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NAME FRANKLIN DICKINSON DATE

Phase 18

Dismiss

4 weeks (26 May 2025 - 22 Jun 2025)

18.1 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.

18.1 Push

Regular workout

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

est. 52 minutes

Equipment



Instructions

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

	Jog	1 set x 5 min	⚠ Rest 90 sec between sets
	Dumbbell bench press.	3 sets x 10	⚠ Rest 90 sec between sets
	Dumbbell shoulder press	3 sets x 8	⚠ Rest 90 sec between sets
	Machine chest fly	3 sets x 10	⚠ Rest 60 sec between sets
	Dumbbell lateral raises	3 sets x 12	⚠ Rest 60 sec between sets

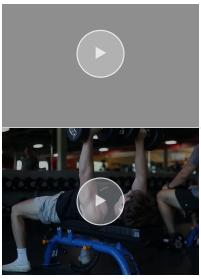
Superset of 3 sets

	Cable fly crossovers	8
	Standing Cable Chest Press	max
	Rest for 60 sec	

↳ Repeat new set

	Dumbbell Overhead Tricep E...	3 sets x 10	⚠ Rest 60 sec between sets
	Cable Tricep Kickback	2 sets x 12 each	⚠ Rest 60 sec between sets

Jog



- Keep it light
 - Goal: Warm up muscles/break a sweat
- [Dismiss](#)



Dumbbell bench press.

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



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 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 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.



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	
	Distance Time Speed Levels/incline Calories burnt	m: s	reps x lbs	reps x lbs	reps x lbs	reps x lbs
Jog						
Dumbbell bench press.						
Dumbbell shoulder press						
Machine chest fly						
Dumbbell lateral raises						
Cable fly crossovers						
Standing Cable Chest Press						
Dumbbell Overhead Tricep Extension						
Cable Tricep Kickback						

Previous Stats

EXERCISE

18.2 Pull

18.2 Pull

Regular workout

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

est. 49 minutes

Equipment

Cable Dumbbell

Jog	1 set x 5 min	⚠ Rest 90 sec between sets
Lat pulldown	3 sets x 12	⚠ Rest 90 sec between sets

Superset of 3 sets

Cable Seated Single Arm Row	8 each
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Cable rows max

Rest for 90 sec

Repeat new set

Machine rear delt fly	3 sets x 10	Rest 60 sec between sets
Single arm cable rear delt fly	3 sets x 8 each	Rest 60 sec between sets

Superset of 3 sets

Dumbbell Upright Row	8
Dumbbell hammer curls	8 each

Rest for 60 sec

Repeat new set

Single arm cable curls	2 sets x 12 each	Rest 60 sec between sets
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Jog
-Keep it light
-Goal: Warm up muscles/break a sweat

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

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.

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

Machine rear delt fly

Single arm cable rear delt fly

Dumbbell Upright Row
1.Stand and hold dumbbells in front of your body with arms hanging and thumbs facing inwards.
2.Pull dumbbells straight up till just below your chin and your elbows out.
3.Pause at the top.
4.Return to starting position.

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

Single arm cable curls
- stay upright
- elbow stays behind body throughout entire movement
- keep core engaged
- bend at elbow joint only, keeping shoulder joint in extended position.
- go slow

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

Exercise Name	Set 1	Set 2	Set 3
Jog	Distance miles Time m: s Speed Levels/incline Calories burnt		
Lat pulldown	reps x lbs	reps x lbs	reps x lbs
Cable Seated Single Arm Row	reps x lbs	reps x lbs	reps x lbs
Cable rows	reps x lbs	reps x lbs	reps x lbs
Machine rear delt fly	reps x lbs	reps x lbs	reps x lbs
Single arm cable rear delt fly	reps x lbs	reps x lbs	reps x lbs
Dumbbell Upright Row	reps x lbs	reps x lbs	reps x lbs
Dumbbell hammer curls	reps x lbs	reps x lbs	reps x lbs
Single arm cable curls	reps x lbs	reps x lbs	reps x lbs

Previous Stats

AVG. SCORE

EXERCISE

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18.3 Legs

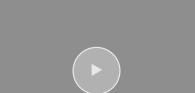
18.3 Legs

Regular workout

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

est. 48 minutes

 Jog	1 set x 5 min	⚠ Rest 90 sec between sets
 Bodyweight Side Lunges	2 sets x 10 each	⚠ Rest 60 sec between sets
Superset of 2 sets		
 Leg press machine	12	
 Bodyweight Reverse Lunges	max each	
 Rest for 90 sec		
↳ Repeat new set		
 Calf raise on leg press machi...	3 sets x 15	⚠ Rest 60 sec between sets
 Seated leg curl	3 sets x 12	⚠ Rest 90 sec between sets
 seated leg extension	3 sets x 12	⚠ Rest 90 sec between sets
 Glute Hyper Extension	3 sets x 10	⚠ Rest 60 sec between sets
 Seated Hip Abduction	2 sets x 12	⚠ Rest 60 sec between sets

