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NAME FRANKLIN DICKINSON DATE

Phase 22

[Dismiss](#)

4 weeks (15 Sep 2025 - 12 Oct 2025)

22.1 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.

22.1 Push

Regular workout

Created by Nicholas Falke on 10 Sep 2025, last updated on 10 Sep 2025.

est. 49 minutes

Equipment

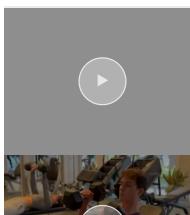


Dumbbell

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.

A small video thumbnail showing a person jogging.	Jog	1 set x 5 min	⚠ Rest 90 sec between sets
A small video thumbnail showing a person performing a dumbbell incline bench press.	Dumbbell Incline Bench press.	3 sets x 10	⚠ Rest 90 sec between sets
A small video thumbnail showing a person performing a dumbbell incline bench chest press.	Dumbbell Incline Bench Ches...	2 sets x 10	⚠ Rest 60 sec between sets
A small video thumbnail showing a person performing a dumbbell shoulder press.	Dumbbell shoulder press	3 sets x 8	⚠ Rest 90 sec between sets
A small video thumbnail showing a person performing a machine chest fly.	Machine chest fly	3 sets x 10	⚠ Rest 60 sec between sets
A small video thumbnail showing a person performing dumbbell lateral raises.	Dumbbell lateral raises	3 sets x 12	⚠ Rest 60 sec between sets
A small video thumbnail showing a person performing dips.	Dips	3 sets x 10	⚠ Rest 60 sec between sets
A small video thumbnail showing a person performing a dumbbell skull crusher.	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 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 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)

**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	reps x	lbs
Dumbbell Incline Bench press.				
Dumbbell Incline Bench Chest Fly				
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
Dips	reps x	lbs	reps x	lbs
Dumbbell Skull Crusher	reps x	lbs	reps x	lbs

Previous Stats

EXERCISE		29 SEP 2025	22 SEP 2025
Jog	Set 1		Distance 0.5 miles
Dumbbell Incline Bench press.	Set 1	8 reps x 35 lbs	8 reps x 35 lbs
	Set 2	8 reps x 35 lbs	8 reps x 35 lbs
	Set 3	8 reps x 35 lbs	8 reps x 35 lbs
	Set 4		
Dumbbell Incline Bench Chest Fly	Set 1	10 reps x 22.5 lbs	10 reps x 22.5 lbs
	Set 2	10 reps x 22.5 lbs	10 reps x 22.5 lbs
Dumbbell shoulder press	Set 1	8 reps x 30 lbs	8 reps x 30 lbs
	Set 2	8 reps x 30 lbs	8 reps x 30 lbs
	Set 3	8 reps x 30 lbs	8 reps x 30 lbs
Machine chest fly	Set 1	10 reps x 85 lbs	10 reps x 85 lbs
	Set 2	10 reps x 85 lbs	10 reps x 85 lbs
	Set 3		10 reps x 85 lbs
Dumbbell lateral raises	Set 1	8 reps x 17.5 lbs	10 reps x 17.5 lbs
	Set 2	8 reps x 17.5 lbs	10 reps x 17.5 lbs
	Set 3	8 reps x 17.5 lbs	10 reps x 17.5 lbs
Dips	Set 1	10 reps x 50 lbs	10 reps x 50 lbs

	Set 2	10 reps x 50 lbs	10 reps x 50 lbs
Dumbbell Skull Crusher	Set 3	Dismiss	10 reps x 50 lbs
	Set 1	10 reps x 17.5 lbs	10 reps x 17.5 lbs
	Set 2	10 reps x 17.5 lbs	10 reps x 17.5 lbs
	Set 3		

22.2 Pull

22.2 Pull

Regular workout

Created by Nicholas Falke on 10 Sep 2025, last updated on 10 Sep 2025.

est. 49 minutes

Equipment



Jog	1 set x 5 min	Rest 90 sec between sets
Lat Machine Single Arm Clos...	3 sets x 12 each	Rest 90 sec between sets
Cable Seated Single Arm Row	3 sets x 10 each	Rest 90 sec between sets
Cable Face Pull	3 sets x 12	Rest 60 sec between sets
Machine rear delt fly	3 sets x 10	Rest 60 sec between sets
Machine preacher curl	3 sets x 10	Rest 60 sec between sets
Dumbbell hammer curls	3 sets x 12	Rest 60 sec between sets
dead hang	2 sets x max	Rest 60 sec between sets

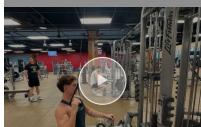
Jog

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



Lat Machine Single Arm Close Grip Row

- Grasp the handle with your arm extended straight overhead, palm facing in. Lean back slightly and look up.
- Pull the handle down in front to the top of your chest.
- Straighten your arm, returning the handle to the starting position, going through a full range of motion.



