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NAME FRANKLIN DICKINSON DATE

Phase 19

Dismiss

4 weeks (23 Jun 2025 - 20 Jul 2025)

19.1 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.

19.1 Push

Regular workout

Created by Nicholas Falke on 17 Jun 2025, last updated on 17 Jun 2025.

est. 50 minutes

Equipment

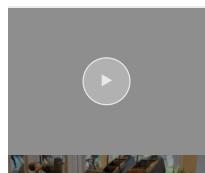


Cable

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.	2 sets x 12	⚠ Rest 60 sec between sets
	Machine incline chest press.	2 sets x 12	⚠ Rest 60 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
	Low to high cable fly	3 sets x 10	⚠ Rest 60 sec between sets
	Dips	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

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

Machine incline chest press.



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)

Low to high cable fly



Dips



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	Distance miles	Time m: s	Speed	Set 2	Set 3
Jog					
Dumbbell Incline Bench press.		reps x	lbs	reps x	lbs
Machine incline chest press.		reps x	lbs	reps x	lbs
Dumbbell shoulder press		reps x	lbs	reps x	lbs
Machine chest fly		reps x	lbs	reps x	lbs
Dumbbell lateral raises		reps x	lbs	reps x	lbs
Low to high cable fly		reps x	lbs	reps x	lbs
Dips		reps x	lbs	reps x	lbs
Cable Tricep Kickback		reps x	lbs	reps x	lbs

Previous Stats

EXERCISE	

19.2 Pull

19.2 Pull

Regular workout

Created by Nicholas Falke on 17 Jun 2025, last updated on 17 Jun 2025.

est. 52 minutes

Equipment



Dumbbell

Jog	1 set x 5 min	▼ Rest 90 sec between sets
Lat pulldown	3 sets x 12	▼ Rest 90 sec between sets
Cable rows	3 sets x 10	▼ Rest 90 sec between sets
Standing Cable Pullover	3 sets x 10	▼ Rest 60 sec between sets
Machine rear delt fly	3 sets x 10	▼ Rest 60 sec between sets

Superset of 3 sets

Dumbbell Rear Delt Flyes	8
Dumbbell Upright Row	max
Do not for 60 sec	

REST FOR 60 SEC

Repeat new set

Cable reverse grip bicep curls	3 sets x 10	▼ Rest 60 sec between sets
Dumbbell hammer curls	2 sets x 12	▼ Rest 60 sec between sets

Jog

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

Lat 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 rows

- Brace core ("preparing for a punch to the stomach")
- Head packed/chin tucked ("double chin")
- Feet screwed into the ground or feet platform
- Starting position: Sit upright
- Shoulders packed (squeeze shoulder blades back and press shoulders down into back pockets) *Maintain while releasing pulled cable as well
- Aim for a squeeze and slight hold at the end of the pulled back position

Standing Cable Pullover

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

Machine rear delt fly

Dumbbell Rear Delt Flies

How to do Dumbbell Rear Delt Flies

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.

Cable reverse grip bicep curls

Dumbbell hammer curls

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

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

Exercise Name	Set 1		Set 2		Set 3	
jog	Distance miles					
	Time m:	s				
	Speed					
	Levels/incline					
	Calories burnt					
Lat pulldown	reps x	lbs	reps x	lbs	reps x	lbs
Cable rows	reps x	lbs	reps x	lbs	reps x	lbs
Standing Cable Pullover	reps x	lbs	reps x	lbs	reps x	lbs
Machine rear delt fly	reps x	lbs	reps x	lbs	reps x	lbs
Dumbbell Rear Delt Flies	reps x	lbs	reps x	lbs	reps x	lbs
Dumbbell Upright Row	reps x	lbs	reps x	lbs	reps x	lbs
Cable reverse grip bicep curls	reps x	lbs	reps x	lbs	reps x	lbs
Dumbbell hammer curls	reps x	lbs	reps x	lbs	reps x	lbs

Previous Stats

EXERCISE

19.3 Legs

19.3 Legs

Regular workout

Created by Nicholas Falke on 17 Jun 2025, last updated on 17 Jun 2025.

est. 49 minutes

loq

1 set x 5 min

▼ Rest 90 sec between sets

Superset of 3 sets			
Dismiss			
	Single leg leg press machine	10 each	
	Dumbbell Romanian Deadlift	10	
	Rest for 2 min		
	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
	Seated Hip Abduction	3 sets x 12	Rest 60 sec between sets
	Dumbbell Walking Lunges	2 sets x 12 each	Rest 60 sec between sets

