

Format: Default format ▼ PRINT

NAME FRANKLIN DICKINSON DATE

Dismiss

## Phase 3

3 weeks (4 Mar 2024 - 31 Mar 2024)

### 3.1 Push

#### 3.1 Push

Regular workout

Created by Nicholas Falke on 3 Mar 2024, last updated on 3 Mar 2024.

est. 55 minutes

#### Equipment



	Jog	1 set x 5 min	⚠ Rest 90 sec between sets
	Dumbbell bench press.	3 sets x 8	⚠ Rest 90 sec between sets
	Dumbbell Incline Bench press.	3 sets x 10	⚠ Rest 90 sec between sets

#### Superset of 3 sets

	Cable fly crossovers	10	⚠ Rest 90 sec between sets
	Standing Cable Chest Press	max	⚠ Rest 90 sec between sets
	Rest for 90 sec		

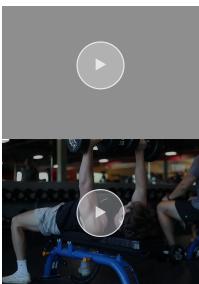
	Dumbbell Skull Crusher	3 sets x 10	⚠ Rest 90 sec between sets
--	------------------------	-------------	----------------------------

#### Superset of 3 sets

	Dumbbell Overhead Tricep E...	8	⚠ Rest 90 sec between sets
	Diamond Push Up	max	⚠ Rest 90 sec between sets
	Rest for 90 sec		

	Push ups	2 sets x max	⚠ Rest 90 sec between sets
--	----------	--------------	----------------------------

100%



JOG

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

Dismiss

4.Repeat.

**Push ups**

Dismiss

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

**Dumbbell Incline Bench press.**

- Brace core ("preparing for a punch to the stomach")
- Feet screwed into the ground
- Shoulders packed (squeeze shoulder blades back and press shoulders down into back pockets) \*Mostly upper back should make contact w/ bench

- Head packed/chin tucked ("double chin")
- Slowly descend elbows until wrists are even w/ chest
- Drive forearms up and squeeze at the top

**Cable fly crossovers**

- Brace core ("preparing for a punch to the stomach")
- Head packed/chin tucked ("double chin")
- Shoulders packed (squeeze shoulder blades back and press shoulders down into back pockets)
- Feet screwed into the ground, about shoulder width apart or staggered stance forward
- Wrists and elbows locked/stabilized
- Initially, pull the cables out forward a couple of steps to create constant tension
- Just moving at the shoulder joint, guide the arms from an out wide position to across the chest position without bending at the elbow

**Standing Cable Chest Press**

- Brace core ("preparing for a punch to the stomach")
- Head packed/chin tucked ("double chin")
- Shoulders packed (squeeze shoulder blades back and press shoulders down into back pockets)
- Feet screwed into the ground, about shoulder width apart or staggered stance forward
- Wrists and elbows locked/stabilized
- Initially, pull the cables out forward a couple of steps to create constant tension
- Just moving at the shoulder joint, drive the forearms forward from an out wide position to in front of the chest position

**Dumbbell Skull Crusher**

r

**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.

**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.

**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				
Dumbbell bench press.	reps x	lbs	reps x	lbs	reps x	lbs
Dumbbell Incline Bench press.	reps x	lbs	reps x	lbs	reps x	lbs
Cable fly crossovers	reps x	lbs	reps x	lbs	reps x	lbs
Standing Cable Chest Press	reps x	lbs	reps x	lbs	reps x	lbs
Dumbbell Skull Crusher	reps x	lbs	reps x	lbs	reps x	lbs
Dumbbell Overhead Tricep Extension	reps x	lbs	reps x	lbs	reps x	lbs
Diamond Push Up		reps		reps		reps
Push ups	reps x	lbs	reps x	lbs		

**Previous Stats**

EXERCISE		25 MAR 2024	21 MAR 2024
Jog	Set 1	Distance 0.5 miles	Distance 0.42 miles
		Time 5 m: 13 s	Time 5 m: s
		Speed 6	Speed 6
		Levels/incline 2	Levels/incline 2
		Calories burnt 71	Calories burnt 50
Dumbbell bench press.	Set 1	8 reps x 45 lbs	10 reps x 35 lbs
	Set 2	8 reps x 45 lbs	10 reps x 35 lbs
	Set 3	8 reps x 45 lbs	10 reps x 35 lbs
	Set 4		
Dumbbell Incline Bench press.	Set 1	9 reps x 35 lbs	10 reps x 35 lbs

