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NAME FRANKLIN DICKINSON DATE

Phase 12

Dismiss

4 weeks (9 Dec 2024 - 5 Jan 2025)

12.1 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.

12.1 Push

Regular workout

Created by Nicholas Falke on 5 Dec 2024, last updated on 6 Dec 2024.

est. 51 minutes

Equipment



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

Superset of 3 sets

	Dumbbell Incline Bench Ches...	10
	Dumbbell Skull Crusher	max
	Rest for 60 sec	

↶ Repeat new set

Superset of 3 sets

	Dumbbell Front Raise	10
	Dumbbell lateral raises	max
	Rest for 60 sec	

↶ Repeat new set

	Machine chest fly	3 sets x max	⚠ Rest 60 sec between sets
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Cable Tricep Kickback

3 sets x max each

Rest 60 sec between sets

Dismiss

**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

**Dumbbell Incline Bench Chest Fly**

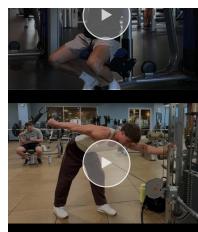
1. Lie on an incline bench set at 45 degrees holding the dumbbells up over your chest at 90 degrees to the ground with your arms straight.
2. Lower the dumbbells to the sides of your body in an arc-like motion inline with the middle of your chest, until your hands are at the same level as your chest.
3. Raise the dumbbells back up over your chest, keeping your arms straight throughout.
4. Repeat.

**Dumbbell Skull Crusher****Dumbbell Front Raise**

- 1) Stand with a dumbbell in each hand, with feet shoulder-width apart.
- 2) Lift the weights in front of you, with straight arms, until your forearms are parallel to the floor.
- 3) Slowly return to the start position and repeat.

**Dumbbell lateral raises**

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

**Machine chest fly**

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	
	Distance	miles	Time	m:	s	Speed
Jog						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
Dumbbell Incline Bench Chest Fly	reps x	lbs	reps x	lbs	reps x	lbs
Dumbbell Skull Crusher	reps x	lbs	reps x	lbs	reps x	lbs
Dumbbell Front Raise	reps x	lbs	reps x	lbs	reps x	lbs
Dumbbell lateral raises	reps x	lbs	reps x	lbs	reps x	lbs
Machine chest fly	reps x	lbs	reps x	lbs	reps x	lbs
Cable Tricep Kickback	reps x	lbs	reps x	lbs	reps x	lbs

Previous Stats

EXERCISE		30 DEC 2024		16 DEC 2024		9 DEC 2024	
		Distance	0.5 miles	Distance	0.5 miles	Distance	1.25 miles
Jog	Set 1	Time	m: s	Time	5 m: 14 s	Time	11 m: s
		Speed	6.5	Speed	6	Speed	7
		Levels/incline	2	Levels/incline	3	Levels/incline	2
		Calories burnt	65	Calories burnt	74	Calories burnt	178
Dumbbell Incline Bench press.	Set 2						
		Set 1		9 reps x 45 lbs		9 reps x 45 lbs	
		Set 2		9 reps x 45 lbs		10 reps x 45 lbs	
	Set 3			9 reps x 45 lbs		8 reps x 45 lbs	

Dumbbell shoulder press	Set 1	9 reps x 30 lbs	10 reps x 30 lbs	8 reps x 30 lbs
	Set 2	9 dismiss	8 reps x 30 lbs	8 reps x 30 lbs
	Set 3	8 reps x 30 lbs	8 reps x 30 lbs	8 reps x 30 lbs
Dumbbell Incline Bench Chest Fly	Set 1	12 reps x 25 lbs	15 reps x 20 lbs	40 reps x 20 lbs
	Set 2	10 reps x 25 lbs	10 reps x 25 lbs	10 reps x 25 lbs
	Set 3	10 reps x 25 lbs	10 reps x 25 lbs	10 reps x 25 lbs
Dumbbell Skull Crusher	Set 1	10 reps x 20 lbs	10 reps x 20 lbs	10 reps x 20 lbs
	Set 2	10 reps x 20 lbs	10 reps x 20 lbs	8 reps x 20 lbs
	Set 3	10 reps x 20 lbs	10 reps x 20 lbs	10 reps x 20 lbs
Dumbbell Front Raise	Set 1	10 reps x 12.5 lbs	10 reps x 12.5 lbs	10 reps x 12.5 lbs
	Set 2	10 reps x 12.5 lbs	10 reps x 12.5 lbs	10 reps x 12.5 lbs
	Set 3	10 reps x 12.5 lbs	10 reps x 12.5 lbs	10 reps x 12.5 lbs
Dumbbell lateral raises	Set 1	10 reps x 20 lbs	8 reps x 20 lbs	8 reps x 20 lbs
	Set 2	10 reps x 20 lbs	8 reps x 20 lbs	8 reps x 20 lbs
	Set 3	10 reps x 20 lbs	8 reps x 20 lbs	8 reps x 20 lbs
Machine chest fly	Set 1	10 reps x 100 lbs		10 reps x 100 lbs
	Set 2	10 reps x 100 lbs		10 reps x 100 lbs
	Set 3	10 reps x 100 lbs		10 reps x 100 lbs
	Set 4			
Cable Tricep Kickback	Set 1	10 reps x 15 lbs	10 reps x 15 lbs	6 reps x 20 lbs
	Set 2	10 reps x 15 lbs	10 reps x 15 lbs	10 reps x 20 lbs
	Set 3	8 reps x 15 lbs	10 reps x 15 lbs	10 reps x 20 lbs

