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NAME FRANKLIN DICKINSON DATE

Phase 20

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4 weeks (21 Jul 2025 - 17 Aug 2025)

20.1 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.

20.1 Push

Regular workout

Created by Nicholas Falke on 20 Jul 2025, last updated on 20 Jul 2025.

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
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Superset of 3 sets

	Machine incline chest press.	10
	Push ups	max
	Rest for 2 min	

 Repeat new set

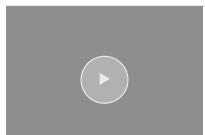
	Dumbbell shoulder press	3 sets x 8	 Rest 90 sec between sets
	Machine chest fly	3 sets x 10	 Rest 60 sec between sets

Superset of 3 sets

	Dumbbell lateral raises	8
	Cable Single Arm Lateral Rai...	8 each
	Rest for 60 sec	

 Repeat new set

	Dips	3 sets x 10	 Rest 60 sec between sets
	Cable tricep pushdown	2 sets x 10	 Rest 60 sec between sets



Jog

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

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Machine incline chest press.



Push ups

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



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)



Cable Single Arm Lateral Raises

Single Arm Lateral Raises



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 miles Time m: s Speed Levels/incline Calories burnt		
Machine incline chest press.	reps x lbs	reps x lbs	reps x lbs
Push ups	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
Cable Single Arm Lateral Raises	reps x lbs	reps x lbs	reps x lbs
Dips	reps x lbs	reps x lbs	reps x lbs
Cable tricep pushdown	reps x lbs	reps x lbs	reps x lbs

Previous Stats

EXERCISE

20.2 Pull

20.2 Pull

Regular workout

Created by Nicholas Falke on 20 Jul 2025, last updated on 20 Jul 2025.

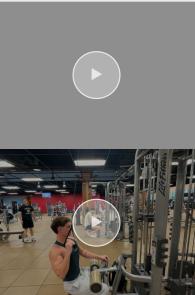
est. 53 minutes

Equipment



	Jog	1 set x 5 min	Rest 90 sec between sets
	Lat Machine Single Arm Clos...	3 sets x 12 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 60 sec between sets

	3 sets x 10	- REST 60 sec between sets
Machine rear delt fly	3 sets x 10	Dismiss
Cable Face Pull	3 sets x 12	Rest 60 sec between sets
Single arm cable rear delt fly	2 sets x 10 each	Rest 60 sec between sets
Machine preacher curl	3 sets x 10	Rest 60 sec between sets
Dumbbell hammer curls	2 sets x 12	Rest 60 sec between sets



Jog

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



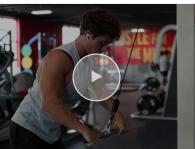
Lat Machine Single Arm Close Grip Row

1. Grasp the handle with your arm extended straight overhead, palm facing in. Lean back slightly and look up.
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

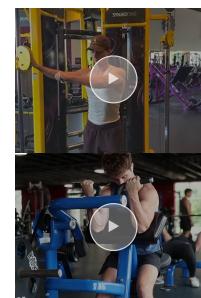
- Brace core
- Feet screwed into the ground
- Arms extended, pack the shoulder
- Wrists and elbows locked
- Hips hinged backwards, lower body locked throughout the entire exercise
- While arms locked out in front, drive elbows into back pockets (should feel lat engagement)
- Aim to squeeze w/slight hold at the end of the contraction
- Slowly release the squeeze to the top position



Machine rear delt fly

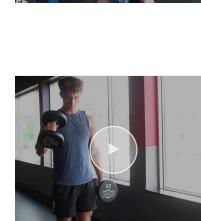


Cable Face Pull



Single arm cable rear delt fly

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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 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		
Lat Machine Single Arm Close Grip Row	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
Machine rear delt fly	reps x lbs	reps x lbs	reps x lbs
Cable Face Pull	reps x lbs	reps x lbs	reps x lbs
Single arm cable rear delt fly	reps x lbs	reps x lbs	
Machine preacher curl	reps x lbs	reps x lbs	reps x lbs
Dumbbell hammer curls	reps x lbs	reps x lbs	

Previous Stats

EXERCISE
20.3 Legs

2020 logo

Regular workout

CrDismiss Nicholas Falke on 20 Jul 2025, last updated on 20 Jul 2025.

est. 51 minutes

Equipment



Body weight

Jog	1 set x 5 min	⚠ Rest 90 sec between sets
Leg press machine	3 sets x 10	⚠ Rest 90 sec between sets
Calf raise on leg press machi...	3 sets x 15	⚠ Rest 60 sec between sets
Seated leg curl	3 sets x dropsets - 2 drops	⚠ Rest 90 sec between sets
seated leg extension	3 sets x dropsets - 2 drops	⚠ Rest 90 sec between sets
Seated Hip Abduction	3 sets x 12	⚠ Rest 60 sec between sets
Glute Hyper Extension	3 sets x 10	⚠ Rest 60 sec between sets
Wall Sit	2 sets x max	⚠ Rest 60 sec between sets



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



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



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 Dismiss at the end of the rep
- Slowly release the squeeze until the legs are almost back to straightforward



Seated leg extension

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



Seated Hip Abduction



Glute Hyper Extension



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.