3.Straighten your arm, returning the handle to the starting position, going through a full range of motion.

4.Repeat. Complete all reps on one side before switching to the other side.

Cable Seated Single Arm Row

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

Cable Face Pull



Machine rear delt fly



Machine preacher curl

- Brace core
- Screw feet into the ground or feet platform
- Lock in the lower half of the body
- Pack the shoulders (should feel some lat engagement) *Maintain this through the entire rep to stabilize the shoulder and allow for more bicep isolation
- Tight grip
- Drive "through the bicep"
- Squeeze at the top w/ a slight hold before releasing
- Maintain a slow but still tensed release downward
- Aim to have the arms close to full extension at the bottom



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



dead hang



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
Lat Machine Single Arm Close Grip Row	reps x	lbs	reps x	lbs
Cable Seated Single Arm Row	reps x	lbs	reps x	lbs
Cable Face Pull	reps x	lbs	reps x	lbs
Machine rear delt fly	reps x	lbs	reps x	lbs
Machine preacher curl	reps x	lbs	reps x	lbs
Dumbbell hammer curls	reps x	lbs	reps x	lbs
dead hang	reps x	lbs	reps x	lbs

Previous Stats

EXERCISE		30 SEP 2025
Jog	Set 1	
Lat Machine Single Arm Close Grip Row	Set 1	10 reps x 42.5 lbs
	Set 2	10 reps x 42.5 lbs
	Set 3	10 reps x 42.5 lbs
Cable Seated Single Arm Row	Set 1	10 reps x 42 lbs
	Set 2	10 reps x 42 lbs
	Set 3	10 reps x 42 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 rear delt fly	Set 1	10 reps x 55 lbs
	Set 2	10 reps x 55 lbs
	Set 3	8 reps x 55 lbs
Machine preacher curl	Set 1	10 reps x 50 lbs
	Set 2	10 reps x 50 lbs
	Set 3	10 reps x 50 lbs
Dumbbell hammer curls	Set 1	10 reps x 17.5 lbs
	Set 2	10 reps x 17.5 lbs
	Set 3	10 reps x 17.5 lbs
dead hang	Set 1	
	Set 2	

22.3 Legs

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22.3 Legs

Regular workout

Created by Nicholas Falke on 10 Sep 2025, last updated on 10 Sep 2025.

est. 51 minutes

	Jog	1 set x 5 min	⚠ Rest 90 sec between sets
	Dumbbell Walking Lunges	3 sets x 10 each	⚠ Rest 90 sec between sets
	Leg press machine	2 sets x 15	⚠ Rest 60 sec between sets
	Calf raise on leg press machi...	3 sets x 15	⚠ Rest 60 sec between sets
	Seated leg curl	3 sets x 12	⚠ Rest 90 sec between sets
	seated leg extension	3 sets x 12	⚠ Rest 90 sec between sets
	Glute Hyper Extension	3 sets x 12	⚠ Rest 60 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



Dumbbell Walking Lunges

Dumbbell Walking Lunge



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



- 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 **Dismiss** 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

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 Walking Lunges	reps x	lbs	reps x	lbs	reps x	lbs
Leg press machine	reps x	lbs	reps x	lbs		
Calf raise on leg press machine	reps x	lbs	reps x	lbs	reps x	lbs
Seated leg curl	reps x	lbs	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	reps x	lbs

Previous Stats

EXERCISE	

22.4 Upper Body

[Dismiss](#)

22.4 Upper Body

Regular workout

Created by Nicholas Falke on 10 Sep 2025, last updated on 10 Sep 2025.

