

Format: Default format   PRINT

NAME FRANKLIN DICKINSON DATE

## Phase 17

[Dismiss](#)

4 weeks (28 Apr 2025 - 25 May 2025)

### 17.1 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.

#### 17.1 Push

Regular workout

Created by Nicholas Falke on 24 Apr 2025, last updated on 27 Apr 2025.

est. 52 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.

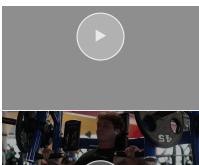
	Jog	1 set x 5 min	Rest 90 sec between sets
	Machine incline chest press.	3 sets x 10	Rest 90 sec between sets
	Dumbbell shoulder press	3 sets x 8	Rest 90 sec between sets
	Dumbbell Incline Bench Ches...	2 sets x 10	Rest 60 sec between sets
	Machine chest fly	3 sets x 10	Rest 60 sec between sets
	Dumbbell 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

#### Superset of 3 sets

	Cable tricep pushdown	8
	Cable tricep skullcrushers	max
	Rest for 60 sec	

Repeat new set

Jog



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

[Dismiss](#)

### Machine incline chest press.

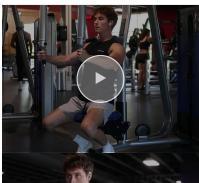


### Dumbbell shoulder press

- 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

### 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.



### Machine chest fly

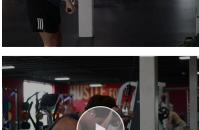


### Dumbbell lateral raises

- 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



### 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



### Cable tricep skullcrushers

- 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)



- Head packed/chin tucked ("double chin")
- About 45 degree bend at hips, locking in the lower body
- Wrists locked and aligned with the forearms
- Drive pinkies forward away from the forearms (forearms pushed down like a lever)
- Squeeze at the end and slowly release squeeze until fists are close to forehead

### 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						
Machine incline chest press.						
Dumbbell shoulder press						
Dumbbell Incline Bench Chest Fly						
Machine chest fly						
Dumbbell lateral raises						
Low to high cable fly						
Cable tricep pushdown						
Cable tricep skullcrushers						

### Previous Stats

## 17.2 Pull

### 17.2 Pull

Regular workout

Created by Nicholas Falke on 24 Apr 2025, last updated on 27 Apr 2025.

est. 49 minutes

#### Equipment



Jog	1 set x 5 min	▼ Rest 90 sec between sets
Lat Machine Reverse Grip	3 sets x 10	▼ Rest 90 sec between sets
Cable rows	3 sets x 8	▼ Rest 90 sec between sets

#### Superset of 3 sets

Standing Cable Pullover	8
Cable Face Pull	8

Rest for 60 sec

Repeat new set

Machine rear delt fly    3 sets x 10    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

**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.

**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

**Cable Face Pull**

**Machine 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 Machine Reverse Grip	reps x	lbs	reps x	lbs	reps x	lbs
Cable rows	reps x	lbs	reps x	lbs	reps x	lbs
Standing Cable Pullover	reps x	lbs	reps x	lbs	reps x	lbs
Cable Face Pull	reps x	lbs	reps x	lbs	reps x	lbs
Machine 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

## 17.3 Legs

## 17.3 Legs

Regular workout

Dismiss

Created by Nicholas Falke on 24 Apr 2025, last updated on 27 Apr 2025.

est. 53 minutes

### Equipment



Body weight

Jog	1 set x 5 min	Rest 90 sec between sets
Smith Machine Romanian De...	3 sets x 8	Rest 90 sec between sets

### Superset of 3 sets

Single leg leg press machine	8 each
Calf raise on leg press machi...	15 (single leg)
Rest for 90 sec	

Repeat new set

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
Wall Sit	2 sets x max	Rest 60 sec between sets

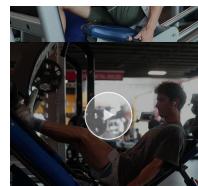
### Jog

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

### Smith Machine Romanian Deadlift

Smith Machine Romanian Deadlift

### Single leg leg press machine



### 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



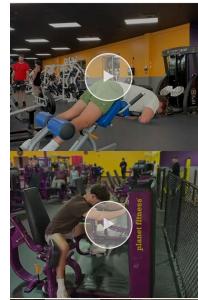
### Seated leg curl

- 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



### Glute Hyper Extension



### Seated Hip Abduction

- 1) When performing this exercise, ensure your knees don't move forward past your toes.
- 2) Try to keep your knees at 90 degrees and hold.

