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NAME FRANKLIN DICKINSON DATE

Phase 13

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4 weeks (6 Jan 2025 - 2 Feb 2025)

13.1 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.

13.1 Push

Regular workout

Created by Nicholas Falke on 31 Dec 2024, last updated on 5 Jan 2025.

est. 50 minutes

Instructions

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

| | | | |
|--|---------------------------------|---------------|----------------------------|
| | Jog | 1 set x 5 min | ⚠ Rest 90 sec between sets |
| | Dumbbell Incline Bench press. | 3 sets x 8 | ⚠ Rest 90 sec between sets |
| | Dumbbell shoulder press | 3 sets x 8 | ⚠ Rest 90 sec between sets |
| | Machine chest fly | 3 sets x 10 | ⚠ Rest 60 sec between sets |
| | Dumbbell lateral raises | 3 sets x 10 | ⚠ Rest 60 sec between sets |
| | Dumbbell Lateral Raise Parti... | 1 set x max | ⚠ Rest 30 sec between sets |

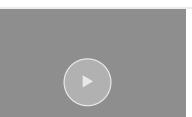
Superset of 3 sets

| | | |
|--|----------------------------|-----|
| | Cable fly crossovers | 10 |
| | Standing Cable Chest Press | max |

Rest for 60 sec

Repeat new set

| | | | |
|--|-----------------------|--------------|----------------------------|
| | Cable tricep pushdown | 3 sets x max | ⚠ 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



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

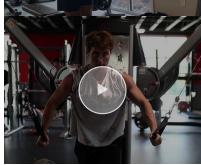


Machine chest fly



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)

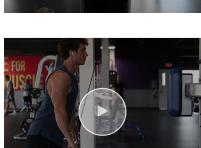


Dumbbell Lateral Raise Partials



Cable fly crossovers

- Brace core ("preparing for a punch to the stomach")
- Head packed/chin tucked ("double chin")
- Shoulders packed (squeeze shoulder blades back and press shoulders down into back pockets)
- Feet screwed into the ground, about shoulder width apart or staggered stance forward
- Wrists and elbows locked/stabilized
- Initially, pull the cables out forward a couple of steps to create constant tension
- Just moving at the shoulder joint, guide the arms from an out wide position to across the chest position without bending at the elbow



Standing Cable Chest Press

- Brace core ("preparing for a punch to the stomach")
- Head packed/chin tucked ("double chin")
- Shoulders packed (squeeze shoulder blades back and press shoulders down into back pockets)
- Feet screwed into the ground, about shoulder width apart or staggered stance forward
- Wrists and elbows locked/stabilized
- Initially, pull the cables out forward a couple of steps to create constant tension
- Just moving at the shoulder joint, drive the forearms forward from an out wide position to in front of the chest position



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

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Tracking Sheet

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

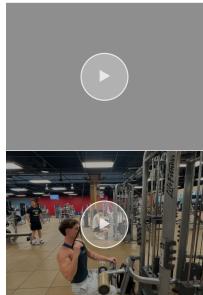
| Exercise Name | Set 1 | | Set 2 | | Set 3 | |
|---------------------------------|------------------|---------|--------|----------------|----------------|-----|
| Jog | Distance Time | m: s | Speed | Levels/incline | Calories burnt | |
| Dumbbell Incline Bench press. | reps x | lbs | reps x | lbs | reps x | lbs |
| Dumbbell shoulder press | reps x | lbs | reps x | lbs | reps x | lbs |
| Machine chest fly | reps x | lbs | reps x | lbs | reps x | lbs |
| Dumbbell lateral raises | reps x | lbs | reps x | lbs | reps x | lbs |
| Dumbbell Lateral Raise Partials | reps x | lbs | | | | |
| Cable fly crossovers | reps x | lbs | reps x | lbs | reps x | lbs |
| Standing Cable Chest Press | reps x | lbs | reps x | lbs | reps x | lbs |
| Cable tricep pushdown | reps x | lbs | reps x | lbs | reps x | lbs |