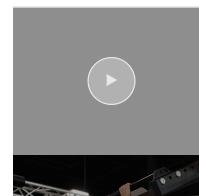
est. 51 minutes

	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
	Lat pulldown	3 sets x 12	⚠ Rest 90 sec between sets
	Cable fly	3 sets x 10	⚠ Rest 60 sec between sets

Superset of 3 sets

	Dumbbell Rear Delt Flyes	8
	Dumbbell lateral raises	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



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 while releasing pulled cable as well
- Aim for a squeeze and slight hold at the end of the pulled back position



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 fly



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)

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
Lat pulldown	reps x	lbs	reps x	lbs	reps x	lbs
Cable fly	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

Previous Stats

EXERCISE

Dismiss

22.5 Legs + Arms

22.5 Legs + Arms

Regular workout

Created by Nicholas Falke on 10 Sep 2025, last updated on 10 Sep 2025.

est. 47 minutes

Equipment



Jog	1 set x 5 min	▼ Rest 90 sec between sets
Dumbbell Step Up	3 sets x 10 each	▼ Rest 90 sec between sets

Superset of 3 sets

Single Leg Dumbbell Hip Thr...	8 each
Dumbbell Hip Thrust	12
Rest for 2 min	

↶ Repeat new set

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 3 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 Step Up

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



Single Leg Dumbbell Hip Thrust

Dumbbell Hip Thrust

1. When performing this exercise, you'll want most of the work being done from your hips rather than your lower back. Keep your abdominal set - particularly at the top of the lift.
2. To stabilize the dumbbell, you'll need to use your hands to make sure it doesn't roll off.
3. Begin by sitting close to a bench while holding the dumbbells. This will be your starting position.
4. Begin the movement by driving through with your heels, extending your hips vertically keeping the dumbbells in place. Your weight should be supported by your upper back and the heels of your feet.
5. Extend as far as possible.



Dips



Ez bar bicep curls



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.



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	
	Distance miles	Time m: s	Speed	Levels/incline	Calories burnt	
Jog						
Dumbbell Step Up	reps x	lbs	reps x	lbs	reps x	lbs
Single Leg Dumbbell Hip Thrust	reps x	lbs	reps x	lbs	reps x	lbs
Dumbbell Hip Thrust	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	reps x	lbs
Single arm cable curls	reps x	lbs	reps x	lbs	reps x	lbs

Previous Stats

EXERCISE	

Abs

Abs	Created by Nicholas Falke on 10 Sep 2025, last updated on 10 Sep 2025.
Regular workout	
est. 12 minutes	
Equipment	
Body weight	
Superset of 3 sets	
Weighted crunches	12
Side Plank Hip Dip	12 each
Plank	max
Rest for 60 sec	
Repeat new set	



Weighted crunches

[Dismiss](#)**Side Plank Hip Dip**

- 1) For this exercise, keep your glutes active and maintain a straight line through your body.
- 2) Ensure your elbow is below your shoulder as you get into a side plank position.
- 3) From here, drop your hip to the ground.
- 4) Then push it up towards the ceiling.

**Plank****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	
Weighted crunches				
Side Plank Hip Dip				
Plank	reps x	lbs	reps x	lbs

Previous Stats

EXERCISE	Set 1	Set 2	Set 3
Weighted crunches	12 reps x 10 lbs		
	Set 2		
	Set 3		
Side Plank Hip Dip	12 reps		
	Set 2		
	Set 3		
Plank	Set 1		
	Set 2		
	Set 3		

abs 2

abs 2

View

Regular workout[Create](#)

Dismiss Nicholas Falke on 10 Sep 2025, last updated on 10 Sep 2025.

est. 12 minutes

Superset of 3 sets

	Weighted lateral flexion	12 each
	Plate Russian Twist	12 each
	Knee Raise on elbows	max

Rest for 60 sec

[Repeat new set](#)**Weighted lateral flexion****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.

**Knee Raise on elbows****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
Weighted lateral flexion			
Plate Russian Twist			
Knee Raise on elbows			

Previous Stats

EXERCISE

BW Lower + abs

Dismiss

BW Lower + abs

Regular workout

Created by Nicholas Falke on 10 Sep 2025, last updated on 10 Sep 2025.

est. 47 minutes

Equipment



Jog	1 set x 5 min	Rest 90 sec between sets
Alternating Jump Lunge	3 sets x 10 each	Rest 60 sec between sets

Superset of 3 sets

Wall Sit	60 sec
Squat Jump	15
Rest for 90 sec	

Repeat new set

Superset of 3 sets

Body Weight Single Leg Deadlift	12 each
Box Pistol Squat	8 each
Rest for 60 sec	

Repeat new set

Superset of 3 sets

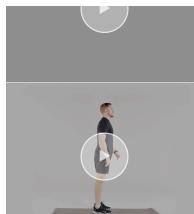
Bicycle Crunch	10 each
Hollow Body Hold Flutter Kicks	30 sec
Rest for 60 sec	

