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NAME FRANKLIN DICKINSON DATE

Phase 11

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4 weeks (11 Nov 2024 - 8 Dec 2024)

11.1 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.

11.1 Push

Regular workout

Created by Nicholas Falke on 10 Nov 2024, last updated on 10 Nov 2024.

est. 51 minutes

Equipment



Dumbbell

Instructions

For machine seated chest fly, after each set I want you to hold the handles when they are all the way back and just feel the stretch in your chest muscle for about 20 seconds.

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

Superset of 3 sets

	Dumbbell Incline Bench Ches...	10
	Close grip dumbbell chest pr...	max
	Rest for 60 sec	

↶ Repeat new set

Superset of 3 sets

	Cable Single Arm Lateral Rai...	8 each
	Dumbbell lateral raises	max (lighter weight)
	Rest for 60 sec	

↶ Repeat new set

	Cable fly crossovers	3 sets x 10	⚠ Rest 60 sec between sets
	Cable fly crossovers	3 sets x 10	⚠ Rest 60 sec between sets

 Cable tricep pushdown | 3 sets x max | Rest 60 sec between sets

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

 **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 shoulder press**
 - Head packed/chin tucked ("double chin")
 - Back and butt pressed against seat
 - Feet screwed into the ground
 - Shoulders packed (squeeze shoulder blades back and press shoulders down into back pockets)
 - Full squeeze at top of the press

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

 **Close grip dumbbell chest press**
 hold dumbbells together and press upward. lower slowly

 **Cable Single Arm Lateral Raises**
 Single Arm Lateral Raises

 **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 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 [Dismiss](#)
- Initially, pull the cables out forward a few 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



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					
Dumbbell Incline Bench press.	reps x	lbs	reps x	lbs	reps x	lbs
Dumbbell shoulder press	reps x	lbs	reps x	lbs	reps x	lbs
Dumbbell Incline Bench Chest Fly	reps x	lbs	reps x	lbs	reps x	lbs
Close grip dumbbell chest press	reps x	lbs	reps x	lbs	reps x	lbs
Cable Single Arm Lateral Raises	reps x	lbs	reps x	lbs	reps x	lbs
Dumbbell lateral raises	reps x	lbs	reps x	lbs	reps x	lbs
Cable fly crossovers	reps x	lbs	reps x	lbs	reps x	lbs
Cable tricep pushdown	reps x	lbs	reps x	lbs	reps x	lbs

Previous Stats

EXERCISE	2 DEC 2024	25 NOV 2024	13 NOV 2024
Jog	Distance 1.6 miles	Distance 1.66 miles	Distance 1.56 miles
	Time 15 m: s	Time 15 m: 30 s	Time 17 m: s
	Speed 6.5	Speed 6.5	Speed 6
	Levels/incline 2	Levels/incline 2	Levels/incline 2
	Calories burnt 230	Calories burnt 234	Calories burnt 125
Dumbbell Incline Bench press.	Set 1 8 reps x 45 lbs	10 reps x 40 lbs	12 reps x 33 lbs
	Set 2 8 reps x 45 lbs	10 reps x 40 lbs	10 reps x 42 lbs
	Set 3 8 reps x 45 lbs	10 reps x 40 lbs	10 reps x 42 lbs
Dumbbell shoulder press	Set 1 8 reps x 30 lbs	10 reps x 30 lbs	10 reps x 28.5 lbs

	Set 2	8 reps x 20 lbs Dismiss	9 reps x 30 lbs	12 reps x 28.5 lbs
	Set 3	9 reps x 30 lbs	10 reps x 30 lbs	12 reps x 28.5 lbs
Dumbbell Incline Bench Chest Fly	Set 1	10 reps x 25 lbs	10 reps x 22.5 lbs	12 reps x 22 lbs
	Set 2	10 reps x 25 lbs	10 reps x 22.5 lbs	10 reps x 22.5 lbs
	Set 3	10 reps x 25 lbs	10 reps x 22.5 lbs	10 reps x 22.5 lbs
Close grip dumbbell chest press	Set 1	10 reps x 30 lbs	10 reps x 27.5 lbs	15 reps x 22.5 lbs
	Set 2	10 reps x 30 lbs	12 reps x 27.5 lbs	10 reps x 28.5 lbs
	Set 3	10 reps x 30 lbs	12 reps x 27.5 lbs	10 reps x 28.5 lbs
Cable Single Arm Lateral Raises	Set 1			
	Set 2			
	Set 3			
	Set 4			
Dumbbell lateral raises	Set 1	8 reps x 20 lbs	12 reps x 15 lbs	12 reps x 12 lbs
	Set 2	8 reps x 20 lbs	12 reps x 15 lbs	12 reps x 12 lbs
	Set 3	8 reps x 20 lbs	12 reps x 15 lbs	
	Set 4			
Cable fly crossovers	Set 1	8 reps x 27.5 lbs	12 reps x 22.5 lbs	
	Set 2	8 reps x 27.5 lbs	12 reps x 22.5 lbs	
	Set 3	8 reps x 27.5 lbs	12 reps x 22.5 lbs	
Cable tricep pushdown	Set 1	10 reps x 50 lbs	10 reps x 47.5 lbs	
	Set 2	10 reps x 50 lbs	10 reps x 47.5 lbs	
	Set 3			