Previous Stats

| EXERCISE | Set 1 | 27 JAN 2025 | 14 JAN 2025 | 6 JAN 2025 |
|-------------------------------|-------|--------------------|---------------------|--------------------|
| | | Distance 0.5 miles | Distance 1.58 miles | Distance 0.5 miles |
| Jog | Set 1 | Time 5 m: 17 s | Time 10 m: 57 s | Time 4 m: 50 s |
| | | Speed 6 | Speed 6.5 | Speed 6.5 |
| | | Levels/incline 2 | Levels/incline 2 | Levels/incline 2 |
| | | Calories burnt 72 | Calories burnt 150 | Calories burnt 60 |
| Dumbbell Incline Bench press. | Set 1 | 8 reps x 40 lbs | 9 reps x 45 lbs | 9 reps x 45 lbs |
| | Set 2 | 8 reps x 40 lbs | 8 reps x 45 lbs | 9 reps x 45 lbs |
| | Set 3 | 9 reps x 40 lbs | 8 reps x 45 lbs | 8 reps x 45 lbs |
| Dumbbell shoulder press | Set 1 | 10 reps x 25 lbs | 8 reps x 27.5 lbs | 9 reps x 30 lbs |
| | Set 2 | 10 reps x 25 lbs | 10 reps x 27.5 lbs | 8 reps x 30 lbs |
| | Set 3 | 10 reps x 25 lbs | 8 reps x 27.5 lbs | 8 reps x 30 lbs |
| Machine chest fly | Set 1 | 6 reps x 85 lbs | 10 reps x 100 lbs | 10 reps x 100 lbs |
| | Set 2 | 8 reps x 85 lbs | 8 reps x 100 lbs | 10 reps x 100 lbs |
| | Set 3 | | 7 reps x 100 lbs | 8 reps x 100 lbs |

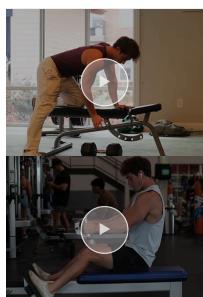
| | | | | |
|---------------------------------|-------|----------------------------|--------------------|--------------------|
| Dumbbell lateral raises | Set 1 | 10 reps x 20 lbs | 10 reps x 20 lbs | 10 reps x 20 lbs |
| | Set 2 | 8 reps x 20 lbs Dismiss | 10 reps x 20 lbs | 12 reps x 25 lbs |
| | Set 3 | 10 reps x 20 lbs | 10 reps x 20 lbs | 12 reps x 25 lbs |
| Dumbbell Lateral Raise Partials | Set 1 | | 12 reps x 20 lbs | 12 reps x 15 lbs |
| Cable fly crossovers | Set 1 | 10 reps x 22.5 lbs | 10 reps x 22.5 lbs | 8 reps x 27.5 lbs |
| | Set 2 | 10 reps x 22.5 lbs | 10 reps x 22.5 lbs | 8 reps x 27.5 lbs |
| | Set 3 | 10 reps x 22.5 lbs | 10 reps x 22.5 lbs | 2 reps x 27.5 lbs |
| | Set 4 | | | |
| Standing Cable Chest Press | Set 1 | 10 reps x 22.5 lbs | 10 reps x 22.5 lbs | 10 reps x 17.5 lbs |
| | Set 2 | 10 reps x 22.5 lbs | 10 reps x 22.5 lbs | 12 reps x 17.5 lbs |
| | Set 3 | 10 reps x 22.5 lbs | 10 reps x 22.5 lbs | 12 reps x 17.5 lbs |
| | Set 4 | | | |
| Cable tricep pushdown | Set 1 | 10 reps x 50 lbs | 10 reps x 50 lbs | 10 reps x 50 lbs |
| | Set 2 | 10 reps x 50 lbs | 10 reps x 50 lbs | 10 reps x 50 lbs |
| | Set 3 | 10 reps x 50 lbs | 10 reps x 50 lbs | 10 reps x 50 lbs |

| | | | |
|--|-----------------------|----------------------|----------------------------|
| | Cable bicep curls | 3 sets x 12 | ⚠ Rest 60 sec between sets |
| | Dumbbell hammer curls | 3 sets x max Dismiss | ⚠ Rest 60 sec between sets |



