

Format: Default format ▼ PRINT

NAME FRANKLIN DICKINSON DATE

## Phase 6

4 weeks (24 Jun 2024 - 21 Jul 2024)

Dismiss

### 6.1 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.

#### 6.1 Push

 Regular workout

Created by Nicholas Falke on 20 Jun 2024, last updated on 20 Jun 2024.

est. 57 minutes

#### Equipment



Barbell

#### 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
	Barbell bench press.	4 sets x 8	 Rest 2 min between sets
	Machine chest fly	3 sets x 12	 Rest 60 sec between sets
	Machine incline chest press.	3 sets x 10	 Rest 90 sec between sets
	Barbell Close Grip Bench Press	3 sets x 10	 Rest 90 sec between sets

#### Superset of 3 sets

	Cable tricep pushdown	8	
	Cable tricep skullcrushers	max	
	Rest for 90 sec		

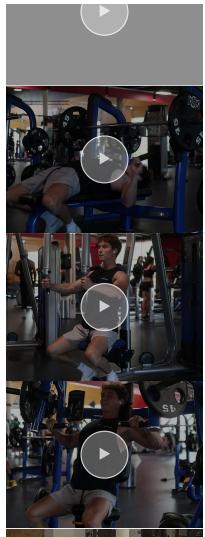
 Repeat new set

	Dips	3 sets x max	 Rest 90 sec between sets
---	------	--------------	--

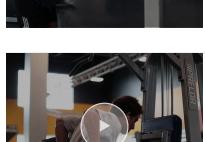


#### Jog

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

[Dismiss](#)**Barbell bench press.****Machine chest fly****Machine incline chest press.****Barbell Close Grip Bench Press**

- 1) Lie on a flat bench and hold a barbell with both hands in a close grip fashion.
- 2) Lower the bar until it touches your chest right below the nipples and then press the bar back up.
- 3) Repeat.
- 4) Keep your arms close to your sides during the whole exercise.

**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

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

Exercise Name	Set 1	Set 2	Set 3	Set 4
Jog	Distance miles Time m: Speed Levels/incline Calories burnt			
Barbell bench press.	reps x lbs	reps x lbs	reps x lbs	reps x lbs
Machine chest fly	reps x lbs	reps x lbs	reps x lbs	reps x lbs
Machine incline chest press.	reps x lbs	reps x lbs	reps x lbs	reps x lbs
Barbell Close Grip Bench Press	reps x lbs	reps x lbs	reps x lbs	reps x lbs
Cable tricep pushdown	reps x lbs	reps x lbs	reps x lbs	reps x lbs
Cable tricep skullcrushers	reps x lbs	reps x lbs	reps x lbs	reps x lbs
Dips	reps x lbs	reps x lbs	reps x lbs	reps x lbs

**Previous Stats**

EXERCISE		15 JUL 2024	1 JUL 2024	24 JUN 2024
	Set 1	Distance 1.06 miles Time 10 m: 10 s Speed 6.5 Levels/incline 2 Calories burnt 150	Distance 0.71 miles Time 6 m: 18 s Speed 6.5 Levels/incline 2 Calories burnt 100	Distance 0.71 miles Time 6 m: 40 s Speed 6.5 Levels/incline 2 Calories burnt 100
Jog				
Barbell bench press.	Set 1	8 reps x 80 lbs	10 reps x 70 lbs	
	Set 2	6 reps x 80 lbs	10 reps x 70 lbs	
	Set 3	6 reps x 80 lbs	9 reps x 70 lbs	
	Set 4	6 reps x 80 lbs	7 reps x 70 lbs	
Machine chest fly	Set 1	12 reps x 85 lbs	10 reps x 85 lbs	10 reps x 85 lbs
	Set 2	12 reps x 85 lbs	10 reps x 85 lbs	10 reps x 85 lbs
	Set 3	12 reps x 85 lbs	10 reps x 85 lbs	10 reps x 858 lbs
Dumbbell Incline Bench press.	Set 1	10 reps x 35 lbs	8 reps x 40 lbs	
	Set 2	10 reps x 35 lbs	7 reps x 40 lbs	
	Set 3	10 reps x 35 lbs	7 reps x 40 lbs	
	Set 4	10 reps x 35 lbs		
Barbell Close Grip Bench Press	Set 1	7 reps x 50 lbs		
	Set 2	7 reps x 50 lbs		