	Set 2		9 reps x 35 lbs	10 reps x 35 lbs
	Set 3		9 reps x 35 lbs	
Cable fly crossovers	Set 1		8 reps x 22.5 lbs	10 reps x 17.5 lbs
	Set 2		8 reps x 22.5 lbs	10 reps x 17.5 lbs
	Set 3		8 reps x 22.5 lbs	10 reps x 17.5 lbs
Standing Cable Chest Press	Set 1		8 reps x 22.5 lbs	10 reps x 17.5 lbs
	Set 2		8 reps x 22.5 lbs	10 reps x 17.5 lbs
	Set 3		8 reps x 22.5 lbs	10 reps x 17.5 lbs
Dumbbell Skull Crusher	Set 1		8 reps x 17.5 lbs	10 reps x 15 lbs
	Set 2		10 reps x 17.5 lbs	10 reps x 15 lbs
	Set 3		10 reps x 17.5 lbs	10 reps x 15 lbs
Dumbbell Overhead Tricep Extension	Set 4			
	Set 1		10 reps x 32.5 lbs	10 reps x 30 lbs
	Set 2		10 reps x 32.5 lbs	10 reps x 30 lbs
Diamond Push Up	Set 3		10 reps x 32.5 lbs	
	Set 1		10 reps	10 reps
	Set 2		6 reps	6 reps
Push ups	Set 3			
	Set 1			
	Set 2			

## 3.2 Pull

### 3.2 Pull

Regular workout

Created by Nicholas Falke on 3 Mar 2024, last updated on 3 Mar 2024.

est. 49 minutes



Jog

1 set x 5 min

 Rest 90 sec between sets

Superset of 3 sets

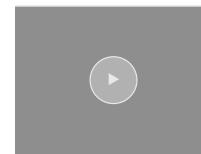


Dumbbell Rows

3 sets x 8 each

 Rest 90 sec between sets

	Cable rows	12	
	Standing Cable Pullover	max	
	Rest for 90 sec		
			
	Lat pulldown	4 sets x 10	 Rest 90 sec between sets
	Cable bicep curls	3 sets x 8	 Rest 60 sec between sets
			
	Dumbbell incline bench curls	10	
	Dumbbell hammer curls	max	
	Rest for 60 sec		
			



Jog

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



Dumbbell Rows



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



Lat pulldown

-Brace core  
-Lower half of the body locked against leg pads  
-Feet screwed into the ground



- FEET SQUEEZED 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 open shoulder width grip on the bar

[Dismiss](#)

### Cable bicep curls

### Dumbbell incline bench curls

### Dumbbell hammer curls

- Brace core ("preparing for a punch to the stomach")
- Shoulders packed (squeeze shoulder blades back and press shoulders down into back pockets)
- Elbows close to the side of the body
- Wrists locked and aligned with the forearms
- Lift forearms like a lever and squeeze at the top against the biceps

### Tracking Sheet

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

Exercise Name	Set 1	Set 2	Set 3	Set 4
Jog	Distance miles Time m: s Speed Levels/incline Calories burnt			
Dumbbell Rows	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	
Lat pulldown	reps x lbs	reps x lbs	reps x lbs	reps x lbs
Cable bicep curls	reps x lbs	reps x lbs	reps x lbs	
Dumbbell incline bench 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		28 MAR 2024	23 MAR 2024
Jog	Set 1	Distance 0.5 miles Time 5 m: s Speed 6 Levels/incline 2	Distance 0.5 miles Time 5 m: 13 s Speed 6 Levels/incline 1