Jog

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

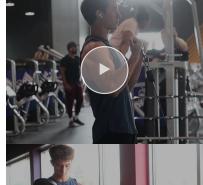


Lat Machine Single Arm Close Grip Row

1. Grasp the handle with your arm extended straight overhead, palm facing in. Lean back slightly and look up.
2. Pull the handle down in front to the top of your chest.
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.



Dumbbell Rows



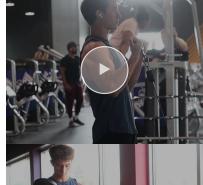
Cable rows

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

- Aim for a squeeze and slight hold at the end of the pulled back position



Machine rear delt fly



Cable Face Pull



Cable bicep curls



Dumbbell hammer curls

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

13.2 Pull

13.2 Pull

Regular workout

Created by Nicholas Falke on 31 Dec 2024, last updated on 5 Jan 2025.

est. 53 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 |
| Dumbbell Rows | 3 sets x 10 | ⚠ Rest 90 sec between sets |
| Cable rows | 3 sets x 10 | ⚠ Rest 90 sec between sets |
| Machine rear delt fly | 3 sets x 10 | ⚠ Rest 60 sec between sets |
| Cable Face Pull | 3 sets x 10 | ⚠ Rest 60 sec between sets |
| Cable bicep curls | 3 sets x 12 | ⚠ Rest 60 sec between sets |



- 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 Dismiss
- 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 Machine Single Arm Close Grip Row | reps x | lbs | reps x | lbs | reps x | lbs |
| Dumbbell Rows | reps x | lbs | reps x | lbs | reps x | lbs |
| Cable rows | reps x | lbs | reps x | lbs | reps x | lbs |
| Machine rear delt fly | reps x | lbs | reps x | lbs | reps x | lbs |
| Cable Face Pull | reps x | lbs | reps x | lbs | reps x | lbs |
| Cable 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 | | 15 JAN 2025 | 7 JAN 2025 |
|---------------------------------------|-------|--------------------|---------------------|
| Jog | Set 1 | Distance 1.2 miles | Distance 0.5 miles |
| | | Time 10 m: s | Time m: s |
| | | Speed 6.5 | Speed 6.5 |
| | | Levels/incline 2 | Levels/incline 2 |
| | | Calories burnt 108 | Calories burnt null |
| | | | |
| Lat Machine Single Arm Close Grip Row | Set 1 | 10 reps x 42.5 lbs | 10 reps x 35 lbs |
| | Set 2 | 10 reps x 42.5 lbs | 10 reps x 42.5 lbs |
| | Set 3 | 10 reps x 42.5 lbs | 10 reps x 42.5 lbs |
| Dumbbell Rows | Set 1 | 8 reps x 40 lbs | 8 reps x 40 lbs |
| | Set 2 | 8 reps x 40 lbs | 8 reps x 45 lbs |
| | Set 3 | 8 reps x 40 lbs | 8 reps x 45 lbs |
| Cable rows | Set 1 | 7 reps x 100 lbs | 6 reps x 100 lbs |
| | Set 2 | 7 reps x 100 lbs | 7 reps x 100 lbs |