	Set 3	7 reps x 50 lbs		
Cable tricep pushdown	Set 1	12 reps x 42.5 lbs	10 reps x 42.5 lbs	10 reps x 37.5 lbs
	Set 2	12 reps x 42.5 lbs	10 reps x 42.5 lbs	10 reps x 42.5 lbs
	Set 3	12 reps x 42.5 lbs	10 reps x 42.5 lbs	10 reps x 42.5 lbs
Cable tricep skullcrushers	Set 1	12 reps x 42.5 lbs	10 reps x 42.5 lbs	10 reps x 37.5 lbs
	Set 2	12 reps x 42.5 lbs	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	10 reps x 42.5 lbs
Dips	Set 1			
	Set 2			
	Set 3			
Close grip dumbbell chest press	Set 1		12 reps x 30 lbs	12 reps x 30 lbs
	Set 2		12 reps x 30 lbs	12 reps x 30 lbs
	Set 3		12 reps x 30 lbs	12 reps x 30 lbs
Dumbbell bench press.	Set 1			10 reps x 45 lbs
	Set 2			10 reps x 45 lbs
	Set 3			10 reps x 45 lbs
	Set 4			9 reps x 45 lbs
Machine incline chest press.	Set 1			10 reps x 125 lbs
	Set 2			10 reps x 125 lbs
	Set 3			

## 6.2 Pull

### 6.2 Pull

Regular workout

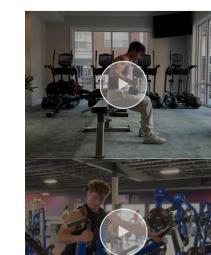
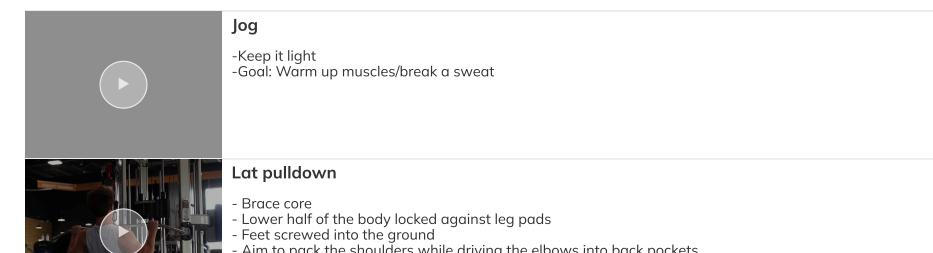
Created by Nicholas Falke on 20 Jun 2024, last updated on 20 Jun 2024.

est. 48 minutes

Jog	1 set x 5 min	Rest 90 sec between sets
Lat pulldown	3 sets x 12	Rest 90 sec between sets

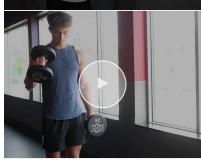
Superset of 3 sets

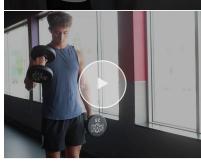
Cable rows	10	
Dumbbell Lat Pullover	10	Dismiss
Rest for 90 sec		
Repeat new set		
Single arm hammer strength ...	3 sets x 8 each	Rest 90 sec between sets
Superset of 3 sets		
EZ Bar Reverse Grip Biceps C...	10	
Ez bar bicep curls	max	
Rest for 90 sec		
Repeat new set		
Dumbbell hammer curls	3 sets x 8	Rest 60 sec between sets



Single arm hammer strength rows

 EZ Bar Reverse Grip Biceps Curl

 Ez bar bicep curls

 Dumbbell hammer curls

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

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

Exercise Name	Set 1	Set 2	Set 3
Jog	Distance miles Time m: s Speed Levels/incline Calories burnt		
Lat pulldown	reps x lbs	reps x lbs	reps x lbs
Cable rows	reps x lbs	reps x lbs	reps x lbs
Dumbbell Lat Pullover	reps x lbs	reps x lbs	reps x lbs
Single arm hammer strength rows	reps x lbs	reps x lbs	reps x lbs
EZ Bar Reverse Grip Biceps Curl	reps x lbs	reps x lbs	reps x lbs
Ez bar 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		17 JUL 2024	26 JUN 2024
Jog	Set 1	Distance 1.07 miles Time 10 m: 12 s Speed 6.5 Levels/incline 2 Calories burnt 151	Distance 0.75 miles Time 7 m: 16 s Speed 6.5 Levels/incline 2 Calories burnt 106