Tracking Sheet

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

Exercise Name	Set 1		Set 2		Set 3	
	Distance miles	Time m: s	Speed	Levels/incline	Calories burnt	
Jog						
Leg press machine	reps x	lbs	reps x	lbs	reps x	lbs
Calf raise on leg press machine	reps x	lbs	reps x	lbs	reps x	lbs
Seated leg curl	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	reps x	lbs
Glute Hyper Extension	reps x	lbs	reps x	lbs	reps x	lbs
Wall Sit		sec		sec		sec

Previous Stats

EXERCISE

20.4 Upper Body

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20.4 Upper Body

Regular workout

Created by Nicholas Falke on 20 Jul 2025, last updated on 20 Jul 2025.

est. 50 minutes

Jog	1 set x 5 min, 5 min	⚠ Rest 90 sec between sets
Pull ups	3 sets x max	⚠ Rest 90 sec between sets
Dumbbell Incline Bench press.	3 sets x 10	⚠ Rest 90 sec between sets
Dumbbell Incline Bench Rows	3 sets x 10	⚠ Rest 90 sec between sets

Superset of 3 sets

Machine chest fly	10
Machine rear delt fly	10

Rest for 60 sec

Repeat new set

Superset of 3 sets

Dumbbell Rear Delt Flyes	8
Dumbbell lateral raises	8
Dumbbell standing shoulder ...	max

Rest for 60 sec

Repeat new set

Jog

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



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



Dumbbell Incline Bench press.

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

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



Dumbbell Incline Bench Rows



Machine chest fly



Machine rear delt fly



Dumbbell Rear Delt Flyes

How to do Dumbbell Rear Delt Flyes



Dumbbell lateral raises

- Brace core ("preparing for a punch to the stomach")
- Head packed/chin tucked ("double chin")
- Shoulders packed (squeeze shoulder blades back and press shoulders down into back pockets)
- Feet screwed into the ground
- Wrists and elbows locked/stabilized
- Pull the weight out to the sides (about shoulder height)



Dumbbell standing shoulder presses

Tracking Sheet

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

Exercise Name	Set 1	Set 2	Set 3
lou	Distance miles Time m: s Speed		

	Levels/incline		Calories burnt			
	reps x	lbs	reps x	lbs	reps x	lbs
Pull ups						
Dumbbell Incline Bench press.	reps x	lbs	reps x	lbs	reps x	lbs
Dumbbell Incline Bench Rows	reps x	lbs	reps x	lbs	reps x	lbs
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 Rear Delt Flyes	reps x	lbs	reps x	lbs	reps x	lbs
Dumbbell lateral raises	reps x	lbs	reps x	lbs	reps x	lbs
Dumbbell standing shoulder presses	reps x	lbs	reps x	lbs	reps x	lbs

Previous Stats

EXERCISE	

20.5 Legs + Arms

20.5 Legs + Arms

Regular workout

Created by Nicholas Falke on 20 Jul 2025, last updated on 20 Jul 2025.

est. 50 minutes

Equipment



Jog	1 set x 5 min	Rest 90 sec between sets
Cable Pull Through	2 sets x 12	Rest 60 sec between sets
Goblet Squat	3 sets x 10	Rest 90 sec between sets
Dumbbell Hip Thrust	3 sets x 12	Rest 90 sec between sets
Wall Sit	2 sets x max	Rest 60 sec between sets
Dips	3 sets x 10	Rest 60 sec between sets
Dumbbell incline bench curls	3 sets x 12	Rest 60 sec between sets

Superset of 3 sets

Single arm cable curls	12 each
Cable Tricep Kickback	12 each

Rest for 60 sec

← Repeat now ↗

REPEATE THIS SET	Dismiss
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Jog

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



Cable Pull Through

- 1.Squat with your back to a cable system holding a rope between your legs with your arms straight and back flat.
- 2.Stand upright, pulling the rope forward and up between your legs, keeping your arms straight.
- 3.Return to starting position.



