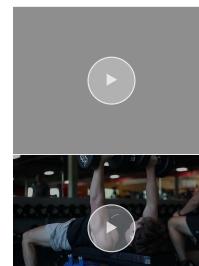
Created by Nicholas Falke on 11 Sep 2024, last updated on 15 Sep 2024.

est. 51 minutes

#### 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 bench press.	3 sets x 8	⚠ 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
	Dumbbell Lateral Raise Part...	1 set x max	⚠ Rest 30 sec between sets
	Cable fly crossovers	3 sets x 10	⚠ Rest 60 sec between sets
	Dips	2 sets x max	⚠ Rest 60 sec between sets
	Cable tricep pushdown	3 sets x max	⚠ Rest 60 sec between sets



#### Jog

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



#### 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
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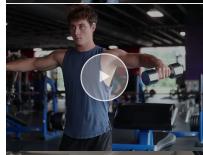


### Dumbbell shoulder press

- 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



### Machine chest fly



### 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 Lateral Raise Partials



### 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



### Dips



### 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

### Tracking Sheet

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

Exercise Name	Set 1	Set 2	Set 3

Jog	Distance Time Speed Levels/incline Calories burnt	m: s	Dismiss	
Dumbbell bench press.	reps x lbs		reps x lbs	reps x lbs
Dumbbell shoulder press	reps x lbs		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
Dumbbell Lateral Raise Partials	reps x lbs			
Cable fly crossovers	reps x lbs		reps x lbs	reps x lbs
Dips	reps x lbs		reps x lbs	
Cable tricep pushdown	reps x lbs		reps x lbs	reps x lbs

### Previous Stats

## 9.2 Pull

### 9.2 Pull

#### Regular workout

Created by Nicholas Falke on 11 Sep 2024, last updated on 15 Sep 2024.

est. 50 minutes

#### Equipment



Cable

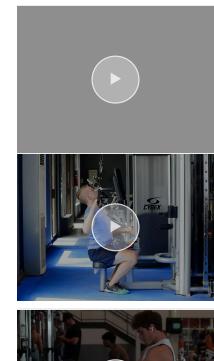
	Jog	1 set x 5 min	▼ Rest 90 sec between sets
	Lat Machine Single Arm Wid...	3 sets x 10 each	▼ Rest 90 sec between sets
	Cable rows	3 sets x 10	▼ Rest 90 sec between sets
	Standing Cable Pullover	3 sets x 10	▼ Rest 90 sec between sets
	Cable Face Pull	3 sets x 12 (lighter weight)	▼ Rest 60 sec between sets

#### Superset of 3 sets

	Dumbbell Rear Delt Flyes	8
	Ez bar bicep curls	max
	Rest for 60 sec	

Repeat new set

	Single arm cable curls	3 sets x max each	▼ Rest 60 sec between sets
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### Jog

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



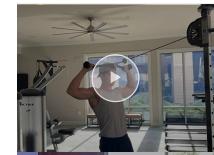
### Lat Machine Single Arm Wide Grip

1. Grasp the handle with your arm extended straight overhead, palm facing in.
2. Pull the handle down in front to the top of your chest.
3. Straighten your arm, returning the handle to the starting position, going through a full range of motion.
4. Repeat. 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



### 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



### Dumbbell Rear Delt Flyes

How to do Dumbbell Rear Delt Flyes



### 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

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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		
Lat Machine Single Arm Wide Grip	reps x lbs	reps x lbs	reps x lbs
Cable 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
Dumbbell Rear Delt Flyes	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

## 9.3 Legs

### 9.3 Legs

Regular workout

Created by Nicholas Falke on 11 Sep 2024, last updated on 15 Sep 2024.

est. 52 minutes

#### Equipment

Body weight

Jog	1 set x 5 min	⚠ Rest 90 sec between sets
Leg press machine	3 sets x 8	⚠ Rest 2 min between sets
Single leg leg press machine	2 sets x max each	⚠ Rest 60 sec between sets
Calf raise on leg press machi...	3 sets x 15	⚠ Rest 60 sec between sets
Dumbbell Walking Lunges	3 sets x (can use bodyweight)	⚠ Rest 90 sec between sets
seated leg extension	3 sets x 10	⚠ Rest 90 sec between sets
Seated leg curl	3 sets x 10	⚠ Rest 90 sec between sets
Wall Sit	2 sets x max	⚠ Rest 60 sec between sets