	Dismiss	Distance Burnt 106	Distance Burnt 106
Lat pulldown	Set 2	10 reps x 100 lbs	10 reps x 100 lbs
	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
Cable rows	Set 1	10 reps x 85 lbs	8 reps x 85 lbs
	Set 2	10 reps x 85 lbs	10 reps x 85 lbs
	Set 3	10 reps x 85 lbs	10 reps x 85 lbs
Dumbbell Lat Pullover	Set 1	10 reps x 27.5 lbs	10 reps x 22.5 lbs
	Set 2	10 reps x 27.5 lbs	10 reps x 25 lbs
	Set 3	10 reps x 27.5 lbs	10 reps x 25 lbs
Dumbbell Single Arm Bent Over Row	Set 1	10 reps x 30 lbs	
	Set 2	10 reps x 30 lbs	
	Set 3	10 reps x 30 lbs	
EZ Bar Reverse Grip Biceps Curl	Set 1	10 reps x 40 lbs	10 reps x 40 lbs
	Set 2	10 reps x 40 lbs	10 reps x 40 lbs
	Set 3		10 reps x 40 lbs
Ez bar bicep curls	Set 1	10 reps x 40 lbs	10 reps x 40 lbs
	Set 2	10 reps x 40 lbs	10 reps x 40 lbs
	Set 3		10 reps x 40 lbs
Dumbbell hammer curls	Set 1	12 reps x 20 lbs	12 reps x 17.5 lbs
	Set 2	10 reps x 20 lbs	12 reps x 17.5 lbs
	Set 3	10 reps x 20 lbs	12 reps x 17.5 lbs
Cable Seated Single Arm Row	Set 1		8 reps x 40 lbs
	Set 2		8 reps x 40 lbs
	Set 3		8 reps x 40 lbs

## 6.3 Legs

6.3 Legs

## Regular workout

Created by Nicholas Falke on 20 Jun 2024, last updated on 20 Jun 2024.  
[Dismiss](#)

est. 51 minutes

Jog	1 set x 5 min	⚠ Rest 90 sec between sets
Leg press machine	4 sets x 8	⚠ Rest 2 min between sets
Dumbbell Walking Lunges	2 sets x 15 each side	⚠ Rest 2 min between sets
seated leg extension	3 sets x 10	⚠ Rest 90 sec between sets
Barbell Romanian deadlift.	3 sets x 12	⚠ Rest 90 sec between sets
Seated leg curl	2 sets x 15	⚠ Rest 60 sec between sets
Hip Thrust Machine	3 sets x 12	⚠ Rest 90 sec between sets



### Jog

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



### 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



### Dumbbell Walking Lunges

#### Dumbbell Walking Lunge

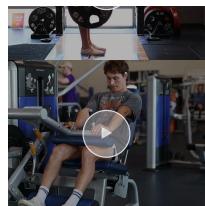


### seated leg extension

- 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



### Barbell Romanian deadlift.



[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



### Hip Thrust Machine

#### Hip Thrust Machine Quick Tutorial

## Tracking Sheet

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

Exercise Name	Set 1		Set 2		Set 3		Set 4	
Jog	Distance miles		Time m: s					
Leg press machine	reps x	lbs	reps x	lbs	reps x	lbs	reps x	lbs
Dumbbell Walking Lunges	reps x	lbs	reps x	lbs	reps x	lbs	reps x	lbs
seated leg extension	reps x	lbs	reps x	lbs	reps x	lbs	reps x	lbs
Barbell Romanian deadlift.	reps x	lbs	reps x	lbs	reps x	lbs	reps x	lbs
Seated leg curl	reps x	lbs	reps x	lbs	reps x	lbs	reps x	lbs
Hip Thrust Machine	reps x	lbs	reps x	lbs	reps x	lbs	reps x	lbs

## Previous Stats

EXERCISE	Set 1	18 JUL 2024	27 JUN 2024
Jog	Set 1	Distance 10.7 miles	Distance 0.71 miles
		Time 10 m: 7 s	Time 6 m: 51 s
		Speed 6.4	Speed 6.5
		Levels/incline 2	Levels/incline 2
		Calories burnt 150	Calories burnt 100
Leg press machine	Set 1	12 reps x 260 lbs	15 reps x 260 lbs
	Set 2	15 reps x 260 lbs	15 reps x 260 lbs
	Set 3	15 reps x 260 lbs	15 reps x 260 lbs