Circuit		Duration	
	Jog	1 set x 5 min	Dismiss
	Lat Machine Reverse Grip	3 sets x 12	Rest 90 sec between sets
	Dumbbell Rows	3 sets x 10	Rest 90 sec between sets
	Cable Seated Single Arm Row	3 sets x 12 each	Rest 90 sec between sets
	Machine rear delt fly	3 sets x 10	Rest 60 sec between sets
Superset of 3 sets			
	Dumbbell Rear Delt Flyes	10	
	Dumbbell hammer curls	max	
	Rest for 60 sec		
Repeat new set			
	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

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

Dumbbell Rows

Cable Seated Single Arm Row
 1. Sit upright holding the handle in one hand with your arm straight out in front.
 2. Pull the handle straight in to your chest.
 3. Release the handle returning to starting position. Remain upright throughout and do not sway back and forth.
 4. Complete all reps on one side before switching to the other side.

Machine rear delt fly

12.2 Pull

12.2 Pull

Regular workout

Created by Nicholas Falke on 5 Dec 2024, last updated on 19 Dec 2024.

est. 50 minutes

Equipment





[Dismiss](#)

Dumbbell Rear Delt Flyes

How to do Dumbbell Rear Delt Flyes

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
Dumbbell Rows	reps x lbs	reps x lbs	reps x lbs
Cable Seated Single Arm Row	reps x lbs	reps x lbs	reps x lbs
Machine rear delt fly	reps x lbs	reps x lbs	reps x lbs
Dumbbell Rear Delt Flyes	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

EXERCISE	Set 1	17 DEC 2024	10 DEC 2024
		Distance 0.71 miles	Time 6 m: 48 s
Jog		Speed 6.5	Levels/incline 2

	Dismiss	Calories burnt 100
Lat Machine Reverse Grip	Set 1	10 reps x 42.5 lbs
	Set 2	10 reps x 42.5 lbs
	Set 3	10 reps x 42.5 lbs
Hammer Strength Row	Set 1	
	Set 2	
	Set 3	
Cable Seated Single Arm 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
Machine rear delt fly	Set 1	8 reps x 70 lbs
	Set 2	10 reps x 70 lbs
	Set 3	8 reps x 70 lbs
Dumbbell Rear Delt Flyes	Set 1	10 reps x 15 lbs
	Set 2	8 reps x 15 lbs
	Set 3	8 reps x 15 lbs
Dumbbell hammer curls	Set 1	12 reps x 20 lbs
	Set 2	12 reps x 20 lbs
	Set 3	12 reps x 20 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
	Set 4	

12.3 Legs

12.3 Legs

Regular workout

Created by Nicholas Falke on 5 Dec 2024, last updated on 6 Dec 2024.

est. 50 minutes

Equipment



Body weight

Dismiss

Jog	1 set x 5 min	⚠ Rest 90 sec between sets
Bodyweight Side Lunges	2 sets x 8 each	⚠ Rest 45 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
Dumbbell Romanian Deadlift	3 sets x 10	⚠ Rest 90 sec between sets
Seated leg curl	3 sets x max (dropsets -2 drops)	⚠ Rest 90 sec between sets
seated leg extension	3 sets x max (dropsets - 2 drops)	⚠ Rest 90 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