[Dismiss](#)**Jog**

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

**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

**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 forefront 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 Walking Lunges****Dumbbell Walking Lunge****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

**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.

[Dismiss](#)**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		
Leg press machine	reps x lbs	reps x lbs	reps x lbs
Single leg leg press machine	reps x lbs	reps x lbs	
Calf raise on leg press machine	reps x lbs	reps x lbs	reps x lbs
Dumbbell Walking Lunges	reps x lbs	reps x lbs	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
Wall Sit	sec	sec	sec

**Previous Stats**

EXERCISE	10 OCT 2024	2 OCT 2024	25 SEP 2024	18 SEP 2024
Jog	Distance 1.6 miles	Distance 1.5 miles	Distance 1.5 miles	Distance 1.25 miles
	Time 15 m: 4 s	Time 14 m: 8 s	Time 14 m: 5 s	Time 12 m: 55 s
	Speed 6.5	Speed 6.5	Speed 6.5	Speed 6.5
	Levels/incline 2	Levels/incline 2	Levels/incline 2	Levels/incline 2
	Calories burnt 225	Calories burnt 211	Calories burnt 218	Calories burnt 186
Leg press machine	Set 1 8 reps x 160 lbs	8 reps x 180 lbs	8 reps x 180 lbs	8 reps x 160 lbs
	Set 2 8 reps x 160 lbs	8 reps x 160 lbs	8 reps x 180 lbs	8 reps x 160 lbs
	Set 3 8 reps x 160 lbs	8 reps x 180 lbs	8 reps x 180 lbs	8 reps x 160 lbs
Single leg leg press machine	Set 1 8 reps x 70 lbs	8 reps x 70 lbs	8 reps x 70 lbs	6 reps x 70 lbs
	Set 2 8 reps x 70 lbs	8 reps x 70 lbs	8 reps x 70 lbs	6 reps x 70 lbs
Calf raise on leg press machine	Set 1 20 reps x 70 lbs	20 reps x 70 lbs	20 reps x 70 lbs	20 reps x 70 lbs
	Set 2 20 reps x 70 lbs	20 reps x 70 lbs	20 reps x 70 lbs	20 reps x 70 lbs
	Set 3 20 reps x 70 lbs	202 reps x 70 lbs	20 reps x 70 lbs	20 reps x 70 lbs

Dumbbell Walking Lunges	Set 1	10 reps x 22.5 lbs	10 reps x 22.5 lbs	10 reps x 22.5 lbs	10 reps x 22.5 lbs
	Set 2	10 reps x 22.5 lbs	Dismiss 10 reps x 22.5 lbs	10 reps x 22.5 lbs	10 reps x 22.5 lbs
	Set 3	10 reps x 22.5 lbs	10 reps x 22.5 lbs	10 reps x 22.5 lbs	10 reps x 22.5 lbs
seated leg extension	Set 1	12 reps x 70 lbs	12 reps x 70 lbs	12 reps x 70 lbs	10 reps x 70 lbs
	Set 2	12 reps x 70 lbs	10 reps x 70 lbs	12 reps x 70 lbs	12 reps x 70 lbs
	Set 3	15 reps x 70 lbs	10 reps x 70 lbs	12 reps x 70 lbs	12 reps x 70 lbs
Seated leg curl	Set 1	15 reps x 70 lbs	12 reps x 70 lbs	12 reps x 70 lbs	10 reps x 70 lbs
	Set 2	15 reps x 70 lbs	12 reps x 70 lbs	15 reps x 70 lbs	10 reps x 70 lbs
	Set 3	15 reps x 70 lbs	12 reps x 70 lbs	15 reps x 70 lbs	10 reps x 70 lbs
Wall Sit	Set 1	60 sec	60 sec	60 sec	60 sec
	Set 2	60 sec	60 sec	60 sec	60 sec