	Set 4	<b>Dismiss</b>	15 reps x 260 lbs	15 reps x 260 lbs
Dumbbell Walking Lunges	Set 1		15 reps x 25 lbs	10 reps x 25 lbs
	Set 2		15 reps x 25 lbs	10 reps x 25 lbs
seated leg extension	Set 1		12 reps x 85 lbs	12 reps x 85 lbs
	Set 2		12 reps x 85 lbs	12 reps x 85 lbs
	Set 3		12 reps x 85 lbs	12 reps x 85 lbs
Dumbbell Romanian Deadlift	Set 1		12 reps x 30 lbs	12 reps x 30 lbs
	Set 2		12 reps x 30 lbs	12 reps x 30 lbs
	Set 3		12 reps x 30 lbs	12 reps x 30 lbs
Seated leg curl	Set 1		15 reps x 85 lbs	12 reps x 85 lbs
	Set 2		15 reps x 85 lbs	12 reps x 85 lbs
Hip Thrust Machine	Set 1		12 reps x 110 lbs	
	Set 2		12 reps x 110 lbs	
	Set 3			

## 6.4 Upper Body

### 6.4 Upper Body

Regular workout

Created by Nicholas Falke on 20 Jun 2024, last updated on 20 Jun 2024.

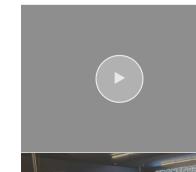
est. 50 minutes

Jog	1 set x 5 min	⚠ Rest 90 sec between sets
Dumbbell shoulder press	3 sets x 10	⚠ Rest 90 sec between sets
Cable Single Arm Lateral Rai...	3 sets x 12 each	⚠ Rest 45 sec between sets
Dumbbell Incline Bench press.	3 sets x 8	⚠ Rest 90 sec between sets
Standing Cable Pullover	3 sets x 12	⚠ Rest 60 sec between sets

#### Superset of 3 sets

Cable fly	12
Standing Cable Chest Press	max
Rest for 90 sec	

	<b>Dismiss</b>
<b>Superset of 2 sets</b>	
	Pull ups
	Push ups
	Rest for 90 sec
	<b>Dismiss</b>



Jog

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



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



Cable Single Arm Lateral Raises

Single Arm Lateral Raises



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



Standing Cable Pullover

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



Cable fly



### 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

[Dismiss](#)

Calories burnt 143



### 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



### Push ups

- Brace core ("preparing for a punch to the stomach")
- Head packed/chin tucked ("double chin")
- Recommended: Hands shoulder width apart or slightly wider than shoulder width
- Elbows tucked slightly closer to the body
- Drive forearms straight up, pushing the inside of the elbows towards center of the chest
- Squeeze at the top "plank" position
- Aim to pack the shoulders (squeeze shoulder blades back and press shoulders down into back pockets) at the bottom "floating" position
- Avoid: Letting the butt sink down

### 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 shoulder press	reps x	lbs	reps x	lbs	reps x	lbs
Cable Single Arm Lateral Raises	reps x	lbs	reps x	lbs	reps x	lbs
Dumbbell Incline Bench press.	reps x	lbs	reps x	lbs	reps x	lbs
Standing Cable Pullover	reps x	lbs	reps x	lbs	reps x	lbs
Cable fly	reps x	lbs	reps x	lbs	reps x	lbs
Standing Cable Chest Press	reps x	lbs	reps x	lbs	reps x	lbs
Pull ups	reps x	lbs	reps x	lbs		
Push ups	reps x	lbs	reps x	lbs		

### Previous Stats

EXERCISE	Set 1	12 JUL 2024
Jog		Distance 1 miles Time 9 m: 35 s Speed 6.5 Levels/incline 2

		<a href="#">Dismiss</a>
		Calories burnt 143
	Set 2	
Dumbbell shoulder press	Set 1	40 reps x 8 lbs
	Set 2	40 reps x 7 lbs
	Set 3	40 reps x 5 lbs
	Set 4	
Cable Single Arm Lateral Raises	Set 1	10 reps x 12.5 lbs
	Set 2	12 reps x 7.5 lbs
	Set 3	12 reps x 7.5 lbs
Dumbbell Incline Bench press.	Set 1	10 reps x 35 lbs
	Set 2	10 reps x 35 lbs
	Set 3	9 reps x 35 lbs
Standing Cable Pullover	Set 1	10 reps x 37.5 lbs
	Set 2	12 reps x 42.5 lbs
	Set 3	12 reps x 42.5 lbs
	Set 4	12 reps x 42.5 lbs
Cable fly	Set 1	12 reps x 17.5 lbs
	Set 2	10 reps x 17.5 lbs
	Set 3	12 reps x 17.5 lbs
Standing Cable Chest Press	Set 1	12 reps x 17.5 lbs
	Set 2	12 reps x 17.5 lbs
	Set 3	12 reps x 17.5 lbs
Pull ups	Set 1	6 reps x 60 lbs
	Set 2	10 reps x 60 lbs
Push ups	Set 1	
	Set 2	