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 plate 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"



Dumbbell Hip Thrust

1. When performing this exercise, you'll want most of the work being done from your hips rather than your lower back. Keep your abdominal set - particularly at the top of the lift.
2. To stabilize the dumbbell, you'll need to use your hands to make sure it doesn't roll off.
3. Begin by sitting close to a bench while holding the dumbbells. This will be your starting position.
4. Begin the movement by driving through with your heels, extending your hips vertically keeping the dumbbells in place. Your weight should be supported by your upper back and the heels of your feet.
5. Extend as far as possible.



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.



Dips



Dumbbell incline bench curls

Single arm cable curls

- stay upright
- allow elbow behind body throughout entire movement



- 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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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.

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		
Cable Pull Through	reps x lbs	reps x lbs	
Goblet Squat	reps x lbs	reps x lbs	reps x lbs
Dumbbell Hip Thrust	reps x lbs	reps x lbs	reps x lbs
Wall Sit	sec	sec	
Dips	reps x lbs	reps x lbs	reps x lbs
Dumbbell incline bench curls	reps x lbs	reps x lbs	reps x lbs
Single arm cable curls	reps x lbs	reps x lbs	reps x lbs
Cable Tricep Kickback	reps x lbs	reps x lbs	reps x lbs

Previous Stats

EXERCISE	
Abs	

Abs

Abs

Regular workout

Created by Nicholas Falke on 20 Jul 2025, last updated on 20 Jul 2025.

est. 12 minutes

Equipment



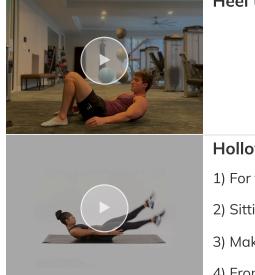
Body weight

Superset of 3 sets

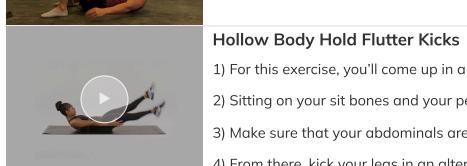
	Alternating V Ups	12 each
	Heel taps	20 each
	Hollow Body Hold Flutter Kicks	max
	Rest for 60 sec	
		Repeat new set



Alternating V Ups



Heel taps



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.

Tracking Sheet

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

Exercise Name	Set 1	Set 2	Set 3
Alternating V Ups	reps x lbs	reps x lbs	reps x lbs
Heel taps	reps x lbs	reps x lbs	reps x lbs
Hollow Body Hold Flutter Kicks	reps	reps	reps

Previous Stats

EXERCISE	
abs 2	

abs 2

abs 2

Regular workout

Created by Nicholas Falke on 20 Jul 2025, last updated on 20 Jul 2025.

est. 12 minutes

Dismiss

Equipment



Body weight

Superset of 3 sets

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

↳ Repeat new set



Weighted crunches



Floor Windshield Wiper

- 1) Lie with back flat on the ground, arms straight on shoulder level, fingers spread out on against the floor. Feet and legs together, legs raised and straight.
- 2) Bring your legs, in a diagonal position, towards the ground on one side maintaining a contraction in your abs.
- 3) Bring the legs on the center returning to starting position.
- 4) Repeat bringing the legs on the other side. Alternate.



Toe taps

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

Exercise Name	Set 1	Set 2	Set 3
Weighted crunches	reps x lbs	reps x lbs	reps x lbs
Floor Windshield Wiper	reps x lbs	reps x lbs	reps x lbs
Toe taps	reps x lbs	reps x lbs	reps x lbs

Previous Stats

EXERCISE

Dismiss

BW Lower + abs

BW Lower + abs

Regular workout

Created by Nicholas Falke on 20 Jul 2025, last updated on 20 Jul 2025.

est. 47 minutes

Equipment



Body weight



Mat

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

Superset of 3 sets

	Wall Sit	60 sec
	Squat Jump	15
	Rest for 90 sec	

↳ Repeat new set

Superset of 3 sets

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

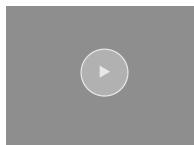
↳ Repeat new set

Superset of 3 sets

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

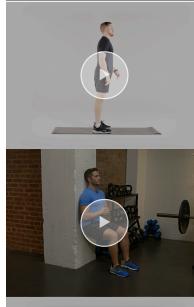
↳ Repeat new set

	Burpee	3 sets x 15
		⚠ Rest 60 sec between sets



Jog

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

[Dismiss](#)

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.



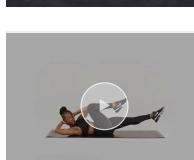
Squat Jump

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.