## 9.4 Upper Body

### 9.4 Upper Body

Regular workout

Created by Nicholas Falke on 11 Sep 2024, last updated on 15 Sep 2024.

est. 54 minutes

Equipment



Kettlebell

Jog	1 set x 5 min	▼ Rest 90 sec between sets
Pull ups	2 sets x max	▼ Rest 60 sec between sets
Kettlebell Bent Over Row	3 sets x 10	▼ Rest 90 sec between sets
Dumbbell Incline Bench press.	3 sets x 8	▼ Rest 90 sec between sets
Dumbbell standing shoulder ...	3 sets x 10	▼ Rest 90 sec between sets
Lat pulldown	3 sets x 10	▼ Rest 60 sec between sets

Superset of 3 sets

Machine chest fly	8
Machine rear delt fly	8

Rest for 60 sec

Repeat new set

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Dumbbell lateral raises

3 sets x 12

▼ Rest 60 sec between sets



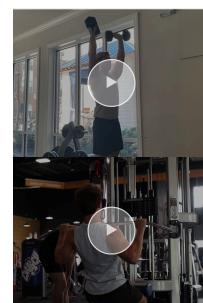
Jog

- 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



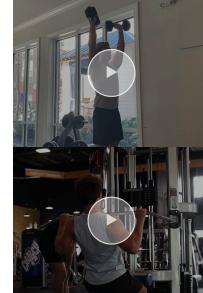
Kettlebell Bent Over Row

- 1) When performing this exercise, maintain a safe back by holding a slightly arched or neutral spine throughout.
- 2) Grab the kettlebell and pull it to your stomach, retracting your shoulder blade and flexing the elbow.
- 3) Lower and Repeat.



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



Lat pulldown

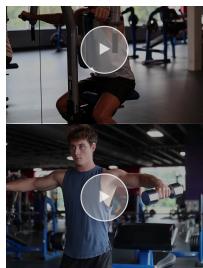
- Brace core
- Lower half of the body locked against leg pads
- Feet screwed into the ground
- Aim to pack the shoulders while driving the elbows into back pockets
- Lean slightly back while pulling, careful not to use momentum.
- Recommended: Tight and slightly outside shoulder width grip on the bar



Machine chest fly



Machine rear delt fly



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### 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	
Kettlebell Bent Over Row	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
Lat pulldown	reps x lbs	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 lateral raises	reps x lbs	reps x lbs	reps x lbs

### Previous Stats

EXERCISE		11 OCT 2024	5 OCT 2024	27 SEP 2024
jog	Set 1			Distance 1.06 miles Time 10 m: 50 s Speed 6 Levels/incline 2 Calories burnt 150
Pull ups	Set 1	10 reps x 50 lbs	10 reps x 50 lbs	10 reps x 62.5 lbs
	Set 2	10 reps x 50 lbs	8 reps x 50 lbs	10 reps x 62.5 lbs
Kettlebell Bent Over Row	Set 1	12 reps x 26 lbs	10 reps x 26 lbs	10 reps x 22 lbs
	Set 2	12 reps x 26 lbs	10 reps x 26 lbs	12 reps x 22 lbs