11.2 Pull

11.2 Pull

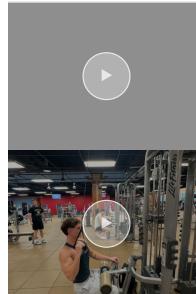
Regular workout

Created by Nicholas Falke on 10 Nov 2024, last updated on 10 Nov 2024.

est. 54 minutes

Equipment

缆机	哑铃	器械	Dismiss	Rest
	Jog	1 set x 5 min		⚠ Rest 90 sec between sets
	Lat Machine Single Arm Clos...	3 sets x 10 each		⚠ Rest 90 sec between sets
	Hammer Strength Row	3 sets x 10		⚠ Rest 90 sec between sets
	Hammer Strength Row	2 sets x max (lighter weight)		⚠ Rest 60 sec between sets
	Cable rows	3 sets x 10		⚠ Rest 90 sec between sets
Superset of 3 sets				
	Standing Cable Pullover	8		
	Cable Face Pull	max		
	Rest for 60 sec			
	Repeat new set			
	Single arm cable curls	3 sets x 10 each		⚠ Rest 60 sec between sets
	Cable bicep curls	3 sets x max		⚠ 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.



Hammer Strength Row



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

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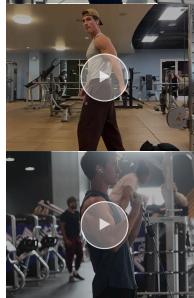
- Brace core
- Feet screwed into the ground
- Arms extended, pack the shoulder
- Wrists and elbows locked
- Hips hinged backwards, lower body locked throughout the entire exercise
- While arms locked out in front, drive elbows into back pockets (should feel lat engagement)
- Aim to squeeze w/slight hold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



Cable Face Pull

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



Cable bicep curls

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
Hammer Strength Row	reps x lbs	reps x lbs	reps x lbs
Hammer Strength 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
Cable Face Pull	reps x lbs	reps x lbs	reps x lbs
Single arm cable curls	reps x lbs	reps x lbs	reps x lbs
Cable bicep curls	reps x lbs	reps x lbs	reps x lbs

Previous Stats

EXERCISE	27 NOV 2024	15 NOV 2024
	Distance 0.15 miles	Distance 1.95 miles

Jog	Set 1	Time 10 m: 58 s Speed 6.5 Levels/incline 2 Calories burnt 162
	Set 2	
Lat Machine Single Arm Close Grip Row	Set 1	12 reps x 35 lbs
	Set 2	10 reps x 42.5 lbs
	Set 3	10 reps x 42.5 lbs
Dumbbell Single Arm Bent Over Row	Set 1	10 reps x 32.5 lbs
	Set 2	10 reps x 32.5 lbs
	Set 3	10 reps x 32.5 lbs
Hammer Strength Row	Set 1	
	Set 2	
	Set 3	
Cable rows	Set 1	6 reps x 100 lbs
	Set 2	7 reps x 100 lbs
	Set 3	7 reps x 100 lbs
Standing Cable Pullover	Set 1	12 reps x 47.5 lbs
	Set 2	12 reps x 47.5 lbs
	Set 3	12 reps x 47.5 lbs
Cable Face Pull	Set 1	10 reps x 32.5 lbs
	Set 2	10 reps x 32.5 lbs
	Set 3	10 reps x 32.5 lbs
Single arm cable curls	Set 1	
	Set 2	
	Set 3	
Cable bicep curls	Set 1	10 reps x 37.5 lbs
	Set 2	10 reps x 37.5 lbs
	Set 3	10 reps x 37.5 lbs

