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NAME FRANKLIN DICKINSON DATE

Phase 24

[Dismiss](#)

4 weeks (10 Nov 2025 - 7 Dec 2025)

24.1 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.

24.1 Push

Regular workout

Created by Nicholas Falke on 7 Nov 2025, last updated on 9 Nov 2025.

est. 47 minutes

Equipment

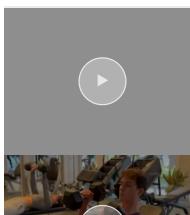


Dumbbell

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 10	⚠ Rest 90 sec between sets
	Dumbbell shoulder press	3 sets x 8	⚠ Rest 90 sec between sets
	Dumbbell Incline Bench Ches...	3 sets x 10	⚠ Rest 60 sec between sets
	Dumbbell lateral raises	3 sets x 12	⚠ Rest 60 sec between sets
	Dumbbell Lateral Raise Part...	1 set x max	⚠ Rest 30 sec between sets
	Dips	3 sets x 10	⚠ Rest 60 sec between sets
	Dumbbell Skull Crusher	3 sets x 12	⚠ Rest 60 sec between sets



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

Dismiss**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.

**Dumbbell lateral raises**

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

**Dumbbell Lateral Raise Partials****Dips****Dumbbell Skull Crusher**

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

Exercise Name	Set 1	Set 2	Set 3
Jog	Distance miles Time m: s Speed Levels/incline		

	Calories burnt				
	reps x	lbs	Dismiss	reps x	lbs
Dumbbell Incline Bench press.					
Dumbbell shoulder press					
Dumbbell Incline Bench Chest Fly					
Dumbbell lateral raises					
Dumbbell Lateral Raise Partials					
Dips					
Dumbbell Skull Crusher					

Previous Stats

EXERCISE	

24.2 Pull**24.2 Pull****Regular workout**

Created by Nicholas Falke on 7 Nov 2025, last updated on 9 Nov 2025.

est. 49 minutes

Equipment

Machine

Jog	1 set x 5 min	▼ Rest 90 sec between sets
Lat Machine Reverse Grip	3 sets x 12	▼ Rest 90 sec between sets
Dumbbell Rows	3 sets x 10 each	▼ Rest 90 sec between sets
Machine rear delt fly	3 sets x 10	▼ Rest 60 sec between sets

Superset of 3 sets

Standing Cable Pullover	8
Cable Face Pull	max
Rest for 60 sec	

Repeat new set

Superset of 3 sets

Cable reverse grip bicep curls	8
Cable bicep curls	max
Rest for 60 sec	

Repeat new set

Dismiss

dead hang	2 sets x max	Rest 60 sec between sets
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Jog

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

Lat Machine Reverse Grip

1. Grasp the bar using a reverse grip with your arms extended straight overhead.
2. Pull the bar down in front to the top of your chest, bending at the elbows.
3. Straighten your arms fully, returning the bar to the top position.

Dumbbell Rows

Machine rear delt fly

Standing Cable Pullover

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

Cable Face Pull

Cable reverse grip bicep curls

Cable bicep curls

dead hang

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					
Lat Machine Reverse Grip	reps x	lbs	reps x	lbs	reps x	lbs
Dumbbell Rows	reps x	lbs	reps x	lbs	reps x	lbs
Machine rear delt fly	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
Cable reverse grip bicep curls	reps x	lbs	reps x	lbs	reps x	lbs
Cable bicep curls	reps x	lbs	reps x	lbs	reps x	lbs
dead hang	reps x	lbs	reps x	lbs		

Previous Stats

EXERCISE

24.3 Legs

24.3 Legs

Regular workout Created by Nicholas Falke on 7 Nov 2025, last updated on 9 Nov 2025.

est. 51 minutes

Equipment

Dumbbell

lod	1 set x 5 min	Rest 90 sec between sets
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Glute Hyper Extension	3 sets x 10	Dismiss
Leg press machine	2 sets x 12	Rest 60 sec between sets
Calf raise on leg press machi...	3 sets x 15	Rest 60 sec between sets
Single Leg Dumbbell Hip Thr...	3 sets x 8 each	Rest 90 sec between sets
Dumbbell Step Up	3 sets x 10 each	Rest 90 sec between sets
Seated leg curl	3 sets x 12	Rest 90 sec between sets
Seated Hip Abduction	3 sets x 12	Rest 60 sec between sets

Jog

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

Glute Hyper Extension

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

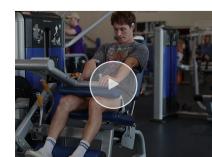
- Brace core ("preparing for a punch to the stomach")
- Press back and butt flush with the backrest
- Use a tight grip on the handles (help with stability & lock in)
- Feet placement will place more load on certain parts of the legs:
- Wider stance and/or toes pointed outward = more outside leg recruitment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

Single Leg Dumbbell Hip Thrust

Dumbbell Step Up



- When performing the step up, ensure that your leg gets the full extention at the top of the step. Keep your knee in line with your foot and your hip as you extend your leg.
- Stand up straight with dumbbells on each hand.
- Place the right foot on the elevated platform. And let the left foot stay on the ground. This will be your starting position.
- Lift your left foot all the way forward while keeping your knee slightly bent. And your right foot straight.
- Then back to starting position.
- Once you're completed one side, do the other.