## 6.5 Legs + Arms

## 6.5 Legs + Arms

Regular workout

Dismiss

Created by Nicholas Falke on 20 Jun 2024, last updated on 20 Jun 2024.

est. 54 minutes

Jog	1 set x 5 min	⚠ Rest 90 sec between sets
Barbell squat	3 sets x 8	⚠ Rest 2 min between sets
Hip Thrust Machine	3 sets x 12	⚠ Rest 90 sec between sets

### Superset of 3 sets

Machine preacher curl	10
EZ Bar Reverse Grip Biceps C...	10
Rest for 90 sec	

Repeat new set

### Superset of 3 sets

Dumbbell Skull Crusher	8
Dumbbell bicep curls	8
Rest for 90 sec	

Repeat new set

### Superset of 3 sets

Cable tricep pushdown	10
Cable bicep curls	10
Rest for 90 sec	

Repeat new set

### Jog

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



### Barbell squat



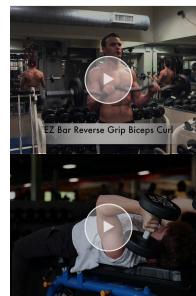
### Hip Thrust Machine

Hip Thrust Machine Quick Tutorial

Dismiss

### 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



### EZ Bar Reverse Grip Biceps Curl

### Dumbbell Skull Crusher



### Dumbbell bicep curls

- Brace core
- Screw feet into the ground
- Lock in the lower half of the body
- Pack the shoulders \*Maintain this through the entire rep to stabilize the shoulder and allow for more bicep isolation



### Cable tricep pushdown

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



### Cable bicep curls

## Tracking Sheet

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

[Dismiss](#)

Exercise Name	Set 1	Set 2	Set 3
Jog	Distance miles Time m: s Speed Levels/incline Calories burnt		
Barbell squat	reps x lbs	reps x lbs	reps x lbs
Hip Thrust Machine	reps x lbs	reps x lbs	reps x lbs
Machine preacher curl	reps x lbs	reps x lbs	reps x lbs
EZ Bar Reverse Grip Biceps Curl	reps x lbs	reps x lbs	reps x lbs
Dumbbell Skull Crusher	reps x lbs	reps x lbs	reps x lbs
Dumbbell bicep curls	reps x lbs	reps x lbs	reps x lbs
Cable tricep pushdown	reps x lbs	reps x lbs	reps x lbs
Cable bicep curls	reps x lbs	reps x lbs	reps x lbs

## Previous Stats

EXERCISE

## Abs

### Abs

Regular workout

Created by Nicholas Falke on 20 Jun 2024, last updated on 20 Jun 2024.

est. 19 minutes

#### Superset of 3 sets

	Toe taps	15
	Heel taps	20 each
	Bicycle crunches	15 each
	Knee up crunches	15
	Plank	1 min

Rest for 90 sec

Repeat new set

Toe taps



[Dismiss](#)

## Heel taps

## Bicycle crunches

## Knee up crunches

## Plank

## Tracking Sheet

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

Exercise Name	Set 1	Set 2	Set 3
Toe taps	reps x lbs	reps x lbs	reps x lbs
Heel taps	reps x lbs	reps x lbs	reps x lbs
Bicycle crunches	reps x lbs	reps x lbs	reps x lbs
Knee up crunches	reps x lbs	reps x lbs	reps x lbs
Plank	reps x lbs	reps x lbs	reps x lbs

## Previous Stats

EXERCISE

17 JUL 2024

26 JUN 2024

Toe taps

Set 1

Set 2

Set 3

Heel taps

Set 1

	Set 2	
	Set 3	<b>Dismiss</b>
Bicycle crunches	Set 1	
	Set 2	
	Set 3	
Knee up crunches	Set 1	
	Set 2	
	Set 3	
Plank	Set 1	
	Set 2	
	Set 3	

## abs 2

### abs 2

Regular workout

Created by Nicholas Falke on 20 Jun 2024, last updated on 20 Jun 2024.