	Set 4	
Hammer Strength Row	Set 1	Dismiss
	Set 2	

11.3 Legs

11.3 Legs

Regular workout

Created by Nicholas Falke on 10 Nov 2024, last updated on 10 Nov 2024.

est. 49 minutes

Jog	1 set x 5 min	⚠ Rest 90 sec between sets
Single leg leg press machine	3 sets x 8 each	⚠ Rest 90 sec between sets
Leg press machine	2 sets x max (lighter weight)	⚠ Rest 60 sec between sets
Calf raise on leg press machi...	3 sets x 15	⚠ Rest 60 sec between sets

Superset of 3 sets

Dumbbell Romanian Deadlift	10
Bodyweight Squats	max
Rest for 90 sec	
Repeat new set	
seated leg extension	3 sets x 10
Seated leg curl	3 sets x 10

Jog

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

Single leg leg press machine



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



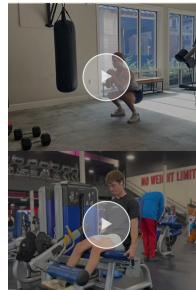
Calf raise on leg press machine

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



Bodyweight Squats

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

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	Speed Levels/incline	Calories burnt	Dismiss
Single leg leg press machine	reps x lbs	reps x lbs	reps x lbs
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 Romanian Deadlift	reps x lbs	reps x lbs	reps x lbs
Bodyweight Squats	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	

11.4 Upper Body

11.4 Upper Body

Regular workout

Created by Nicholas Falke on 10 Nov 2024, last updated on 10 Nov 2024.

est. 50 minutes

Equipment



Cable

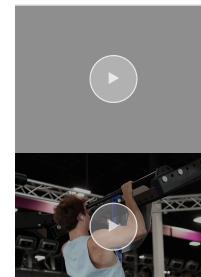
	Jog	1 set x 5 min	⚠ Rest 90 sec between sets
	Pull ups	3 sets x max	⚠ Rest 90 sec between sets
	Dumbbell Incline Bench press.	3 sets x 8	⚠ Rest 90 sec between sets
	Cable Seated Single Arm Row	3 sets x 10 each	⚠ Rest 90 sec between sets
	Machine chest fly	3 sets x 10	⚠ Rest 60 sec between sets
	Machine rear delt fly	3 sets x 10	⚠ Rest 60 sec between sets

Superset of 3 sets

	Dumbbell lateral raises	8
	Dumbbell standing shoulder ...	max

Rest for 60 sec

Repeat new set



Jog

Dismiss

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



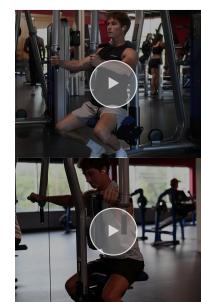
Pull ups

- 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



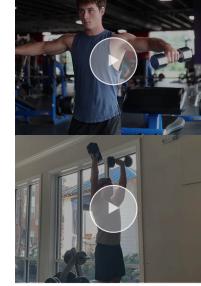
Dumbbell Incline Bench press.

- 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



Cable Seated Single Arm Row

- 1.Sit upright holding the handle in one hand with your arm straight out in front.
- 2.Pull the handle straight in to your chest.
- 3.Release the handle returning to starting position. Remain upright throughout and do not sway back and forth.
- 4.Complete all reps on one side before switching to the other side.



Machine chest fly

Machine rear delt 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 standing shoulder presses

Tracking Sheet (Print and track your progress here. Don't forget to [Dismiss](#) it 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		
Dumbbell Incline Bench press.	reps x lbs	reps x lbs	reps x lbs		
Cable Seated Single Arm Row	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		
Dumbbell standing shoulder presses	reps x lbs	reps x lbs	reps x lbs		

Previous Stats

EXERCISE		6 DEC 2024	30 NOV 2024
Jog	Set 1	Distance 1.2 miles	Distance 2.18 miles
		Time 10 m: s	Time 20 m: 3 s
		Speed 7	Speed 6.5
		Levels/incline 2	Levels/incline 2
		Calories burnt 162	Calories burnt 307
Pull ups	Set 1	10 reps x 50 lbs	10 reps x 50 lbs
	Set 2	10 reps x 50 lbs	10 reps x 50 lbs
	Set 3	9 reps x 50 lbs	8 reps x 50 lbs
Dumbbell Incline Bench press.	Set 1	10 reps x 40 lbs	10 reps x 40 lbs
	Set 2	10 reps x 40 lbs	10 reps x 40 lbs
	Set 3	9 reps x 40 lbs	10 reps x 40 lbs
Cable Seated Single Arm Row	Set 1	10 reps x 40 lbs	10 reps x 40 lbs
	Set 2	10 reps x 40 lbs	10 reps x 40 lbs
	Set 3	10 reps x 40 lbs	10 reps x 40 lbs
Machine chest fly	Set 1	8 reps x 100 lbs	10 reps x 85 lbs
	Set 2	8 reps x 100 lbs	10 reps x 85 lbs