Bodyweight Side Lunges



Leg press machine

- Brace core ("preparing for a punch to the stomach")
- Press back and butt flush with the backrest
- Use a tight grip on the handles (help with stability & lock in)
- Feet placement will place more load on certain parts of the legs:
- Higher feet placement = more hamstring recruitment
- Lower feet placement = more quad recruitment
- Wider stance and/or toes pointed outward = more outside leg recruitment
- Narrower stance and/or toes pointed inward = more inside leg recruitment
- Drive heels upward when pressing
- Descend the press slowly until knees are close to the chest or right before the tailbone starts to lift off of the seat



Calf raise on leg press machine

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



Dumbbell Romanian Deadlift



- Brace core ("preparing for a punch to the stomach")
- Head packed/chin tucked ("double chin")
- Feet screwed into the ground w/ slight bend in the knees
- Shoulders packed (squeeze shoulder blades back and press shoulders down into back pockets) w/ arms in front of the legs
- Keep the arms and back straight throughout the whole rep
- Hinge the hips back (push butt back)
- Keep center of mass straight above the feet while following the dumbbells down the leg as if you were about to drop them onto your feet (you should feel a stretch in the back of your legs)
- Press the hips back forward, squeezing the glutes at the top of the rep



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



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.)

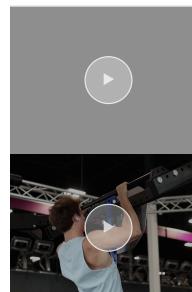
Exercise Name	Set 1		Set 2		Set 3	
Jog	Distance miles Time m: s Speed Levels/incline Calories burnt					
Bodyweight Side Lunges	reps x	lbs	reps x	lbs		
Leg press machine	reps x	lbs	reps x	lbs	reps x	lbs
Calf raise on leg press machine	reps x	lbs	reps x	lbs	reps x	lbs
Dumbbell Romanian Deadlift	reps x	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
Wall Sit		sec		sec		sec

Previous Stats

EXERCISE	18 DEC 2024
	Distance 1.07 miles Time 10 m: 1 s

Jog	Set 1	Dismiss
		Speed 6.5
		Levels/incline 2
		Calories burnt 141
Bodyweight Side Lunges	Set 1	
	Set 2	
Leg press machine	Set 1	12 reps x 160 lbs
	Set 2	10 reps x 160 lbs
	Set 3	10 reps x 160 lbs
Calf raise on leg press machine	Set 1	20 reps x 90 lbs
	Set 2	20 reps x 70 lbs
	Set 3	20 reps x 70 lbs
Dumbbell Romanian Deadlift	Set 1	10 reps x 30 lbs
	Set 2	10 reps x 30 lbs
	Set 3	
Seated leg curl	Set 1	
	Set 2	
	Set 3	
seated leg extension	Set 1	
	Set 2	
	Set 3	
Wall Sit	Set 1	60 sec
	Set 2	60 sec
	Set 3	

est. 50 minutes		Dismiss
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
Cable rows	3 sets x 12	▼ Rest 90 sec between sets
Cable fly	3 sets x max	▼ Rest 60 sec between sets
Machine chest fly	3 sets x 10	▼ Rest 60 sec between sets
Cable Single Arm Lateral Rai...	3 sets x max each	▼ Rest 60 sec between sets
Single arm cable rear delt fly	2 sets x max each	▼ Rest 45 sec between sets



Jog

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



Pull ups

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



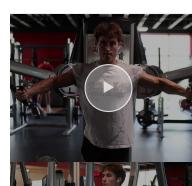
Dumbbell Incline Bench press.

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



Cable 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



Cable fly

Machine chest fly

12.4 Upper Body

12.4 Upper Body

Regular workout

Created by Nicholas Falke on 5 Dec 2024, last updated on 6 Dec 2024.



Dismiss

Cable Single Arm Lateral Raises

Single Arm Lateral Raises

Single arm cable rear delt fly

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
Dumbbell Incline Bench press.	reps x	lbs	reps x	lbs	reps x	lbs
Cable rows	reps x	lbs	reps x	lbs	reps x	lbs
Cable fly	reps x	lbs	reps x	lbs	reps x	lbs
Machine chest fly	reps x	lbs	reps x	lbs	reps x	lbs
Cable Single Arm Lateral Raises	reps x	lbs	reps x	lbs	reps x	lbs
Single arm cable rear delt fly	reps x	lbs	reps x	lbs		