	Jog -Keep it light -Goal: Warm up muscles/break a sweat
	Bodyweight Side Lunges
	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 hamstrings 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



Bodyweight Reverse Lunges



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



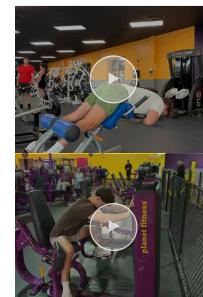
Seated leg curl

- 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 squeeze 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

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		

jog	Time Speed	m: s	Dismiss
	Levels/incline		
	Calories burnt		
Bodyweight Side Lunges	reps x	lbs	reps x lbs
Leg press machine	reps x	lbs	reps x lbs
Bodyweight Reverse Lunges	reps x	lbs	reps x lbs
Calf raise on leg press machine	reps x	lbs	reps x lbs
Seated leg curl	reps x	lbs	reps x lbs
seated leg extension	reps x	lbs	reps x lbs
Glute Hyper Extension	reps x	lbs	reps x lbs
Seated Hip Abduction	reps x	lbs	reps x lbs

Previous Stats

EXERCISE	

18.4 Upper Body

18.4 Upper Body

Regular workout

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

est. 44 minutes

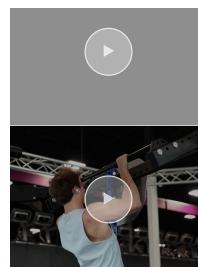
Equipment



Dumbbell

	Jog	1 set x 5 min	Rest 90 sec between sets
	Pull ups	3 sets x max	
	Dumbbell Incline Bench press.	3 sets x 10	Rest 90 sec between sets
	Dumbbell Incline Bench Ches...	2 sets x 12	Rest 60 sec between sets
	Dumbbell hammer curls	3 sets x 12 each	Rest 60 sec between sets
	Cable rows	3 sets x 10	Rest 90 sec between sets
	Machine rear delt fly	3 sets x 10	Rest 60 sec between sets
	Cable Face Pull	2 sets x 12	Rest 60 sec between sets

Jog



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



Dumbbell Incline Bench press.

- 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)
- Recommended: Tight and slightly outside shoulder width grip on the bar
- Head packed/chin tucked ("double chin")
- 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
- Slowly descend elbows until wrists are even w/ chest
- Drive forearms up and squeeze at the top



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.



Dumbbell hammer curls

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



Cable 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



Machine rear delt fly



Cable Face Pull

Tracking Sheet

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

Dismiss

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
Dumbbell Incline Bench Chest Fly	reps x	lbs	reps x	lbs		
Dumbbell hammer curls	reps x	lbs	reps x	lbs	reps x	lbs
Cable rows	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		

Previous Stats

EXERCISE

18.5 Legs + Arms

18.5 Legs + Arms

Regular workout

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

est. 51 minutes

Equipment



Cable

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

	Dumbbell Bulgarian split squat	10 each
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	Bodyweight Single leg hip thr...	10 each
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Rest for 90 sec

Repeat new set

	Dumbbell Romanian Deadlift	3 sets x 10	Rest 90 sec between sets
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	Cable Pull Through	2 sets x 12	Rest 60 sec between sets
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Superset of 3 sets

Dismiss

	ez bar overhead tricep exten...	8
	Ez bar bicep curls	max
	Rest for 60 sec	

Repeat new set

	Dips	3 sets x 10	Rest 90 sec between sets
	Dumbbell incline bench curls	3 sets x 10	Rest 60 sec between sets



Jog

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



Dumbbell Bulgarian split squat



Bodyweight Single leg hip thrust



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



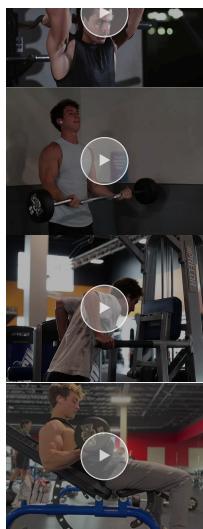
Cable Pull Through

- 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.



ez bar overhead tricep extension

Standing Overhead Barbell Triceps Extension - Triceps Exercise



[Dismiss](#)