	Set 3	Dismiss	8 reps x 100 lbs	10 reps x 85 lbs
Machine rear delt fly	Set 1		8 reps x 70 lbs	10 reps x 55 lbs
	Set 2		8 reps x 70 lbs	10 reps x 55 lbs
	Set 3		7 reps x 70 lbs	10 reps x 55 lbs
Dumbbell lateral raises	Set 1		10 reps x 20 lbs	10 reps x 15 lbs
	Set 2		10 reps x 20 lbs	12 reps x 15 lbs
	Set 3		10 reps x 20 lbs	12 reps x 15 lbs
Dumbbell standing shoulder presses	Set 1		10 reps x 27.5 lbs	8 reps x 30 lbs
	Set 2		10 reps x 27.5 lbs	6 reps x 30 lbs
	Set 3		8 reps x 27.5 lbs	6 reps x 30 lbs

11.5 Legs + Arms

11.5 Legs + Arms

Regular workout

Created by Nicholas Falke on 10 Nov 2024, last updated on 10 Nov 2024.

est. 51 minutes

Equipment



Dumbbell

	Jog	1 set x 5 min	⚠ Rest 90 sec between sets
	Dumbbell Romanian Deadlift	3 sets x 10	⚠ Rest 90 sec between sets
	Dumbbell Hip Thrust	3 sets x 12	⚠ Rest 90 sec between sets
	Goblet Squat	3 sets x 10	⚠ Rest 90 sec between sets
	Dips	3 sets x max	⚠ Rest 90 sec between sets

Superset of 3 sets

	Dumbbell Skull Crusher	10
	Dumbbell incline bench curls	max

Rest for 60 sec

Repeat new set

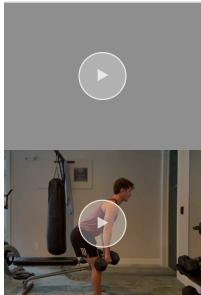


Dumbbell Single Arm Hamm...

3 sets x max each

Rest 60 sec between sets

Dismiss

**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

**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.

**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"

**Dips****Dumbbell Skull Crusher****Dumbbell incline bench curls****Dumbbell Single Arm Hammer Preacher Curl**

Dismiss

1.Kneel on the floor with your chest supported by a preacher bench, one hand holding the dumbbell, palm facing the body and arm resting on the pad.

2.Curl the dumbbell up to shoulder height, bending at the elbows. Keep your shoulder steady as you raise the dumbbell.

3.Lower the dumbbell returning to starting position.

4.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		
Dumbbell Romanian Deadlift	reps x lbs	reps x lbs	reps x lbs
Dumbbell Hip Thrust	reps x lbs	reps x lbs	reps x lbs
Goblet Squat	reps x lbs	reps x lbs	reps x lbs
Dips	reps x lbs	reps x lbs	reps x lbs
Dumbbell Skull Crusher	reps x lbs	reps x lbs	reps x lbs
Dumbbell incline bench curls	reps x lbs	reps x lbs	reps x lbs
Dumbbell Single Arm Hammer Preacher Curl	reps x lbs	reps x lbs	reps x lbs

Previous Stats

EXERCISE

Abs**Abs**

Regular workout

Created by Nicholas Falke on 10 Nov 2024, last updated on 10 Nov 2024.

est. 12 minutes

Superset of 3 sets

	Plate Russian Twist	12 each
	Heel taps	12 each
	Toe taps	max
	Rest for 60 sec	

Repeat new set

Dismiss



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.