Dumbbell Incline Bench press.	Set 3	15 reps x 26 lbs Dismiss	12 reps x 26 lbs	12 reps x 22 lbs
	Set 1	12 reps x 35 lbs	10 reps x 40 lbs	8 reps x 40 lbs
	Set 2	12 reps x 35 lbs	8 reps x 40 lbs	10 reps x 40 lbs
Dumbbell standing shoulder presses	Set 3	12 reps x 38 lbs	10 reps x 40 lbs	10 reps x 40 lbs
	Set 1	10 reps x 22.5 lbs	10 reps x 22.5 lbs	10 reps x 22.5 lbs
	Set 2	10 reps x 22.5 lbs	9 reps x 22.5 lbs	10 reps x 22.5 lbs
Lat pulldown	Set 3	10 reps x 22.5 lbs	8 reps x 22.5 lbs	10 reps x 22.5 lbs
	Set 1	12 reps x 85 lbs	12 reps x 70 lbs	12 reps x 70 lbs
	Set 2	12 reps x 85 lbs	10 reps x 85 lbs	12 reps x 70 lbs
Machine chest fly	Set 3	12 reps x 85 lbs	10 reps x 85 lbs	12 reps x 70 lbs
	Set 1	12 reps x 85 lbs	10 reps x 85 lbs	12 reps x 70 lbs
	Set 2	12 reps x 85 lbs	10 reps x 85 lbs	12 reps x 85 lbs
Machine rear delt fly	Set 3	12 reps x 85 lbs	8 reps x 85 lbs	10 reps x 85 lbs
	Set 1	12 reps x 40 lbs	10 reps x 40 lbs	10 reps x 40 lbs
	Set 2	12 reps x 55 lbs	10 reps x 40 lbs	12 reps x 55 lbs
Dumbbell lateral raises	Set 3	10 reps x 55 lbs	12 reps x 40 lbs	12 reps x 55 lbs
	Set 1	12 reps x 15 lbs	12 reps x 15 lbs	12 reps x 15 lbs
	Set 2	15 reps x 15 lbs	12 reps x 15 lbs	12 reps x 15 lbs
	Set 3	12 reps x 15 lbs	12 reps x 15 lbs	12 reps x 15 lbs

## 9.5 Legs + Arms

### 9.5 Legs + Arms

Created by Nicholas Falke on 11 Sep 2024, last updated on 15 Sep 2024.

est. 54 minutes

#### Equipment



Cable      Dumbbell

Jog	1 set x 5 min	Rest 90 sec between sets
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**Superset of 3 sets**

	Dumbbell Romanian Deadlift	10	
	Goblet Squat	10	

Rest for 90 sec

Repeat new set

	Bodyweight Side Lunges	3 sets x 8 each	
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**Superset of 3 sets**

	Dumbbell Overhead Tricep E...	8
	Machine preacher curl	8

Rest for 60 sec

Repeat new set

**Superset of 3 sets**

	Dumbbell Skull Crusher	8
	Dumbbell hammer curls	max

Rest for 60 sec

Repeat new set

	Cable Tricep Kickback	3 sets x max each	
	Single arm cable curls	3 sets x max each	

**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 (you should feel a stretch in the back of your legs)
- Press the hips back forward, squeezing the glutes at the top of the rep

**Goblet Squat**

- 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)
- Elbows close to the side of the body
- Can use a small platform or stool to elevate heels onto (allows for a deeper squat due to a lack of ankle mobility)
- Drop the butt straight down onto "an invisible stool underneath"

**Bodyweight Side Lunges****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.

**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 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

**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	Distance miles	Set 2	Set 3
Jog	Time m: s		
	Speed		
	Levels/incline		
	Calories burnt		
Dumbbell Romanian Deadlift	reps x lbs	reps x lbs	reps x lbs
Goblet Squat	reps x lbs	reps x lbs	reps x lbs
Bodyweight Side Lunges	reps x lbs	reps x lbs	reps x lbs
Dumbbell Overhead Tricep Extension	reps x lbs	reps x lbs	reps x lbs
Machine preacher curl	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
Cable Tricep Kickback	reps x lbs	reps x lbs	reps x lbs
Single arm cable curls	reps x lbs	reps x lbs	reps x lbs

#### Previous Stats

## Abs

Abs	
Regular workout	Created by Nicholas Falke on 11 Sep 2024, last updated on 11 Sep 2024.
est. 13 minutes	
<b>Superset of 3 sets</b>	
 Plate Russian Twist	12 each
 Knee up crunches	12
 Heel taps	15 each
 Flutter Kicks	30 sec
 Rest for 60 sec	
 Repeat new set	



#### Plate Russian Twist

- 1) Sit on the floor, and with both hands hold a plate out in front you with arms slightly bent.
- 2) Slightly lean your upper body backwards, until it's against the floor.
- 3) Begin by curling your body up, and twisting to the left while keeping the plate held out in front.