[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		
Alternating Jump Lunge	reps	reps	reps
Wall Sit	sec	sec	sec
Squat Jump	reps	reps	reps
Body Weight Single Leg Deadlift	reps	reps	reps
Box Pistol Squat	reps x lbs	reps x lbs	reps x lbs
Bicycle Crunch	reps	reps	reps
Hollow Body Hold Flutter Kicks	reps	reps	reps
Burpee	reps	reps	reps

Previous Stats

EXERCISE

BW Upper

BW Upper

Regular workout

Created by Nicholas Falke on 20 Jul 2025, last updated on 20 Jul 2025.

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

Superset of 3 sets

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

Repeat new set

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

Decline Push Up
1.Using an object to create a decline with your body, support your body on your toes and hands with your feet on a step behind, elbows bent and your chest nearly touching the floor.
2.Push up to a straight arm position.
3.Lower your body back returning to starting position, keeping your back flat and hips in line with shoulders throughout.
4.Repeat.

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

Diamond Push Up
1.Support your body on your toes and hands. Feet together and hands in diamond shaped placed under your chest.
2.Push up to a straight arm position, keeping your back flat and the diamond position of your hands.
3.Lower your body returning to starting position.
4.Repeat.

Mountain Climber
1) Begin in a pushup position, 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
Jog	Distance miles Time m: s Speed Levels/incline Calories burnt		
Decline Push Up	reps	reps	reps
Push Up	reps	reps	reps
Diamond Push Up	reps	reps	reps
Mountain Climber	reps	reps	reps
Sit Up	reps	reps	reps
Piked Push Up	reps	reps	reps

Side Plank Dip	reps x	lbs	reps x	lbs	reps x	lbs
Reverse Crunch			reps			reps

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Previous Stats

EXERCISE	

BW Upper Body

BW Upper Body

Regular workout

Created by Nicholas Falke on 20 Jul 2025, last updated on 20 Jul 2025.

est. 48 minutes

Equipment



Body weight

Jog	1 set x 5 min	Rest 90 sec between sets
Push Up	3 sets x 12	Rest 60 sec between sets
Plank To Push Up	3 sets x 10	Rest 60 sec between sets
Piked Push Up	3 sets x 10	Rest 60 sec between sets

Superset of 3 sets

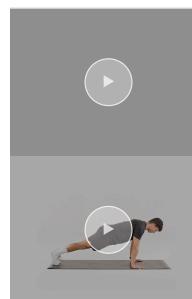
Bench Dip	15
Incline Push Up	max
Rest for 90 sec	

Repeat new set

Superset of 3 sets

Toe Crunch	12
Crunch Heel Tap	12 each side
Lying Straight Leg Raise	12
Rest for 90 sec	

Repeat new set



Jog

-Keep it light

-Goal: Warm up muscles/break a sweat!

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Push Up

1.Lie with your chest facing down, palms flat on the floor and slightly more than shoulder-width apart, your feet should be together and your legs straight.

2.Push your body upwards and straighten your arms.

3.Lower your body returning to starting position.

4.Repeat.



Plank To Push Up

1.Lie face down on a mat with your legs straight and arms tucked in by your sides with elbows bent.

2.Raise your body up into the top of a push up position, resting on your hand and toes and hold briefly. Keep your back flat and head looking down at the floor.

3.Return to starting position.

4.Repeat required reps.



Piked Push Up

1.Get into push up position, palms flat on the floor and slightly more than shoulder-width apart, your feet should be together and your legs straight.

2.Walk your feet towards your hand, lifting your butt into the air.

3.Press up through your shoulders, hold then return to starting position.

4.Repeat.



Bench Dip

1) When performing dip on the bench, keep your elbows pointing straight behind you.

2) Keep your body as close to the bench as possible as you dip down.



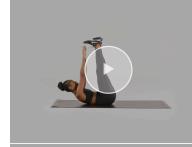
Incline Push Up

1.Using an object to create an incline with your body, support your body on your toes, legs and arms straight.

2.Lower your chest, elbows bent.

3.Push up to a straight arm, returning to starting position.

4.Return.



Toe Crunch

1) Lie in your back and as best as you can, straighten your legs up into the air. You might need to bend your knees if your hamstrings are too tight.

2) From here, roll your rib cage up and reach for your toes and then back down.

3) If it's too easy, try reaching farther into the bottom of your feet.



Crunch Heel Tap

1) For this exercise, shorten the distance between your pelvis and your rib cage.

2) Try not to strain your neck by leaning forward with your head excessively.

3) Lie down on a mat.

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

Lying Straight Leg Raise

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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	