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NAME FRANKLIN DICKINSON DATE

## Travel Plan

1 week (23 Feb 2024 - 3 Mar 2024)

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### BW Lower + abs

#### BW Lower + abs

Regular workout

Created by Nicholas Falke on 23 Feb 2024, last updated on 23 Feb 2024.

est. 47 minutes

#### Equipment



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

#### Superset of 3 sets

	Wall Sit	60 sec
	Squat Jump	15
	Rest for 90 sec	

↶ Repeat new set

#### Superset of 3 sets

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

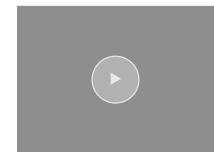
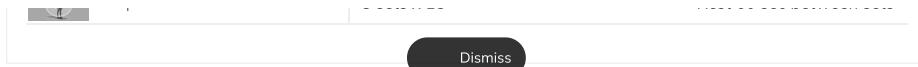
↶ Repeat new set

#### Superset of 3 sets

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

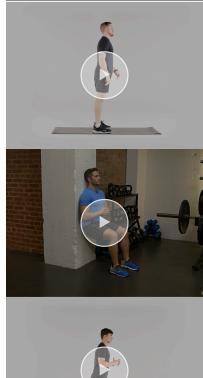
↶ Repeat new set

	Burpee	3 sets x 15	⚠ Rest 60 sec between sets
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### Jog

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



### 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.



### 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.



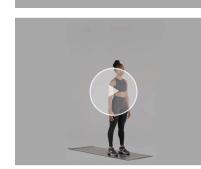
### Hollow Body Hold Flutter Kicks

- 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

### Previous Stats

EXERCISE

## BW Upper

### BW Upper

Regular workout

Created by Nicholas Falke on 23 Feb 2024, last updated on 23 Feb 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
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**Superset of 3 sets**

	Side Plank Dip	10 each side
	Reverse Crunch	10

Rest for 90 sec

Repeat new set

	<b>Jog</b>
	-Keep it light -Goal: Warm up muscles/break a sweat
	<b>Decline Push Up</b>
	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.

	<b>Push Up</b>
	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.
	<b>Diamond Push Up</b>
	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 start .

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**



- 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	Dismiss		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		24 FEB 2024
Jog	Set 1	
Decline Push Up	Set 1	15 reps
	Set 2	15 reps
	Set 3	15 reps
Push Up	Set 1	15 reps
	Set 2	15 reps
	Set 3	15 reps
Diamond Push Up	Set 1	10 reps
	Set 2	10 reps
	Set 3	10 reps
Mountain Climber	Set 1	20 reps
	Set 2	20 reps
	Set 3	20 reps
Sit Up	Set 1	10 reps
	Set 2	10 reps
	Set 3	10 reps
Piked Push Up	Set 1	15 reps
	Set 2	15 reps
	Set 3	15 reps
Side Plank Dip	Set 1	
	Set 2	
	Set 3	
Reverse Crunch	Set 1	10 reps
	Set 2	10 reps

Set 3	Dismiss	10 reps
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## BW Upper Body

### BW Upper Body

Regular workout

Created by Nicholas Falke on 23 Feb 2024, last updated on 23 Feb 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

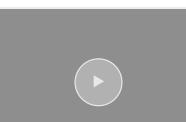
	Bench Dip	15
	Incline Push Up	max
Rest for 90 sec		

⤵ 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

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- 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 mat and your legs extended in front of you.



3. Place your hands on your sides with your palms down.

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4. As you keep your legs extended, straight if possible, raise your legs until they make a 90-degree angle with the floor. Exhale as you perform this portion of the movement and hold the contraction at the top for a second.

5. As you inhale, slowly lower your legs back down to the starting position.

### Tracking Sheet

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

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

### Previous Stats

EXERCISE