| | | | |
|-----------------------|-------|--------------------|--------------------|
| Machine rear delt fly | Set 3 | 7 reps x 100 lbs | 7 reps x 100 lbs |
| | Set 1 | Dismiss | 10 reps x 70 lbs |
| | Set 2 | 10 reps x 70 lbs | 10 reps x 70 lbs |
| | Set 3 | 10 reps x 70 lbs | 10 reps x 70 lbs |
| Cable Face Pull | Set 1 | 10 reps x 32.5 lbs | 13 reps x 32.5 lbs |
| | Set 2 | 12 reps x 32.5 lbs | 10 reps x 32.5 lbs |
| | Set 3 | 12 reps x 32.5 lbs | 10 reps x 32.5 lbs |
| Cable bicep curls | Set 1 | 10 reps x 35 lbs | 10 reps x 35 lbs |
| | Set 2 | 10 reps x 35 lbs | 10 reps x 35 lbs |
| | Set 3 | 10 reps x 40 lbs | 10 reps x 40 lbs |
| Dumbbell hammer curls | Set 1 | 12 reps x 20 lbs | 12 reps x 20 lbs |
| | Set 2 | 10 reps x 20 lbs | 12 reps x 20 lbs |
| | Set 3 | 10 reps x 20 lbs | 10 reps x 20 lbs |

13.3 Legs

13.3 Legs

Regular workout

Created by Nicholas Falke on 31 Dec 2024, last updated on 5 Jan 2025.

est. 52 minutes

Equipment



Body weight

| | | | |
|--|----------------------------------|------------------|----------------------------|
| | Jog | 1 set x 5 min | ⚠ Rest 90 sec between sets |
| | Clamshell | 2 sets x 15 each | ⚠ Rest 20 sec between sets |
| | Bodyweight Side Lunges | 2 sets x 8 each | ⚠ Rest 20 sec between sets |
| | Single leg leg press machine | 3 sets x 10 each | ⚠ Rest 90 sec between sets |
| | Leg press machine | 3 sets x 10 | ⚠ Rest 90 sec between sets |
| | Calf raise on leg press machi... | 3 sets x 15 | ⚠ Rest 60 sec between sets |

Superset of 3 sets



10



Bodyweight Single leg hip thr...

10 each



Rest for 90 sec

Dismiss

Repeat new set



seated leg extension

3 sets x 12

Rest 90 sec between sets



Wall Sit

1 set x max

Rest 60 sec between sets

- Aim for a full stretch at the bottom and a full squeeze at the top

Dismiss



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



Bodyweight Single leg hip thrust



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



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.

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 | | |
| Clamshell | reps | reps | |
| Bodyweight Side Lunges | reps x lbs | reps x lbs | |
| Single leg leg press machine | reps x lbs | reps x lbs | reps x lbs |
| 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 lbs | reps x lbs | reps x lbs |
| Bodyweight Single leg hip thrust | reps x lbs | reps x lbs | reps x lbs |
| seated leg extension | reps x lbs | reps x lbs | reps x lbs |
| Wall Sit | sec | | |

Previous Stats

| EXERCISE |
|----------|
| |

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13.4 Upper Body

13.4 Upper Body

Regular workout

Created by Nicholas Falke on 31 Dec 2024, last updated on 5 Jan 2025.

est. 54 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 8 | ⚠ Rest 90 sec between sets |
| Dumbbell standing shoulder ... | 3 sets x 10 | ⚠ Rest 90 sec between sets |
| Cable rows | 3 sets x 12 | ⚠ Rest 90 sec between sets |

Superset of 3 sets

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

[Repeat new set](#)

Superset of 3 sets

| | |
|--------------------------------|----------|
| Single arm cable rear delt fly | max each |
| 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



Dumbbell Incline Bench press

[Dismiss](#)

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



Dumbbell standing shoulder presses



Cable rows

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



Machine rear delt fly



Machine chest fly



Single arm cable rear delt 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)

Tracking Sheet

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

| Exercise Name | Set 1 | Set 2 | Set 3 |
|---------------|----------------|-------|-------|
| | Distance miles | | |

| Jog | Time Speed | m: s | Dismiss |
|------------------------------------|----------------|---------|---------|
| | Levels/incline | | |
| | Calories burnt | | |
| Pull ups | | | |
| Dumbbell Incline Bench press. | | | |
| Dumbbell standing shoulder presses | | | |
| Cable rows | | | |
| Machine rear delt fly | | | |
| Machine chest fly | | | |
| Single arm cable rear delt fly | | | |
| Dumbbell lateral raises | | | |