		Dismiss	Calories burnt 73	Calories burnt 68
Dumbbell Rows	Set 1		8 reps x 45 lbs	8 reps x 40 lbs
	Set 2		8 reps x 45 lbs	8 reps x 40 lbs
	Set 3		8 reps x 45 lbs	8 reps x 40 lbs
Cable rows	Set 1		8 reps x 85 lbs	10 reps x 35 lbs
	Set 2		8 reps x 85 lbs	10 reps x 35 lbs
	Set 3		8 reps x 85 lbs	10 reps x 35 lbs
Standing Cable Pullover	Set 1		8 reps x 50 lbs	10 reps x 35 lbs
	Set 2		6 reps x 50 lbs	10 reps x 35 lbs
	Set 3		6 reps x 50 lbs	10 reps x 35 lbs
Lat pulldown	Set 1		10 reps x 85 lbs	10 reps x 120 lbs
	Set 2		10 reps x 85 lbs	10 reps x 120 lbs
	Set 3		8 reps x 85 lbs	10 reps x 120 lbs
	Set 4		8 reps x 85 lbs	10 reps x 120 lbs
Cable bicep curls	Set 1		8 reps x 35 lbs	8 reps x 35 lbs
	Set 2		8 reps x 35 lbs	8 reps x 35 lbs
	Set 3		8 reps x 35 lbs	8 reps x 35 lbs
Dumbbell incline bench curls	Set 1		8 reps x 17.5 lbs	10 reps x 15 lbs
	Set 2		10 reps x 15 lbs	10 reps x 15 lbs
	Set 3		10 reps x 17.5 lbs	10 reps x 15 lbs
Dumbbell hammer curls	Set 1		10 reps x 17.5 lbs	10 reps x 15 lbs
	Set 2		10 reps x 15 lbs	8 reps x 15 lbs
	Set 3		10 reps x 17.5 lbs	10 reps x 15 lbs

## 3.3 Legs

### 3.3 Legs

Regular workout

Created by Nicholas Falke on 3 Mar 2024, last updated on 3 Mar 2024.

est. 54 minutes

	Jog	1 set x 5 min		⚠ Rest 90 sec between sets
	Hip Thrust Machine	3 sets x 12		⚠ Rest 90 sec between sets
	Leg press machine	4 sets x 8		⚠ Rest 2 min between sets
	Calf raise on leg press machi...	2 sets x 20		⚠ Rest 60 sec between sets
	Dumbbell Romanian Deadlift	4 sets x 8		⚠ Rest 2 min between sets
	seated leg extension	3 sets x 12		⚠ Rest 60 sec between sets
	Seated leg curl	3 sets x 12		⚠ Rest 60 sec between sets

- Press the hips back forward, squeezing the glutes at the top of the rep


**seated leg extension**
Dismiss

- 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**
Dismiss

- 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


**Jog**

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


**Hip Thrust Machine**

Hip Thrust Machine Quick Tutorial


**Leg press machine**

- Brace core ("preparing for a punch to the stomach")
- Press back and butt flush with the backrest
- Use a tight grip on the handles (help with stability & lock in)
- Feet placement will place more load on certain parts of the legs:  
Higher feet placement = more hamstring recruitment  
Lower feet placement = more quad recruitment  
Wider stance and/or toes pointed outward = more outside leg recruitment  
Narrower stance and/or toes pointed inward = more inside leg recruitment
- Drive heels upward when pressing
- Descend the press slowly until knees are close to the chest or right before the tailbone starts to lift off of the seat


**Calf raise on leg press machine**

- Brace core ("preparing for a punch to the stomach")
- Press back and butt flush with the backrest
- Use a tight grip on the handles (help with stability & lock in)
- Feet placement will place more load on certain parts of the legs:  
Wider stance and/or toes pointed outward = more outside leg recruitment  
Narrower stance and/or toes pointed inward = more inside leg recruitment
- Just the forefoot and up to the toes should make contact with the press platform
- Aim for a full stretch at the bottom and a full squeeze at the top


**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)

#### 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	
	Distance	miles	Time	m:	s	Speed	Levels/Incline	Calories burnt
Jog								
Hip Thrust Machine	reps x	lbs	reps x	lbs		reps x	lbs	
Leg press machine	reps x	lbs	reps x	lbs		reps x	lbs	reps x lbs
Calf raise on leg press machine	reps x	lbs	reps x	lbs				
Dumbbell Romanian Deadlift	reps x	lbs	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	