### Tracking Sheet

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

Exercise Name	Set 1	Set 2	Set 3
Jog	Distance miles Time m: s Speed Levels/incline Calories burnt		
Smith Machine Romanian Deadlift	reps x lbs	reps x lbs	reps x lbs
Single leg leg press machine	reps x lbs	reps x lbs	reps x lbs

Single leg leg press machine	reps x	lbs	reps x	lbs	reps x	lbs
Calf raise on leg press machine	reps x	lbs	reps x	lbs	reps x	lbs
Seated leg curl	reps x	Dismiss	reps x	lbs	reps x	lbs
seated leg extension	reps x	lbs	reps x	lbs	reps x	lbs
Glute Hyper Extension	reps x	lbs	reps x	lbs	reps x	lbs
Seated Hip Abduction	reps x	lbs	reps x	lbs		
Wall Sit		sec		sec		

## Previous Stats

## 17.4 Upper Body

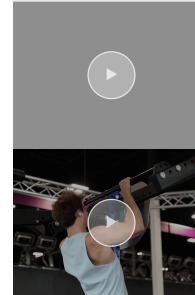
### 17.4 Upper Body

Regular workout

Created by Nicholas Falke on 24 Apr 2025, last updated on 27 Apr 2025.

est. 49 minutes

Jog	1 set x 5 min	Rest 90 sec between sets
<b>Superset of 3 sets</b>		
Pull ups	max	
Push ups	max	
Rest for 90 sec		
Repeat new set		
Dumbbell Incline Bench press.	3 sets x 10	Rest 90 sec between sets
Cable rows	3 sets x 10	Rest 90 sec between sets
<b>Superset of 3 sets</b>		
Machine chest fly	10	
Machine rear delt fly	10	
Rest for 60 sec		
Repeat new set		
Cable fly	2 sets x 12	Rest 60 sec between sets
Dumbbell hammer curls	2 sets x 12 each	Rest 60 sec between sets



Jog

-Keep it light

-Goal: Warm up muscles/break a sweat

Dismiss



Pull 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



Push ups

-Brace core ("preparing for a punch to the stomach")

-Head packed/chin tucked ("double chin")

-Recommended: Hands shoulder width apart or slightly wider than shoulder width

-Elbows tucked slightly closer to the body

-Drive forearms straight up, pushing the inside of the elbows towards center of the chest

-Squeeze at the top "plank" position

-Aim to pack the shoulders (squeeze shoulder blades back and press shoulders down into back pockets) at the bottom "floating" position

-Avoid: Letting the butt sink down



Dumbbell Incline Bench 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) \*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 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 chest fly



Machine rear delt fly



Cable fly





### Dumbbell hammer curls

- Brace core ("preparing for a punch")
- 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		
Pull ups	reps x lbs	reps x lbs	reps x lbs
Push ups	reps x lbs	reps x lbs	reps x lbs
Dumbbell Incline Bench press.	reps x lbs	reps x lbs	reps x lbs
Cable rows	reps x lbs	reps x lbs	reps x lbs
Machine chest fly	reps x lbs	reps x lbs	reps x lbs
Machine rear delt fly	reps x lbs	reps x lbs	reps x lbs
Cable fly	reps x lbs	reps x lbs	
Dumbbell hammer curls	reps x lbs	reps x lbs	

### Previous Stats

## 17.5 Legs + Arms

### 17.5 Legs + Arms

Regular workout

Created by Nicholas Falke on 24 Apr 2025, last updated on 27 Apr 2025.

est. 51 minutes

#### Equipment

Body weight Cable

Jog	1 set x 5 min	⚠ Rest 90 sec between sets
Dumbbell Sumo Squats	3 sets x 10	⚠ Rest 90 sec between sets
Staggered Stance Romanian ...	3 sets x 10 each	⚠ Rest 90 sec between sets
Cable Pull Through	2 sets x 12	⚠ Rest 60 sec between sets
Wall Sit	1 set x max	⚠ Rest 60 sec between sets



### Ez bar bicep curls

3 sets x 10

**Dismiss**

⚠ Rest 60 sec between sets



### Dips

3 sets x 10

⚠ Rest 60 sec between sets



### Dumbbell incline bench curls

3 sets x 10

⚠ Rest 60 sec between sets



### Cable Tricep Kickback

3 sets x 12 each

⚠ Rest 60 sec between sets



### Jog

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



### Dumbbell Sumo Squats

Maintain a slight forward lean throughout the entire exercise.



### Staggered Stance Romanian Deadlift

using only 1 dumbbell for this exercise!



### 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.



### 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.

### Ez bar bicep curls

### Dips



### Dumbbell incline bench curls

[Dismiss](#)



### Cable Tricep Kickback

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

### Tracking Sheet

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

Exercise Name	Set 1		Set 2		Set 3	
Jog	Distance	miles				
	Time	m:	s			
	Speed					
	Levels/incline					
	Calories burnt					
Dumbbell Sumo Squats	reps x	lbs	reps x	lbs	reps x	lbs
Staggered Stance Romanian Deadlift	reps x	lbs	reps x	lbs	reps x	lbs
Cable Pull Through	reps x	lbs	reps x	lbs		
Wall Sit		sec				
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
Cable Tricep Kickback	reps x	lbs	reps x	lbs	reps x	lbs

### Previous Stats

EXERCISE	

## Abs

### Abs

Regular workout

Created by Nicholas Falke on 24 Apr 2025, last updated on 24 Apr 2025.

est. 12 minutes

Superset of 3 sets

Plate Russian Twist

13

14

Plate Russian Twist
Toe taps

Toe taps
12

Bicycle crunches
Dismiss

Rest for 60 sec
max

[Repeat new set](#)



### Plate Russian Twist

- 1) Sit on the floor, and with both hands hold a plate out in front you with arms slightly bent.
- 2) Slightly lean your upper body backwards, until it's against the floor.
- 3) Begin by curling your body up, and twisting to the left while keeping the plate held out in front.
- 4) Pause, and slowly return to start. Repeat with other side.