4) Pause, and slowly return to start. Repeat with other side.

#### Knee up crunches





#### Heel taps



#### Flutter Kicks

#### Tracking Sheet

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

Exercise Name	Set 1	Set 2	Set 3
Plate Russian Twist	reps x lbs	reps x lbs	reps x lbs
Knee up crunches	reps x lbs	reps x lbs	reps x lbs
Heel taps	reps x lbs	reps x lbs	reps x lbs
Flutter Kicks	reps x lbs	reps x lbs	reps x lbs

#### Previous Stats

EXERCISE	9 OCT 2024	24 SEP 2024	17 SEP 2024
Plate Russian Twist	Set 1 12 reps x 25 lbs	12 reps x 10 lbs	12 reps x 10 lbs
	Set 2 12 reps x 25 lbs	20 reps x 25 lbs	
	Set 3 15 reps x 25 lbs		
Knee up crunches	Set 1		
	Set 2		
	Set 3		
Heel taps	Set 1		
	Set 2		
	Set 3		
Flutter Kicks	Set 1		
	Set 2		
	Set 3		

	Set 2	
	Set 3	
		Dismiss

## abs 2

abs 2

Regular workout

Created by Nicholas Falke on 11 Sep 2024, last updated on 11 Sep 2024.

est. 12 minutes

	Weighted lateral flexion	3 sets x 15 each	⚠ Rest 60 sec between sets
	Bosu Ball Crunch	3 sets x 15	⚠ Rest 60 sec between sets



Weighted lateral flexion



Bosu Ball Crunch

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

Exercise Name	Set 1	Set 2	Set 3
Weighted lateral flexion	reps x lbs	reps x lbs	reps x lbs
Bosu Ball Crunch	reps x lbs	reps x lbs	reps x lbs

### Previous Stats

EXERCISE	Set 1	4 OCT 2024	27 SEP 2024
Weighted lateral flexion	Set 1	10 reps x 26 lbs	15 reps x 26 lbs
	Set 2	10 reps x 26 lbs	15 reps x 26 lbs
	Set 3	10 reps x 26 lbs	
Bosu Ball Crunch	Set 1		

	Set 2	
	Set 3	
		Dismiss

## BW Lower + abs

BW Lower + abs

Regular workout

Created by Nicholas Falke on 11 Sep 2024, last updated on 11 Sep 2024.

est. 47 minutes

Equipment



Body weight Mat

	Jog	1 set x 5 min	⚠ Rest 90 sec between sets
	Alternating Jump Lunge	3 sets x 10 each	⚠ Rest 60 sec between sets

Superset of 3 sets

	Wall Sit	60 sec
	Squat Jump	15
	Rest for 90 sec	

Repeat new set

Superset of 3 sets

	Body Weight Single Leg Deadlift	12 each
	Box Pistol Squat	8 each
	Rest for 60 sec	

Repeat new set

Superset of 3 sets

	Bicycle Crunch	10 each
	Hollow Body Hold Flutter Kicks	30 sec
	Rest for 60 sec	

Repeat new set

	Burpee	3 sets x 15
		⚠ Rest 60 sec between sets

[Dismiss](#)**Jog**

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

**Alternating Jump Lunge**

- 1) When you're in the lunge position, keep your legs, knees and body all at 90 degrees to one another.
- 2) When you jump, you land with a soft knee right back into the lunge position with your upper body over top of the back knee.
- 3) Repeat.

**Wall Sit**

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

**Squat Jump**

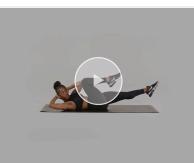
1. Start by slowly descending into a squat by sitting back into your hips and knees.
2. Push the floor away and fully extend your hips and knees, leaving the floor as you come upwards.
3. Land softly under control while keeping the knees in line with your hips and feet, not allowing them to cave inwards.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

**Body Weight Single Leg Deadlift**

- 1) When performing this exercise, ensure that your upper body maintains a safe position for your back. Chest up, a slight arch or neutral spine.
- 2) Stand on one leg and tip at the hips sitting back into your heel on your standing leg.
- 3) Squeeze your glutes and stand.
- 4) Repeat.