	Jog -Keep it light -Goal: Warm up muscles/break a sweat	
<hr/>		
Single leg leg press machine		
	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	
<hr/>		
	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	
<hr/>		
	Seated leg curl - Brace core ("preparing for a punch to the stomach") - Press back and butt flush with the backrest	



- Legs back and back 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



- 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

Dumbbell Walking Lunges

Dumbbell Walking Lunge

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						
Single leg leg press machine						
Dumbbell Romanian Deadlift						
Calf raise on leg press machine						
Seated leg curl						
seated leg extension						
Seated Hip Abduction						
Dumbbell Walking Lunges						

Previous Stats

EXERCISE

19.4 Upper Body

19.4 Upper Body

Regular workout

[Create](#) [Dismiss](#) Nicholas Falke on 17 Jun 2025, last updated on 17 Jun 2025.

est. 45 minutes

	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 10	Rest 90 sec between sets
	Cable Face Pull	3 sets x 12	Rest 60 sec between sets

Superset of 3 sets

	Machine chest fly	10
	Machine rear delt fly	10
Rest for 60 sec		

[Repeat new set](#)

Superset of 3 sets

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

[Repeat new set](#)



Jog

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



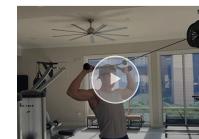
Pull ups

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



Dumbbell Incline Bench press.

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

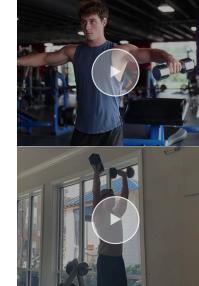


Cable Face Pull

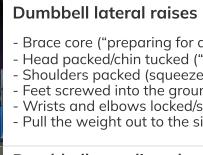
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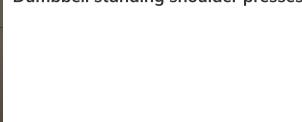
Machine chest fly



Machine rear delt fly



Dumbbell lateral raises



Dumbbell standing shoulder presses

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

Exercise Name	Set 1		Set 2		Set 3	
	Distance	miles	Time	m:	s	Speed
Jog						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 Face Pull	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		18 JUL 2025
		Dismiss
Jog	Set 1	Distance null miles Time m: s Speed null Levels/Incline null Calories burnt 2125
	Set 2	
Pull ups	Set 1	
	Set 2	
	Set 3	
Dumbbell Incline Bench press.	Set 1	8 reps x 35 lbs
	Set 2	8 reps x 35 lbs
	Set 3	8 reps x 35 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
Machine chest fly	Set 1	10 reps x 100 lbs
	Set 2	8 reps x 100 lbs
	Set 3	7 reps x 100 lbs
Machine rear delt fly	Set 1	10 reps x 55 lbs
	Set 2	10 reps x 55 lbs
	Set 3	6 reps x 85 lbs
Dumbbell lateral raises	Set 1	10 reps x 17 lbs
	Set 2	10 reps x 17.5 lbs
	Set 3	
Dumbbell standing shoulder presses	Set 1	8 reps x 22.5 lbs
	Set 2	6 reps x 22.5 lbs
	Set 3	

19.5 Legs + Arms

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19.5 Legs + Arms

Regular workout

Created by Nicholas Falke on 17 Jun 2025, last updated on 17 Jun 2025.

est. 50 minutes

Equipment



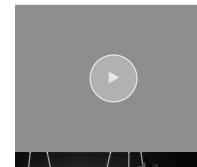
	Jog	1 set x 5 min	Rest 90 sec between sets
	Cable Pull Through	2 sets x 12	Rest 60 sec between sets

Superset of 3 sets

	Dumbbell Bulgarian split squat	10 each
	Dumbbell Sumo Squats	8
	Rest for 2 min	

Repeat new set

	Staggered Stance Romanian ...	3 sets x 10 each	Rest 90 sec between sets
	Dips	3 sets x 10	Rest 60 sec between sets
	Cable tricep pushdown	2 sets x 12	Rest 60 sec between sets
	Dumbbell Concentration Curl	3 sets x 10	Rest 60 sec between sets
	Dumbbell incline bench curls	2 sets x 12	Rest 60 sec between sets



Jog

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



Cable Pull Through

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

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Dumbbell Sumo Squats

Maintain a slight forward lean throughout the entire exercise.



Staggered Stance Romanian Deadlift

using only 1 dumbbell for this exercise!