#### Previous Stats

EXERCISE	30 MAR 2024	24 MAR 2024	19 MAR 2024
Jog	Set 1	Distance 0.5 miles	Distance 0.5 miles
		Time 5 m: 23 s	Time 5 m: 17 s
		Speed 6	Speed 6
		Levels/Incline 2	Levels/Incline 2
Hip Thrust Machine	Set 1	Calories burnt 71	Calories burnt 74
	Set 2		

	Set 3	12 reps x 90 lbs	12 reps x 70 lbs	
Leg press machine	Set 1	8 Dismiss lbs	8 reps x 140 lbs	8 reps x 90 lbs
	Set 2	8 reps x 140 lbs	8 reps x 140 lbs	10 reps x 90 lbs
	Set 3	8 reps x 140 lbs	8 reps x 140 lbs	10 reps x 90 lbs
	Set 4	8 reps x 140 lbs	8 reps x 140 lbs	10 reps x 90 lbs
	Set 5			
Calf raise on leg press machine	Set 1	20 reps x 160 lbs	20 reps x 140 lbs	20 reps x 90 lbs
	Set 2	20 reps x 160 lbs	20 reps x 140 lbs	20 reps x 90 lbs
Dumbbell Romanian Deadlift	Set 1	10 reps x 25 lbs	12 reps x 20 lbs	12 reps x 20 lbs
	Set 2	10 reps x 25 lbs	10 reps x 20 lbs	12 reps x 20 lbs
	Set 3	10 reps x 25 lbs	10 reps x 20 lbs	12 reps x 20 lbs
	Set 4	10 reps x 25 lbs	10 reps x 20 lbs	
seated leg extension	Set 1	10 reps x 70 lbs	12 reps x 70 lbs	12 reps x 75 lbs
	Set 2	12 reps x 70 lbs	12 reps x 70 lbs	12 reps x 75 lbs
	Set 3	12 reps x 70 lbs		12 reps x 75 lbs
Seated leg curl	Set 1	12 reps x 75 lbs	12 reps x 75 lbs	15 reps x 85 lbs
	Set 2	12 reps x 75 lbs	12 reps x 75 lbs	15 reps x 85 lbs
	Set 3	12 reps x 75 lbs	12 reps x 75 lbs	15 reps x 85 lbs
	Set 4	12 reps x 75 lbs		

## 3.4 Push

### 3.4 Push

Regular workout

Created by Nicholas Falke on 3 Mar 2024, last updated on 3 Mar 2024.

est. 55 minutes

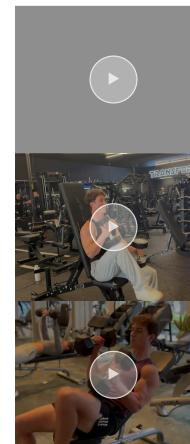
#### Equipment



Barbell

Jog	1 set x 5 min	Rest 90 sec between sets
Dumbbell shoulder press	4 sets x 8	Rest 2 min between sets
Dumbbell Incline Bench press	3 sets x 8	Rest 2 min between sets

	Dumbbell incline bench press.	3 sets x 8	Rest 2 min between sets
	Dumbbell lateral raises	3 sets x 15 Dismiss	Rest 45 sec between sets
	Barbell Close Grip Bench Press	3 sets x 12	Rest 90 sec between sets
<b>Superset of 3 sets</b>			
	Cable tricep pushdown	8	
	Cable tricep skullcrushers	max	
	Rest for 90 sec		
	Repeat new set		
	Dips	2 sets x max	Rest 90 sec between sets



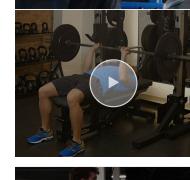
#### Jog

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



#### 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 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 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

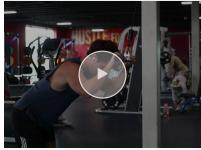
- 1) Lie on a flat bench and hold a barbell with both hands in a close grip fashion.
- 2) Lower the bar until it is touches your chest right below the nipples and then press the bar back up.
- 3) Repeat.
- 4) Keep your arms close to your sides during the whole exercise.