**Box Pistol Squat**

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

**Bicycle Crunch**

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

**Hollow Body Hold Flutter Kicks**

- 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	
	Distance Time Speed Levels/incline	m: s	reps	reps	reps	reps
Jog						
Alternating Jump Lunge			reps	reps	reps	reps
Wall Sit		sec		sec		sec
Squat Jump			reps	reps	reps	reps
Body Weight Single Leg Deadlift			reps	reps	reps	reps
Box Pistol Squat	reps x lbs		reps x lbs	reps x lbs	reps x lbs	reps x lbs
Bicycle Crunch			reps	reps	reps	reps
Hollow Body Hold Flutter Kicks			reps	reps	reps	reps
Burpee			reps	reps	reps	reps

**Previous Stats**

EXERCISE	

**BW Upper****BW Upper**

Regular workout

Created by Nicholas Falke on 11 Sep 2024, last updated on 11 Sep 2024.

est. 51 minutes

**Equipment**

Body weight

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

	Push Up	3 sets x 10-15 wide grip	Rest 60 sec between sets
	Diamond Push Up	3 sets x max	Rest 60 sec between sets

#### Superset of 3 sets

	Mountain Climber	20 each
	Sit Up	10
	Rest for 90 sec	

Repeat new set

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

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

Repeat new set

	<b>Jog</b> -Keep it light -Goal: Warm up muscles/break a sweat
	<b>Decline Push Up</b> 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.
	<b>Push Up</b> 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.
	<b>Diamond Push Up</b> 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.

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**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		
Jog				
Decline Push Up			reps	reps
Push Up			reps	reps
Diamond Push Up			reps	reps

	reps		reps		reps	
	reps	Dismiss	reps		reps	
Sit Up						
Piked Push Up						
Side Plank Dip	reps x	lbs	reps x	lbs	reps x	lbs
Reverse Crunch		reps		reps		reps

## Previous Stats

EXERCISE	

## BW Upper Body

### BW Upper Body

Regular workout

Created by Nicholas Falke on 11 Sep 2024, last updated on 11 Sep 2024.

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	

Dismiss



**Jog**

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



**Push Up**

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



**Plank To Push Up**

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



**Piked Push Up**

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



**Bench Dip**

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



**Incline Push Up**

1.Using an object to create an incline with your body, support your body on your toes, legs and arms straight.  
2.Lower your chest, elbows bent.  
3.Push up to a straight arm, returning to starting position.  
4.Return.



**Toe Crunch**

1) Lie in your back and as best as you can, straighten your legs up into the air. You might need to bend your knees if your hamstrings are too tight.  
2) From here, roll your rib cage up and reach for your toes and then back down.  
3) If it's too easy, try reaching farther into the bottom of your feet.



**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.

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4) Sit up and touch the heel alternately, left to right as you stay up and crunch forward.



#### Lying Straight Leg Raise

1. For this exercise, keep your core engaged, especially when you're lifting your feet up off the floor but also while they're returning and getting close to the ground again.
2. Lie with your back flat on a ground and your legs extended in front of you.
3. Place your hands on your sides with your palms down.
4. As you keep your legs extended, straight as possible, raise your legs until they make a 90-degree angle with the floor. Exhale as you perform this portion of the movement and hold the contraction at the top for a second.
5. As you inhale, slowly lower your legs back down to the starting position.

#### Tracking Sheet

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

Exercise Name	Set 1	Set 2	Set 3
Jog	Distance miles Time m: s Speed Levels/incline Calories burnt		
Push Up	reps	reps	reps
Plank To Push Up	reps	reps	reps
Piked Push Up	reps	reps	reps
Bench Dip	reps	reps	reps
Incline Push Up	reps	reps	reps
Toe Crunch	reps	reps	reps
Crunch Heel Tap	reps	reps	reps
Lying Straight Leg Raise	reps	reps	reps

#### Previous Stats

EXERCISE	