Dips



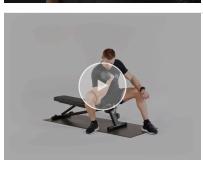
Cable tricep pushdown

- Brace core ("preparing for a punch to the stomach")
- Shoulders packed (squeeze shoulder blades back and press shoulders down into back pockets)
- Elbows close to the side of the body
- Wrists locked and aligned with the forearms
- Drive pinkies to the floor, having an outward pull at the bottom
- Squeeze at the bottom
- Slowly release the squeeze until elbow is around 90 degrees



Dumbbell Concentration Curl

- 1) Sit on the end of a flat bench with your legs spread apart in a V-shape.
- 2) Rest your elbow on the inside of your thigh letting the dumbbell hang, while your other hand rests on the upper thigh of the other leg.
- 3) Slowly curl the weight up towards your shoulder using just your bicep.
- 4) Pause at the top and slowly lower to start position.



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
	Distance miles		
	Time m: s		
	Speed		
jog	Levels/incline		

	Calories Burnt			
	reps x	lbs	reps x	lbs
Cable Pull Through				
Dumbbell Bulgarian split squat				
Dumbbell Sumo Squats	reps x	lbs	reps x	lbs
Staggered Stance Romanian Deadlift	reps x	lbs	reps x	lbs
Dips	reps x	lbs	reps x	lbs
Cable tricep pushdown	reps x	lbs	reps x	lbs
Dumbbell Concentration Curl	reps x	lbs	reps x	lbs
Dumbbell incline bench curls	reps x	lbs	reps x	lbs

Previous Stats

[EXERCISE](#)

Abs

Abs

[Regular workout](#)

Created by Nicholas Falke on 17 Jun 2025, last updated on 17 Jun 2025.

est. 12 minutes

Equipment

[Body weight](#)

Superset of 3 sets

	Weighted V Ups	12
	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.

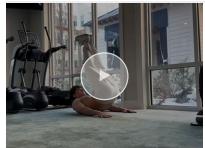


2) Bring your legs, in a diagonal position, towards the ground on one side maintaining a contraction in your abs.

[Dismiss](#)

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	
	reps x	lbs	reps x	lbs	reps x	lbs
Weighted V Ups						
Floor Windshield Wiper						
Reverse crunches						

Previous Stats

EXERCISE	

abs 2

abs 2

Regular workout

Created by Nicholas Falke on 17 Jun 2025, last updated on 17 Jun 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

[Dismiss](#)

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	
	reps x	lbs	reps x	lbs	reps x	lbs
Weighted lateral flexion						
Heel taps						
Bicycle crunches						

Previous Stats

EXERCISE	

BW Lower + abs

BW Lower + abs

Regular workout

Created by Nicholas Falke on 17 Jun 2025, last updated on 17 Jun 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
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 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**
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.



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.

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	Dismiss	reps		reps

Previous Stats

EXERCISE	

BW Upper

BW Upper

Regular workout

Created by Nicholas Falke on 17 Jun 2025, last updated on 17 Jun 2025.

est. 51 minutes

Equipment



Body weight

Jog	1 set x 5 min	⚠ Rest 90 sec between sets
Decline Push Up	3 sets x 10-15	⚠ Rest 60 sec between sets
Push Up	3 sets x 10-15 wide grip	⚠ Rest 60 sec between sets
Diamond Push Up	3 sets x max	⚠ Rest 60 sec between sets

Superset of 3 sets

Mountain Climber	20 each
Sit Up	10

Rest for 90 sec

Repeat new set

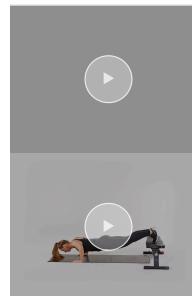
Piked Push Up	3 sets x max	⚠ Rest 60 sec between sets
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Superset of 3 sets

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

Dismiss



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, crossed in front of you, or behind your head.
- Lower your body back to the floor.
- 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

- 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.
- Walk your feet towards your hand, lifting your butt into the air.
- Press up through your shoulders, hold then return to starting position.
- Repeat.



Side Plank Dip



Dismiss

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

Regular workout

Created by Nicholas Falke on 17 Jun 2025, last updated on 17 Jun 2025.

est. 48 minutes

Equipment



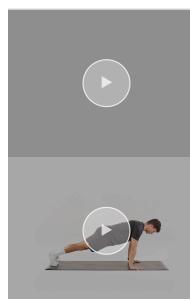
Body weight

Jog

1 set x 5 min

Rest 90 sec between sets

	Push Up	3 sets x 12	Dismiss	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.



- 2.Your feet towards your hands, bring your butt into the air.
 3.Press up through your shoulders, hold then return to starting position.
 4.Repeat.

[Dismiss](#)

- 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 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

Mixed 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

Mixed 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	