#### 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 Dismiss
- 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



#### Cable tricep skullcrushers

- 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)
- Head packed/chin tucked ("double chin")
- About 45 degree bend at hips, locking in the lower body
- Wrists locked and aligned with the forearms
- Drive pinkies forward away from the forehead (forearms pushed down like a lever)
- Squeeze at the end and slowly release squeeze until fists are close to forehead



#### Dips

#### 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
Jog	Distance miles Time m: s			
Dumbbell shoulder press	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	
Dumbbell lateral raises	reps x lbs	reps x lbs	reps x lbs	
Barbell Close Grip Bench Press	reps x lbs	reps x lbs	reps x lbs	
Cable tricep pushdown	reps x lbs	reps x lbs	reps x lbs	
Cable tricep skullcrushers	reps x lbs	reps x lbs	reps x lbs	
Dips	reps x lbs	reps x lbs		

#### Previous Stats

EXERCISE		31 MAR 2024	17 MAR 2024
Jog	Set 1	Distance 0.53 miles Time 5 m: 42 s Speed 6 Levels/incline 2 Calories burnt 75	Distance 0.41 miles Time 5 m: s Speed 5 Levels/incline 1 Calories burnt 58

Dumbbell shoulder press	Set 1	8 reps x 35 lbs	8 reps x 30 lbs
	Set 2	Dismiss	8 reps x 30 lbs
	Set 3	6 reps x 35 lbs	8 reps x 30 lbs
	Set 4	5 reps x 35 lbs	8 reps x 30 lbs
Dumbbell Incline Bench press.	Set 1	9 reps x 35 lbs	10 reps x 30 lbs
	Set 2	9 reps x 35 lbs	10 reps x 30 lbs
	Set 3	8 reps x 35 lbs	10 reps x 30 lbs
Dumbbell lateral raises	Set 1	10 reps x 12.5 lbs	10 reps x 12.5 lbs
	Set 2	10 reps x 12.5 lbs	10 reps x 12.5 lbs
	Set 3	10 reps x 12.5 lbs	10 reps x 12.5 lbs
	Set 4		10 reps x 12.5 lbs
Barbell Close Grip Bench Press	Set 1	8 reps x 50 lbs	9 reps x 50 lbs
	Set 2	8 reps x 50 lbs	9 reps x 50 lbs
	Set 3	8 reps x 50 lbs	9 reps x 50 lbs
Cable tricep pushdown	Set 1	10 reps x 32.5 lbs	8 reps x 35 lbs
	Set 2	12 reps x 32.5 lbs	10 reps x 35 lbs
	Set 3	10 reps x 32.5 lbs	10 reps x 35 lbs
Cable tricep skullcrushers	Set 1	12 reps x 32.5 lbs	8 reps x 35 lbs
	Set 2	10 reps x 32.5 lbs	10 reps x 35 lbs
	Set 3	10 reps x 32.5 lbs	8 reps x 35 lbs
Dips	Set 1		
	Set 2		

## 3.5 Pull

### 3.5 Pull

Regular workout

Created by Nicholas Falke on 3 Mar 2024, last updated on 3 Mar 2024.

est. 52 minutes

Equipment



## Dumbbell

	Jog	1 set x 5 min	Dismiss	Rest 90 sec between sets
	Pull ups	3 sets x max		Rest 90 sec between sets
	Hammer Strength Row	3 sets x 12		Rest 90 sec between sets
	Dumbbell Rear Delt Flyes	3 sets x 15		Rest 45 sec between sets
	Dumbbell Incline Bench Row	3 sets x 8		Rest 90 sec between sets
	Cable reverse grip bicep curls	3 sets x 12		Rest 90 sec between sets

Superset of 3 sets

	Dumbbell bicep curls	8
	Dumbbell hammer curls	max

Rest for 90 sec

Repeat new set

**Jog**

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

**Pull ups**

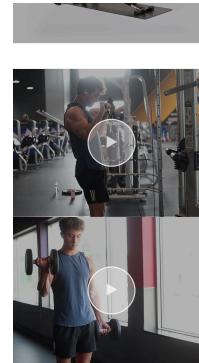
- Brace core ("preparing for a punch to the stomach")
- Slightly arched lower back
- Aim to pack the shoulders (squeeze shoulder blades back and press shoulders down into back pockets), driving the elbows into back pockets
- Recommended: Tight and slightly outside shoulder width grip on the bar

**Hammer Strength Row****Dumbbell Rear Delt Flyes**

How to do Dumbbell Rear Delt Flyes

**Dumbbell Incline Bench Row**

- 1.Lie face down on an incline bench with the dumbbells hanging at your sides, your arms straight and your palms facing in.
- 2.Curl the weights up to shoulder level.