Previous Stats

EXERCISE	

12.5 Legs + Arms

12.5 Legs + Arms

Regular workout

Created by Nicholas Falke on 5 Dec 2024, last updated on 6 Dec 2024.

est. 48 minutes

Equipment



Dismiss

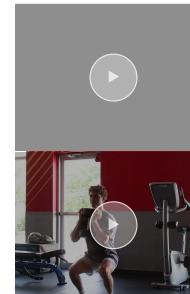
Jog	1 set x 5 min	⚠ Rest 90 sec between sets
Goblet Squat	3 sets x 12	⚠ Rest 90 sec between sets
Dumbbell Hip Thrust	3 sets x 12	⚠ Rest 90 sec between sets
Bodyweight Single leg hip thr...	2 sets x max each	⚠ Rest 60 sec between sets
Dips	3 sets x max	⚠ Rest 90 sec between sets

Superset of 3 sets

Cable overhead tricep extens...	max	
Cable bicep curls	max	
Rest for 60 sec		

Repeat new set

Dumbbell hammer curls	3 sets x max each	⚠ Rest 60 sec between sets
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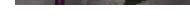
Jog

- 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"

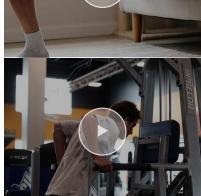


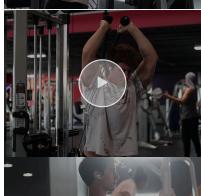
Dumbbell Hip Thrust

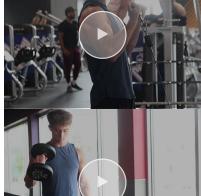
- When performing this exercise, you'll want most of the work being done from your hips rather than your lower back. Keep your abdominal set - particularly at the top of the lift.
- To stabilize the dumbbell, you'll need to use your hands to make sure it doesn't roll off.
- Begin by sitting close to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



Bodyweight Single leg hip thrust


Dips
Dismiss


Cable overhead tricep extensions


Cable bicep curls



Dumbbell hammer curls

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

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

Exercise Name	Set 1		Set 2		Set 3
Jog	Distance miles Time m: s Speed Levels/incline Calories burnt				
Goblet Squat	reps x lbs		reps x lbs		reps x lbs
Dumbbell Hip Thrust	reps x lbs		reps x lbs		reps x lbs
Bodyweight Single leg hip thrust	reps x lbs		reps x lbs		reps x lbs
Dips	reps x lbs		reps x lbs		reps x lbs
Cable overhead tricep extensions	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		21 DEC 2024
		Distance 0.56 miles

Jog	Set 1	Time 6 m: 4 s
	Set 2	Speed 6
	Set 3	Levels/incline 2
		Calories burnt 80
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 Single leg hip thrust	Set 1	
	Set 2	
Dips	Set 1	10 reps x 50 lbs
	Set 2	10 reps x 50 lbs
	Set 3	10 reps x 50 lbs
Cable overhead tricep extensions	Set 1	12 reps x 20 lbs
	Set 2	12 reps x 20 lbs
	Set 3	12 reps x 20 lbs
Cable bicep curls	Set 1	10 reps x 35 lbs
	Set 2	10 reps x 35 lbs
	Set 3	10 reps x 35 lbs
Dumbbell hammer curls	Set 1	12 reps x 20 lbs
	Set 2	10 reps x 20 lbs
	Set 3	10 reps x 20 lbs

Abs

Abs	
Regular workout	Created by Nicholas Falke on 5 Dec 2024, last updated on 6 Dec 2024.

est. 12 minutes

Dismiss

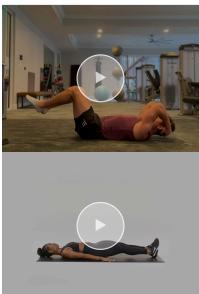
Equipment

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



Knee up crunches



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
Bicycle crunches	reps x	lbs	reps x	lbs	reps x	lbs

Previous Stats

EXERCISE	Set 1	Dismiss	17 DEC 2024	11 DEC 2024
Knee up crunches	Set 1			
	Set 2			
	Set 3			
Lying Straight Leg Raise	Set 1	10 reps	12 reps	
	Set 2	8 reps	7 reps	
	Set 3	12 reps	8 reps	
Bicycle crunches	Set 1			
	Set 2			
	Set 3			

abs 2

abs 2

Regular workout

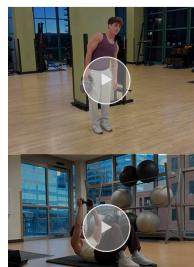
Created by Nicholas Falke on 5 Dec 2024, last updated on 6 Dec 2024.