Repeat new set

Burpee	3 sets x 15	Rest 60 sec between sets
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Jog

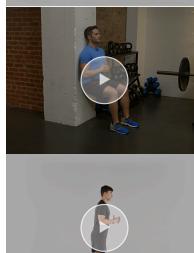
- Keep it light
- Goal: Warm up muscles/break a sweat



Dismiss

Alternating Jump Lunge

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



Wall Sit

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



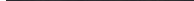
Squat Jump

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



Box 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.



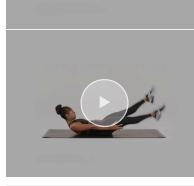
Box Pistol Squat

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 head on the floor.



- 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.
Dismiss
 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	reps	reps

Previous Stats

EXERCISE	

BW Upper

BW Upper

Regular workout

Created by Nicholas Falke on 10 Sep 2025, last updated on 10 Sep 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	Dismiss
	Sit Up	10	

Rest for 90 sec

Repeat new set

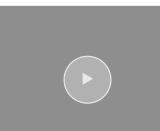
	Piked Push Up	3 sets x max	Rest 60 sec between sets
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Superset of 3 sets

	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



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.



2) Flexing the knee and hip, bring one leg until the knee is approximately under the hip. This will be your starting position.

Dismiss

3) Explosively reverse the position 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



Sit Up

1) Lie on your back on the floor with your feet shoulder width apart.

2) Begin by lifting your upper body up until you are sitting up straight with your arms either at your sides, crossed in front of you, or behind your head.

3) Lower your body back to the floor.

4) Make sure that you do not use your arms to swing your body up and make sure that your feet remain touching the ground at all times.



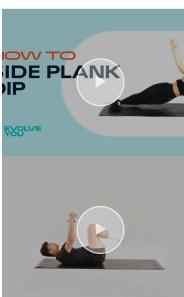
Piked Push Up

1. Get into push up position, palms flat on the floor and slightly more than shoulder-width apart, your feet should be together and your legs straight.

2. Walk your feet towards your hand, lifting your butt into the air.

3. Press up through your shoulders, hold then return to starting position.

4. Repeat.



Side Plank Dip

Reverse Crunch

1) Lie on the floor and bend your knees so they are at 90 degrees.

2) Start by curling your hips off the floor and reach your legs up toward the ceiling.

3) Pause, and slowly return to starting position.

Tracking Sheet

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

Exercise Name	Set 1	Set 2	Set 3
Jog	Distance miles Time m: s Speed Levels/incline Calories burnt		
Decline Push Up	reps	reps	reps
Push Up	reps	reps	reps
Diamond Push Up	reps	reps	reps
Mountain Climber	reps	reps	reps
Sit Up	reps	reps	reps
Piked Push Up	reps	reps	reps
Side Plank Dip	reps x lbs	reps x lbs	reps x lbs
Reverse Crunch	reps	reps	reps

Previous Stats

Dismiss

EXERCISE

BW Upper Body

BW Upper Body

Regular workout

Created by Nicholas Falke on 10 Sep 2025, last updated on 10 Sep 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

Start. Warm up muscles/break a sweat

Dismiss



Push Up

- 1.Lie with your chest facing down, palms flat on the floor and slightly more than shoulder-width apart, your feet should be together and your legs straight.
- 2.Push your body upwards and straighten your arms.
- 3.Lower your body returning to starting position.
- 4.Repeat.



Plank To Push Up

- 1.Lie face down on a mat with your legs straight and arms tucked in by your sides with elbows bent.
- 2.Raise your body up into the top of a push up position, resting on your hand and toes and hold briefly. Keep your back flat and head looking down at the floor.
- 3.Return to starting position.
- 4.Repeat required reps.



Piked Push Up

- 1.Get into push up position, palms flat on the floor and slightly more than shoulder-width apart, your feet should be together and your legs straight.
- 2.Walk your feet towards your hand, lifting your butt into the air.
- 3.Press up through your shoulders, hold then return to starting position.
- 4.Repeat.



Bench Dip

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



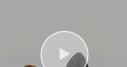
Incline Push Up

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



Toe Crunch

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



Crunch Heel Tap

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



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 Dismiss 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	
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	