Ez bar bicep curls

Dips

Dumbbell incline bench 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		
Dumbbell Bulgarian split squat	reps x lbs	reps x lbs	reps x lbs
Bodyweight Single leg hip thrust	reps x lbs	reps x lbs	reps x lbs
Dumbbell Romanian Deadlift	reps x lbs	reps x lbs	reps x lbs
Cable Pull Through	reps x lbs	reps x lbs	
ez bar overhead tricep extension	reps x lbs	reps x lbs	reps x lbs
Ez bar bicep curls	reps x lbs	reps x lbs	reps x lbs
Dips	reps x lbs	reps x lbs	reps x lbs
Dumbbell incline bench curls	reps x lbs	reps x lbs	reps x lbs

Previous Stats

EXERCISE		31 MAY 2025
Jog	Set 1	
Dumbbell Bulgarian split squat	Set 1	8 reps x 22.5 lbs
	Set 2	8 reps x 22.5 lbs
	Set 3	8 reps x 22.5 lbs

Exercise	Set 1	Set 2	Set 3
Bodyweight Single leg hip thrust	Set 1	Dismiss	
	Set 2		
	Set 3		
Dumbbell Romanian Deadlift	Set 1	10 reps x 30 lbs	
	Set 2	10 reps x 30 lbs	
	Set 3	10 reps x 30 lbs	
Cable Pull Through	Set 1		
	Set 2		
ez bar overhead tricep extension	Set 1	10 reps x 30 lbs	
	Set 2	10 reps x 30 lbs	
	Set 3	10 reps x 30 lbs	
Ez bar bicep curls	Set 1	12 reps x 40 lbs	
	Set 2	10 reps x 40 lbs	
	Set 3	12 reps x 40 lbs	
Dips	Set 1	10 reps x 50 lbs	
	Set 2	10 reps x 50 lbs	
	Set 3	10 reps x 50 lbs	
Dumbbell incline bench curls	Set 1	10 reps x 17.5 lbs	
	Set 2	10 reps x 17.5 lbs	
	Set 3		

Abs

Abs

Regular workout

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

est. 12 minutes

Equipment

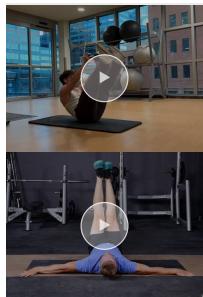


Body weight

Superset of 3 sets

	Weighted V Ups	12	Dismiss
	Floor Windshield Wiper	12 each	
	Reverse crunches	max	
	Rest for 60 sec		

Repeat new set

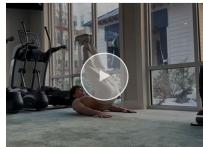


Weighted V Ups



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.



Reverse crunches

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

Exercise Name	Set 1	Set 2	Set 3
Weighted V Ups	reps x lbs	reps x lbs	reps x lbs
Floor Windshield Wiper	reps x lbs	reps x lbs	reps x lbs
Reverse crunches	reps x lbs	reps x lbs	reps x lbs

Previous Stats

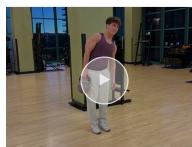
EXERCISE	
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abs 2

abs 2

	Regular workout	Dismiss
Created by Nicholas Falke on 20 May 2025, last updated on 20 May 2025.		
est. 12 minutes		
	Superset of 3 sets	
	Weighted lateral flexion	12 each
	Heel taps	20 each
	Bicycle crunches	max
	Rest for 60 sec	

Repeat new set



Weighted lateral flexion



Heel taps



Bicycle crunches

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
Heel taps	reps x lbs	reps x lbs	reps x lbs
Bicycle crunches	reps x lbs	reps x lbs	reps x lbs

Previous Stats

EXERCISE	
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BW Lower + abs

BW Lower + abs

Dismiss

Regular workout Created by Nicholas Falke on 20 May 2025, last updated on 20 May 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
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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 May 2025, last updated on 20 May 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

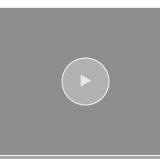
[Dismiss](#)[Repeat new set](#)

	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.

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 Dismiss 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	reps

Previous Stats

EXERCISE	Dismiss
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BW Upper Body

BW Upper Body

Regular workout

Created by Nicholas Falke on 20 May 2025, last updated on 20 May 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

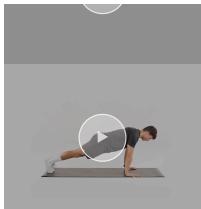
Rest for 90 sec

Repeat new set



Jog

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

[Dismiss](#)**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**

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.

[Dismiss](#)

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 arms 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