Previous Stats

| EXERCISE | |
|----------|--|
| | |

13.5 Legs + Arms

13.5 Legs + Arms

Regular workout

Created by Nicholas Falke on 31 Dec 2024, last updated on 5 Jan 2025.

est. 50 minutes

Equipment



| | | | |
|--|--------------|---------------|----------------------------|
| | Jog | 1 set x 5 min | ⚠ Rest 90 sec between sets |
| | Goblet Squat | 3 sets x 12 | ⚠ Rest 90 sec between sets |

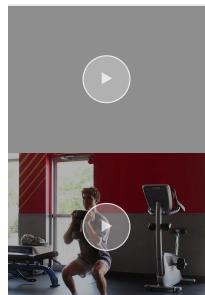
Superset of 3 sets

| | | |
|--|---------------------|-----|
| | Dumbbell Hip Thrust | 12 |
| | Bodyweight Squats | max |
| | Rest for 90 sec | |

⟳ Repeat new set

| | | | |
|--|--------------------------------|-------------------|----------------------------|
| | Dips | 3 sets x max | ⚠ Rest 90 sec between sets |
| | Cable reverse grip bicep curls | 3 sets x 12 | ⚠ Rest 60 sec between sets |
| | Cable Tricep Kickback | 3 sets x max each | ⚠ Rest 60 sec between sets |

| | | | |
|--|------------------------|-------------------|----------------------------|
| | Single arm cable curls | 3 sets x max each | ⚠ Rest 60 sec between sets |
| | | | |



Jog

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



Goblet Squat

- 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)
- Elbows close to the side of the body
- Can use a small platform or plate to elevate heels onto (allows for a deeper squat due to a lack of ankle mobility)
- Drop the butt straight down onto "an invisible stool underneath"



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.



Bodyweight Squats



Dips



Cable reverse grip 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

[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 | | | | |
| Goblet Squat | reps x lbs | reps x lbs | reps x lbs | | |
| Dumbbell Hip Thrust | reps x lbs | reps x lbs | reps x lbs | | |
| Bodyweight Squats | reps x lbs | reps x lbs | reps x lbs | | |
| Dips | reps x lbs | reps x lbs | reps x lbs | | |
| Cable reverse grip 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 | | 11 JAN 2025 |
|---------------------|-------|---|
| Jog | Set 1 | Distance 0.52 miles Time 5 m: 35 s Speed 6.5 Levels/incline 2 Calories burnt null |
| Goblet Squat | Set 1 | 10 reps x 44 lbs |
| | Set 2 | 10 reps x 44 lbs |
| | Set 3 | 10 reps x 44 lbs |
| Dumbbell Hip Thrust | Set 1 | 10 reps x 22.5 lbs |
| | Set 2 | 10 reps x 30 lbs |
| | Set 3 | 10 reps x 30 lbs |
| Bodyweight Squats | Set 1 | |
| | Set 2 | |

| | | | |
|--------------------------------|-------|-------------------------|--------------------|
| Dips | Set 3 | Dismiss | 10 reps x 50 lbs |
| | Set 1 | | 10 reps x 50 lbs |
| | Set 2 | | 10 reps x 50 lbs |
| Cable reverse grip bicep curls | Set 1 | | 12 reps x 25 lbs |
| | Set 2 | | 12 reps x 25 lbs |
| | Set 3 | | 10 reps x 25 lbs |
| Cable Tricep Kickback | Set 1 | | 10 reps x 15 lbs |
| | Set 2 | | 10 reps x 15 lbs |
| | Set 3 | | 8 reps x 15 lbs |
| Single arm cable curls | Set 1 | | 10 reps x 22.5 lbs |
| | Set 2 | | 10 reps x 22.5 lbs |
| | Set 3 | | 10 reps x 22.5 lbs |

Abs

| | | |
|--------------------------|-----------------|--|
| Abs | Regular workout | Created by Nicholas Falke on 31 Dec 2024, last updated on 31 Dec 2024. |
| est. 12 minutes | | |
| Equipment | | |
| Body weight | | |
| Superset of 3 sets | | |
| Knee up crunches | 12 | |
| Lying Straight Leg Raise | 12 | |
| Bicycle crunches | max | |
| Rest for 60 sec | | |
| Repeat new set | | |



[Dismiss](#)

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.