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 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 Time Speed Levels/incline Calories burnt	m: s	reps x lbs	reps x lbs	reps x lbs	reps x lbs
Jog						
Glute Hyper Extension						
Leg press machine						
Calf raise on leg press machine						
Single Leg Dumbbell Hip Thrust						
Dumbbell Step Up						
Seated leg curl						
Seated Hip Abduction						

Previous Stats

EXERCISE

24.4 Upper Body

24.4 Upper Body

Regular workout

Created by Nicholas Falke on 7 Nov 2025, last updated on 9 Nov 2025.

Dismiss

est. 51 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
	Machine incline chest press.	3 sets x 10	⚠ Rest 90 sec between sets
	Cable rows	3 sets x 10	⚠ Rest 90 sec between sets
	Cable Face Pull	3 sets x 12	⚠ Rest 60 sec between sets

Superset of 3 sets

	Dumbbell Rear Delt Flyes	8
	Dumbbell lateral raises	8
	Dumbbell standing shoulder ...	max
	Rest for 60 sec	

Repeat new set

	Push ups	2 sets x max	⚠ Rest 60 sec between sets
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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

Machine incline chest press.

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

Cable Face Pull
 - 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 of the pulled back position

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

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

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

Exercise Name	Set 1	Set 2	Set 3
Jog	Distance miles Time m: s Speed Levels/incline Calories burnt		
Pull ups	reps x lbs	reps x lbs	reps x lbs
Machine incline chest press.	reps x lbs	reps x lbs	reps x lbs
Cable rows	reps x lbs	reps x lbs	reps x lbs
Cable Face Pull	reps x lbs	reps x lbs	reps x lbs
Dumbbell Rear Delt Flyes	reps x lbs	reps x lbs	reps x lbs
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
Push ups	reps x	Dismiss	reps x	lbs		

Previous Stats

EXERCISE	

24.5 Legs + Arms

24.5 Legs + Arms

Regular workout

Created by Nicholas Falke on 7 Nov 2025, last updated on 9 Nov 2025.

est. 53 minutes

Equipment



Jog	1 set x 5 min	Rest 90 sec between sets
Dumbbell Sumo Squats	3 sets x 12	Rest 90 sec between sets
Dumbbell Walking Lunges	3 sets x 10 each	Rest 90 sec between sets
Dumbbell Hip Thrust	3 sets x 12	Rest 90 sec between sets
Single arm cable rear delt fly	3 sets x 8 each	Rest 60 sec between sets
Dips	3 sets x 10	Rest 60 sec between sets
Ez bar bicep curls	3 sets x 10	Rest 60 sec between sets

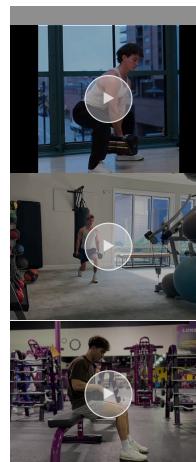
Superset of 2 sets

Cable Tricep Kickback	12 each
Single arm cable curls	12 each
Rest for 60 sec	

Repeat new set

Jog

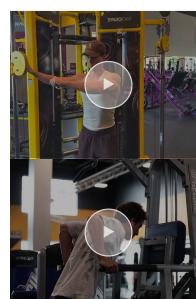
-Keep it light
-Goal: Warm up muscles/break a sweat



Dumbbell Sumo Squats

Dismiss

Maintain a slight forward lean through the entire exercise.



Dumbbell Walking Lunges

Dumbbell Walking Lunge



Dumbbell Hip Thrust

- 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.
- To stabilize the dumbbell, you'll need to use your hands to make sure it doesn't roll off.
- Begin by sitting close to a bench while holding the dumbbells. This will be your starting position.
- 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.
- Extend as far as possible.



Single arm cable rear delt fly

Dips

Ez bar bicep curls



Cable Tricep Kickback

- Grasp the cable with one hand, sit back (like sitting in a chair), lean forward.
- Using your lat, pull cable onto your side, elbows tight towards hips.
- Extend the tricep all the way, arm straight. Keep both legs straight and maintain your balance.
- Repeat. Complete all reps on one side before switching to the other side.



Single arm cable curls

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

Tracking Sheet

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

[Dismiss](#)

Exercise Name	Set 1		Set 2		Set 3	
Jog	Distance miles					
	Time m: s					
	Speed					
	Levels/incline					
	Calories burnt					
Dumbbell Sumo Squats	reps x	lbs	reps x	lbs	reps x	lbs
Dumbbell Walking Lunges	reps x	lbs	reps x	lbs	reps x	lbs
Dumbbell Hip Thrust	reps x	lbs	reps x	lbs	reps x	lbs
Single arm cable rear delt fly	reps x	lbs	reps x	lbs	reps x	lbs
Dips	reps x	lbs	reps x	lbs	reps x	lbs
Ez bar bicep curls	reps x	lbs	reps x	lbs	reps x	lbs
Cable Tricep Kickback	reps x	lbs	reps x	lbs		
Single arm cable curls	reps x	lbs	reps x	lbs		

Previous Stats

EXERCISE	

Abs

Abs

Regular workout

Created by Nicholas Falke on 7 Nov 2025, last updated on 7 Nov 2025.

est. 12 minutes

Equipment



Body weight

Superset of 3 sets

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

Repeat new set



Weighted crunches

[Dismiss](#)


Toe taps



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.