est. 16 minutes

Bosu Ball Crunch

3 sets x 15

⚠ Rest 60 sec between sets

Superset of 3 sets

Decline Russian Twist

15 each side

Decline bench crunches

10

Rest for 90 sec

↳ Repeat new set

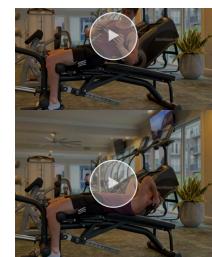


Bosu Ball Crunch



Decline Russian Twist

Decline Russian Twist



Decline Russian Twist

**Dismiss**

Decline bench crunches

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

Exercise Name	Set 1	Set 2	Set 3	
Bosu Ball Crunch	reps x	lbs	reps x	lbs
Decline Russian Twist	reps x	lbs	reps x	lbs
Decline bench crunches	reps x	lbs	reps x	lbs

### Previous Stats

EXERCISE

## BW Lower + abs

### BW Lower + abs

Regular workout

Created by Nicholas Falke on 3 Jul 2024, last updated on 3 Jul 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	<b>Dismiss</b>
	Box Pistol Squat	8 each	
	Rest for 60 sec		

Repeat new set

---

**Superset of 3 sets**

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

Repeat new set

---

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

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

---

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

---

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

---

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

---

**Body Weight Single Leg Deadlift**  
 1) When performing this exercise, ensure that your upper body maintains a safe position for your back. Chest up, a slight arch or neutral spine.  
 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**

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

---

**Bicycle Crunch**

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

---

**Hollow Body Hold Flutter Kicks**

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

---

**Burpee**

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

**Tracking Sheet** (Print and track your progress here. Don't forget to 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

Dismiss

**BW Upper**

## BW Upper

## Regular workout

Created by Nicholas Falke on 3 Jul 2024, last updated on 3 Jul 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

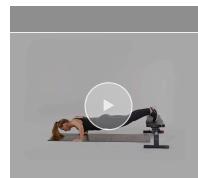
	Side Plank Dip	10 each side
	Reverse Crunch	10

Rest for 90 sec

Repeat new set

## Jog

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



## Decline Push Up

Dismiss

1.Using an object to create a decline with your body, support your body on your toes and hands with your feet on a step behind, elbows bent and your chest nearly touching the floor.

2.Push up to a straight arm position.

3.Lower your body back returning to starting position, keeping your back flat and hips in line with shoulders throughout.

4.Repeat.



## Push Up

1.Lie with your chest facing down, palms flat on the floor and slightly more than shoulder-width apart, your feet should be together and your legs straight.

2.Push your body upwards and straighten your arms.

3.Lower your body returning to starting position.

4.Repeat.



## Diamond Push Up

1.Support your body on your toes and hands. Feet together and hands in diamond shaped placed under your chest.

2.Push up to a straight arm position, keeping your back flat and the diamond position of your hands.

3.Lower your body returning to starting position.

4.Repeat.



## Mountain Climber

1) Begin in a pushup position, with your weight supported by your hands and toes.

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

3) Explosively reverse the positions of your legs, extending the bent leg until the leg is straight and supported by the toe, and bringing the other foot up with the hip and knee flexed.

4) Repeat in an alternating fashion for 20-30 seconds



## 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

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.

[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		
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 3 Jul 2024, last updated on 3 Jul 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

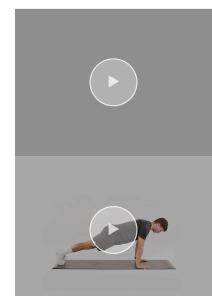
---

**Superset of 3 sets**

	Toe Crunch	12
	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.



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.

[Dismiss](#)



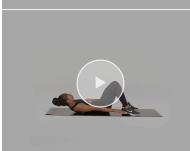
### Incline Push Up

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.

Lying Straight Leg Raise	reps	reps	reps
--------------------------	------	------	------

[Previous Stats](#)

EXERCISE	

[Dismiss](#)

### Tracking Sheet

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

Exercise Name	Set 1	Set 2	Set 3
Jog	Distance      miles Time      m:      s Speed Levels/incline Calories burnt		
Push Up	reps	reps	reps
Plank To Push Up	reps	reps	reps
Piked Push Up	reps	reps	reps
Bench Dip	reps	reps	reps
Incline Push Up	reps	reps	reps
Toe Crunch	reps	reps	reps
Crunch Heel Tap	reps	reps	reps