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 | |
|--------------------------|--------|------|--------|------|--------|------|
| Knee up crunches | reps x | lbs | reps x | lbs | reps x | lbs |
| Lying Straight Leg Raise | | reps | | reps | | reps |
| Bicycle crunches | reps x | lbs | reps x | lbs | reps x | lbs |

Previous Stats

| EXERCISE | |
|----------|--|
| | |

abs 2

abs 2

Regular workout

Created by Nicholas Falke on 31 Dec 2024, last updated on 31 Dec 2024.est. 9 minutes

Superset of 3 sets

| | | |
|--|--------------------------|---------|
| | Weighted lateral flexion | 12 each |
| | Weighted crunches | max |
| | Rest for 60 sec | |

Repeat new set [Dismiss](#)



Weighted lateral flexion



Weighted crunches

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

| Exercise Name | Set 1 | | Set 2 | | Set 3 | |
|--------------------------|--------|-----|--------|-----|--------|-----|
| Weighted lateral flexion | reps x | lbs | reps x | lbs | reps x | lbs |
| Weighted crunches | reps x | lbs | reps x | lbs | reps x | lbs |

Previous Stats

| EXERCISE | |
|----------|--|
| | |

BW Lower + abs

BW Lower + abs

Regular workout

Created by Nicholas Falke on 31 Dec 2024, last updated on 31 Dec 2024.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 | Dismiss

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 | |

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.

2) Stand on one leg and tip at the hips sitting back into your heel on your standing leg.

3) Squeeze your glutes and stand.

4) Repeat.

Box Pistol Squat

1) Stand upright.

2) Lower your body towards the box, sending your hips back and down, raising one leg, arms extended in front.

3) Push off the other leg to return to starting position.

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

Bicycle Crunch

1) For the bicycle crunch, sit on your pelvis or your sit bones with your feet off the ground and upper body tall.

2) Bring opposite elbow to the opposite knee.

3) Twist between your pelvis and your rib cage.

Hollow Body Hold Flutter Kicks

1) For this exercise, you'll come up in a V position.

2) Sitting on your sit bones and your pelvis.

3) Make sure that your abdominals are tight and pulled in, not leaning back, loading your lower back.

4) From there, kick your legs in an alternate pattern.

Burpee

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

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 |

Dismiss

Previous Stats

| EXERCISE | |
|----------|--|
| | |

BW Upper

BW Upper

Regular workout

Created by Nicholas Falke on 31 Dec 2024, last updated on 31 Dec 2024.

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 | |

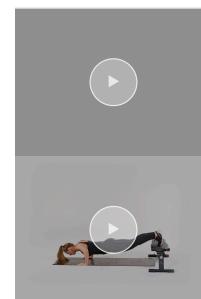
Repeat new set

| | | |
|---------------|--------------|--------------------------|
| Piked Push Up | 3 sets x max | Rest 60 sec between sets |
|---------------|--------------|--------------------------|

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 31 Dec 2024, last updated on 31 Dec 2024.

est. 48 minutes

Equipment



| | | |
|------------------|---------------------|----------------------------|
| 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

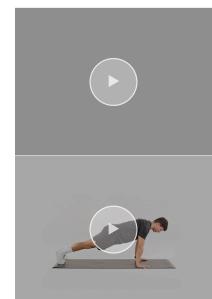
| | |
|-----------------|-----|
| Bench Dip | 15 |
| Incline Push Up | max |
| Rest for 90 sec | |

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.
3. Press up through your shoulders, **Dismiss** 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.

| | | | |
|--------------------------|------|------|------|
| 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 |

Dismiss

Previous Stats

| EXERCISE | |
|----------|--|
| | |

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 |