3.Lower down returning to starting position.

4.Repeat.

Dismiss

**Cable reverse grip bicep curls****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 at the top against the biceps

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

Exercise Name	Set 1	Set 2	Set 3
Jog	Distance miles Time m: s Speed Levels/incline Calories burnt		
Pull ups	reps x lbs	reps x lbs	reps x lbs
Hammer Strength Row	reps x lbs	reps x lbs	reps x lbs
Dumbbell Rear Delt Flyes	reps x lbs	reps x lbs	reps x lbs
Dumbbell Incline Bench Row	reps x lbs	reps x lbs	reps x lbs
Cable reverse grip bicep curls	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	18 MAR 2024
	Distance 0.41 miles
	Time 5 m: s

Jog	Set 1	<span>Dismiss</span>	Speed 5 Levels/Incline 2 Calories burnt 60
Pull ups	Set 1		7 reps x 60 lbs
	Set 2		6 reps x 60 lbs
	Set 3		5 reps x 60 lbs
Machine chest press	Set 1		10 reps x 125 lbs
	Set 2		12 reps x 125 lbs
	Set 3		12 reps x 125 lbs
Dumbbell Rear Delt Flyes	Set 1		12 reps x 12.5 lbs
	Set 2		12 reps x 12.5 lbs
	Set 3		12 reps x 12.5 lbs
Dumbbell Incline Bench Row	Set 1		25 reps x 8 lbs
	Set 2		25 reps x 10 lbs
	Set 3		25 reps x 12 lbs
Cable reverse grip bicep curls	Set 1		12 reps x 22.5 lbs
	Set 2		12 reps x 22.5 lbs
	Set 3		12 reps x 22.5 lbs
Dumbbell bicep curls	Set 1		10 reps x 15 lbs
	Set 2		10 reps x 15 lbs
	Set 3		
Dumbbell hammer curls	Set 1		10 reps x 15 lbs
	Set 2		10 reps x 15 lbs
	Set 3		

## Abs

Abs

Regular workout

Created by Nicholas Falke on 3 Mar 2024, last updated on 3 Mar 2024.

est. 18 minutes	<span>Dismiss</span>	3 sets x 20	⚠ Rest 90 sec between sets
<b>Superset of 3 sets</b>			
Bosu Ball Crunch	8		
Ab Pulldown	12		
Rest for 90 sec			
<a href="#">Repeat new set</a>			

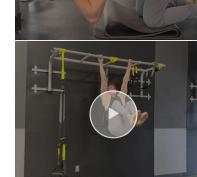


Bosu Ball Crunch



Ab Pulldown

How To: Ab Pulldown



Hanging Knee Raise

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

Exercise Name	Set 1	Set 2	Set 3
Bosu Ball Crunch	reps x lbs	reps x lbs	reps x lbs
Ab Pulldown	reps x lbs	reps x lbs	reps x lbs
Hanging Knee Raise	reps x lbs	reps x lbs	reps x lbs

## Previous Stats

EXERCISE

## Abs 2

Abs 2

**Dismiss**

Regular workout

Created by Nicholas Falke on 3 Mar 2024, last updated on 3 Mar 2024.

est. 10 minutes

**Superset of 3 sets**

	Decline Russian Twist	12 each side
	Decline bench crunches	12
	Rest for 90 sec	

Repeat new set

Set 3

**Dismiss**

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	
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		31 MAR 2024	25 MAR 2024	23 MAR 2024	18 MAR 2024
Decline Russian Twist	Set 1	15 reps x 20 lbs	15 reps x 20 lbs	15 reps x 20 lbs	12 reps x 20 lbs
	Set 2	15 reps x 20 lbs	15 reps x 20 lbs	15 reps x 20 lbs	12 reps x 20 lbs
	Set 3	15 reps x 20 lbs	15 reps x 20 lbs	12 reps x 20 lbs	12 reps x 20 lbs
Decline bench crunches	Set 1				
	Set 2				