### Toe 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	
Plate Russian Twist	reps x	lbs	reps x	lbs	reps x	lbs
Toe taps	reps x	lbs	reps x	lbs	reps x	lbs
Bicycle crunches	reps x	lbs	reps x	lbs	reps x	lbs

### Previous Stats

abs 2

abs 2
Regular workout

Regular workout
Created by Nicholas Falke on 24 Apr 2025, last updated on 24 Apr 2025.

[est. 15 minutes](#)

## Equipment



Medicine ball

[Dismiss](#)



Weighted lateral flexion

3 sets x 12 each

▼ Rest 60 sec between sets

Superset of 3 sets



Weighted crunches

12



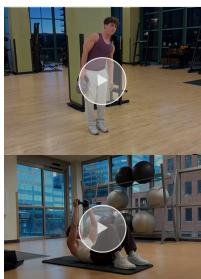
Medicine Ball Flutter Kicks

max (can use any weight)

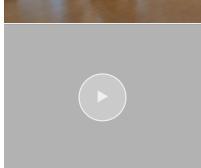


Rest for 60 sec

↶ Repeat new set



Weighted lateral flexion



Weighted crunches



Medicine Ball Flutter Kicks

Lie on your back with a medicine ball on your chest. Perform flutter kicks, keeping your core engaged.

## 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
Weighted crunches	reps x lbs	reps x lbs	reps x lbs
Medicine Ball Flutter Kicks	reps x lbs	reps x lbs	reps x lbs

## Previous Stats

## BW Lower + abs

## BW Lower + abs

[Regular workout](#)

[Dismiss](#)

Created by Nicholas Falke on 24 Apr 2025, last updated on 24 Apr 2025.

est. 47 minutes

## Equipment



Body weight



Mat



Jog

1 set x 5 min

▼ Rest 90 sec between sets



Alternating Jump Lunge

3 sets x 10 each

▼ Rest 60 sec between sets

Superset of 3 sets



Wall Sit

60 sec



Squat Jump

15



Rest for 90 sec

↶ Repeat new set

Superset of 3 sets



Body Weight Single Leg Deadlift

12 each



Box Pistol Squat

8 each



Rest for 60 sec

↶ Repeat new set

Superset of 3 sets



Bicycle Crunch

10 each



Hollow Body Hold Flutter Kicks

30 sec



Rest for 60 sec

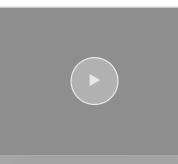
↶ Repeat new set



Burpee

3 sets x 15

▼ Rest 60 sec between sets



Jog

-Keep it light

-Goal: Warm up muscles/break a sweat

Alternating lumbro-lumbar



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

[Dismiss](#)

#### Wall Sit

- When performing this exercise, ensure your knees don't move forward past your toes.
- Try to keep your knees at 90 degrees and hold.



#### Squat Jump

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



#### Body Weight Single Leg Deadlift

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



#### Box Pistol Squat

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



#### Bicycle Crunch

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



#### Hollow Body Hold Flutter Kicks

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



#### Burpee

- Start in the top of a push up position.
- Jump your feet in, bringing your knees to your chest while keeping your hands on the floor.
- Come to an upright position and jump into the air, raising your arms overhead.
- Return to the mid position and then jump your feet back out to a straight position.

[Tracking Sheet](#) (Print and track your progress here. Don't forget to sync them online.)

[Dismiss](#)

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 24 Apr 2025, last updated on 24 Apr 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 Dismiss

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.  
 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 Dismiss

**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	
	Distance	miles	Time	m:	s	Speed
Jog						Levels/incline
Decline Push Up			reps			Calories burnt
Push Up			reps			
Diamond Push Up			reps			
Mountain Climber			reps			
Sit Up			reps			
Piked Push Up			reps			
Side Plank Dip	reps x	lbs	reps x	lbs	reps x	lbs
Reverse Crunch			reps		reps	

#### Previous Stats

# BW Upper Body

Dismiss

## BW Upper Body

### Regular workout

Created by Nicholas Falke on 24 Apr 2025, last updated on 24 Apr 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 start.

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.

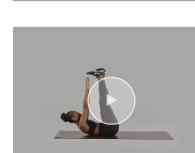
4.Repeat.



### 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 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.

[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		
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	