Heel taps



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	
Plate Russian Twist	reps x	lbs	reps x	lbs	reps x	lbs
Heel taps	reps x	lbs	reps x	lbs	reps x	lbs
Toe taps	reps x	lbs	reps x	lbs	reps x	lbs

Previous Stats

EXERCISE	

abs 2

abs 2

Regular workout

Created by Nicholas Falke on 10 Nov 2024, last updated on 10 Nov 2024.

est. 9 minutes

Superset of 3 sets

Weighted lateral flexion

12 each

Ab circles

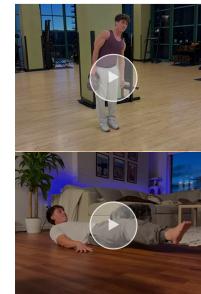
max each



12 each
Rest for 60 sec

Repeat new set

Dismiss



Weighted lateral flexion

Ab circles

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
Ab circles	reps x lbs	reps x lbs	reps x lbs

Previous Stats

EXERCISE		
Weighted lateral flexion	Set 1	12 reps x 30 lbs
	Set 2	12 reps x 30 lbs
	Set 3	12 reps x 30 lbs
Ab circles	Set 1	
	Set 2	
	Set 3	

BW Lower + abs

BW Lower + abs

Regular workout

Created by Nicholas Falke on 10 Nov 2024, last updated on 10 Nov 2024.

est. 47 minutes

Equipment

Body weight Mat

Dismiss

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
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Jog

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

Alternating Jump Lunge

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



Wall Sit

- 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

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



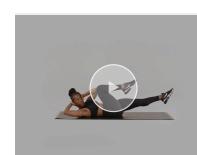
Body Weight Single Leg Deadlift

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



Box Pistol Squat

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



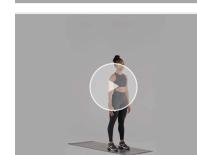
Bicycle Crunch

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



Hollow Body Hold Flutter Kicks

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



Burpee

- Start in the top of a push up position.
- Jump your feet in, bringing your knees to your chest while keeping your hands on the floor.
- Come to an upright position and jump into the air, raising your arms overhead.
- 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
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jog	Distance miles	Time m:	Speed	Levels/incline	Calories burnt	Dismiss
Alternating Jump Lunge		reps		reps		
Wall Sit		sec		sec		
Squat Jump		reps		reps		
Body Weight Single Leg Deadlift		reps		reps		
Box Pistol Squat	reps x	lbs	reps x	lbs	reps x	lbs
Bicycle Crunch		reps		reps		
Hollow Body Hold Flutter Kicks		reps		reps		
Burpee		reps		reps		

Previous Stats

EXERCISE	

BW Upper

BW Upper

Regular workout

Created by Nicholas Falke on 10 Nov 2024, last updated on 10 Nov 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

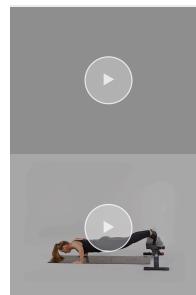
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⚠ Rest 60 sec between sets

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

- 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.
- Push up to a straight arm position.
- Lower your body back returning to starting position, keeping your back flat and hips in line with shoulders throughout.
- Repeat.



Push Up

- 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.
- Push your body upwards and straighten your arms.
- Lower your body returning to starting position.
- Repeat.



Diamond Push Up

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



Mountain Climber

- Begin in a pushup position, with your weight supported by your hands and toes.
- Flexing the knee and hip, bring one leg until the knee is approximately under the hip. This will be your starting position.
- 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.
- Repeat in an alternating fashion for 20-30 seconds



Sit Up

- Lie on your back on the floor with your feet shoulder width apart.
- Begin by lifting your upper body up until you are sitting up straight with your arms either at your sides



Start in a side plank position, upper body up and you are lifting up straight with your arms bent at your elbow, crossed in front of you, or behind your head.

3) Lower your body back to the floor. [Dismiss](#)

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	reps

Previous Stats

EXERCISE	

BW Upper Body

BW Upper Body

[Dismiss](#)

Regular workout

Created by Nicholas Falke on 10 Nov 2024, last updated on 10 Nov 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

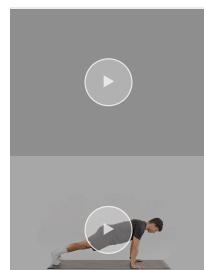
	Bench Dip	15
	Incline Push Up	max
	Rest for 90 sec	

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



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.

[Dismiss](#)

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 hands, lifting your butt into the air.
3. Press up through your shoulders, hold then return to starting position.
4. Repeat.

Bench Dip



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

Incline Push Up



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

Toe Crunch



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

Crunch Heel Tap



- 1) For this exercise, shorten the distance between your pelvis and your rib cage.
- 2) Try not to strain your neck by leaning forward with your head excessively.
- 3) Lie down on a mat.
- 4) Sit up and touch the heel alternately, left to right as you stay up and crunch forward.

Lying Straight Leg Raise



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

Tracking Sheet (Print and track your progress here. Don't have a printer? Print online.)

[Dismiss](#)

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	