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
Toe taps	reps x	lbs	reps x	lbs	reps x	lbs
Floor Windshield Wiper	reps x	lbs	reps x	lbs	reps x	lbs

Previous Stats

EXERCISE	

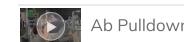
abs 2

abs 2

Regular workout

Created by Nicholas Falke on 7 Nov 2025, last updated on 7 Nov 2025.

est. 18 minutes



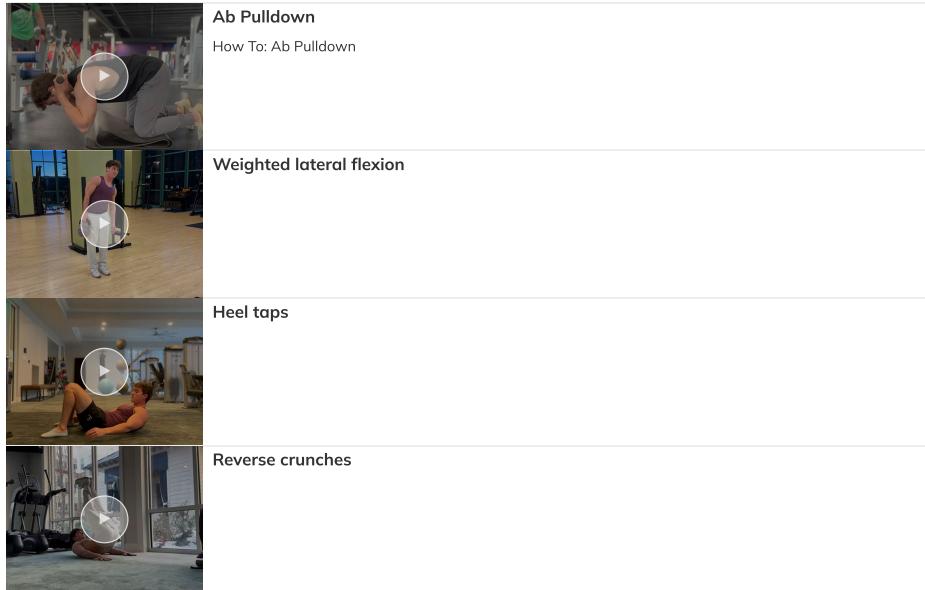
3 sets x 12

Rest 60 sec between sets

Superset of 3 sets

Weighted lateral flexion	12 each
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	Heel taps	20 each	Dismiss
	Reverse crunches	max	
	Rest for 60 sec		
↳ Repeat new set			



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

Exercise Name	Set 1	Set 2	Set 3	
Ab Pulldown	reps x	lbs	reps x	lbs
Weighted lateral flexion	reps x	lbs	reps x	lbs
Heel taps	reps x	lbs	reps x	lbs
Reverse crunches	reps x	lbs	reps x	lbs

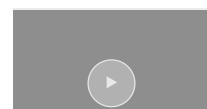
Previous Stats

EXERCISE	

BW Lower + abs

BW LOWER + ABS

	BW Lower + abs	Dismiss
Regular workout		
Created by Nicholas Falke on 7 Nov 2025, last updated on 7 Nov 2025.		
est. 47 minutes		
Equipment		
	Body weight	
	Jog	1 set x 5 min
	Alternating Jump Lunge	3 sets x 10 each
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



Alternating Jump Lunge

[Dismiss](#)

- 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.



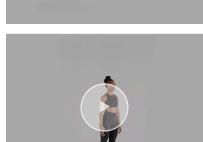
Bicycle Crunch

- 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.



Get into 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 7 Nov 2025, last updated on 7 Nov 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



20 each

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, with your weight supported by your hands and toes. 2) Flexing the knee and hip, bring one leg until the knee is approximately under the hip. This will be your starting position.

	 Sit Up 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
	 Piked Push 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.
	 Side Plank Dip 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.
	 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 State](#)

Previous Stats

EXERCISE	DISMISS
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BW Upper Body

BW Upper Body

Regular workout

Created by Nicholas Falke on 7 Nov 2025, last updated on 7 Nov 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

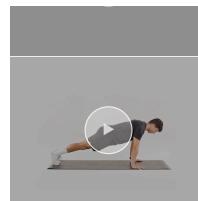
Superset of 3 sets

	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



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.



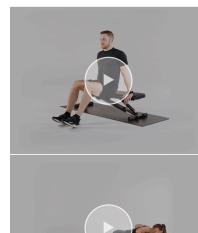
Plank To Push Up

- 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.



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 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	