est. 9 minutes

Superset of 3 sets

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

↳ Repeat new set



Weighted lateral flexion



Weighted crunches



Dismiss

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

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

Previous Stats

EXERCISE	

BW Lower + abs

BW Lower + abs

Regular workout Created by Nicholas Falke on 5 Dec 2024, last updated on 5 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
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 **Dismiss**

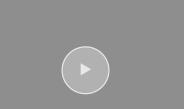
Hollow Body Hold Flutter Kicks 30 sec

Rest for 60 sec

Repeat new set

Burpee 3 sets x 15 **Rest 60 sec between sets**

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



Alternating Jump Lunge

- 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.



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

- 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

Previous Stats

EXERCISE	

BW Upper

BW Upper	
Regular workout	Created by Nicholas Falke on 5 Dec 2024, last updated on 5 Dec 2024.

est. 51 minutes

Dismiss

Equipment



Body weight

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

Superset of 3 sets

	Mountain Climber	20 each
	Sit Up	10
	Rest for 90 sec	

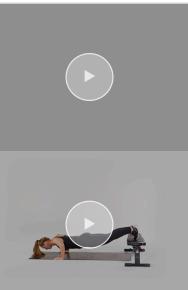
Repeat new set

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

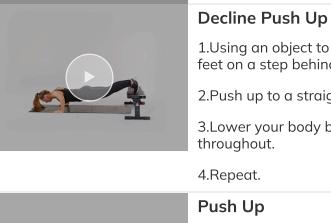
	Side Plank Dip	10 each side
	Reverse Crunch	10
	Rest for 90 sec	

Repeat new set



Jog

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



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.

[Dismiss](#)

- 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



- 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**
- HOW TO SIDE PLANK DIP**
- 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.

[Dismiss](#)

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 min	Speed mph	Levels/incline	Calories burnt	reps
Jog						
Decline Push Up						
Push Up						
Diamond Push Up						
Mountain Climber						
Sit Up						
Piked Push Up						
Side Plank Dip		reps x lbs		reps x lbs		reps x lbs
Reverse Crunch						

Previous Stats

EXERCISE	

BW Upper Body

BW Upper Body

Regular workout

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

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

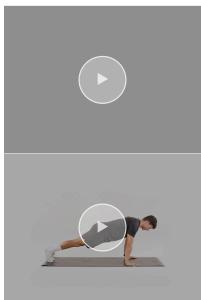
Superset of 3 sets

	Bench Dip	15
	Incline Push Up	max
	Rest for 90 sec	

Repeat new set

Superset of 3 sets

	Toe Crunch	12	Dismiss
	Crunch Heel Tap	12 each side	
	Lying Straight Leg Raise	12	
	Rest for 90 sec		
Repeat new set			

**Jog**

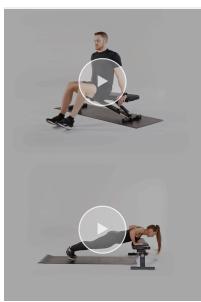
- Keep it light
- Goal: Warm up muscles/break a sweat

**Push Up**

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

**Plank To Push Up**

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

**Piked Push Up**

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

Bench Dip

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

Incline Push Up

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

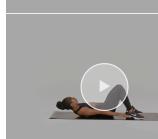
4.Return.

**Toe Crunch**

- 1) Lie in your back and as best as you can, straighten your legs up into the air. You might need to bend your knees if your hamstrings are too tight.

2) From here, roll your rib cage up and reach for your toes and then back down.

3) If it's too easy, try reaching farther into the bottom of your feet.

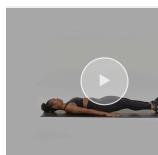
**Crunch Heel Tap**

- 1) For this exercise, shorten the distance between your pelvis and your rib cage.

2) Try not to strain your neck by leaning forward with your head excessively.

3) Lie down on a mat.

4) Sit up and touch the heel alternately, left to right as you stay up and crunch forward.

**Lying Straight Leg Raise**

1. For this exercise, keep your core engaged, especially when you're lifting your feet up off the floor but also while they're returning and getting close to the ground again.

2. Lie with your back flat on a ground and your legs extended in front of you.

3. Place your hands on your sides with 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
	Distance miles	Time m: s	Speed
Jog			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