

BW Lower + abs

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Regular workout

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

est. 47 minutes

Equipment

Body weight

Mat

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

Superset of 3 sets

<div></div>	Wall Sit	60 sec
<div></div>	Squat Jump	15
<div></div>	Rest for 90 sec	

↶

 Repeat new set

Superset of 3 sets

<div></div>	Body Weight Single Leg Dea...	12 each
<div></div>	Box Pistol Squat	8 each
<div></div>	Rest for 60 sec	

↶

 Repeat new set

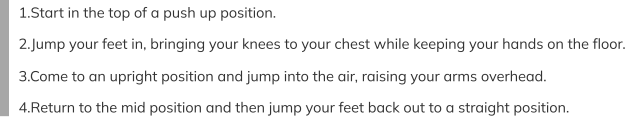
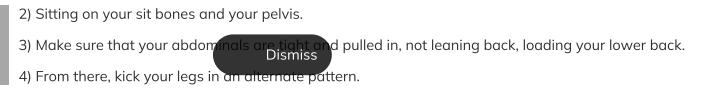
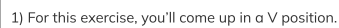
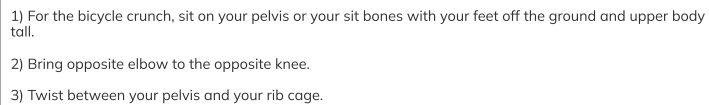
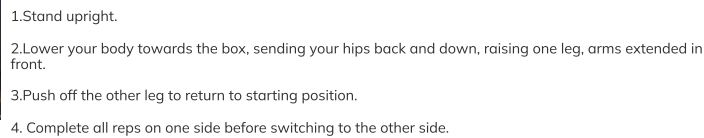
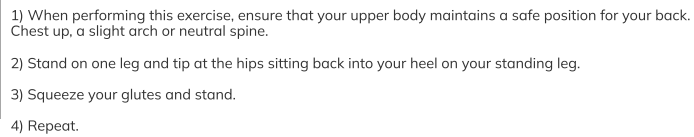
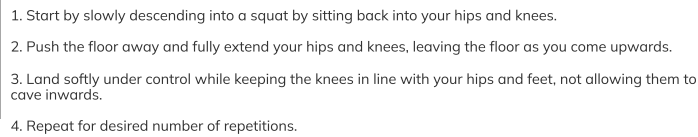
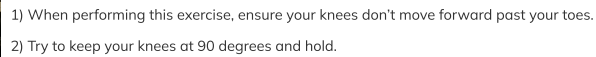
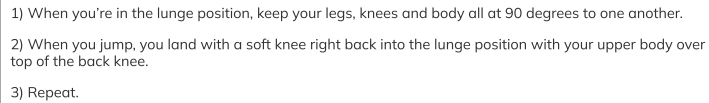
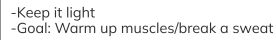
Superset of 3 sets

<div></div>	Bicycle Crunch	10 each
<div></div>	Hollow Body Hold Flutter Kicks	30 sec
<div></div>	Rest for 60 sec	

↶

 Repeat new set

<div></div>	Burpee	3 sets x 15	<div></div> Rest 60 sec between sets
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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

### EXERCISE

👉 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**  
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**

**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
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

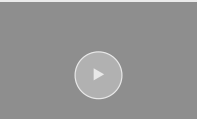
Bench Dip	15
Incline Push Up	max
Rest for 90 sec	

Repeat new set

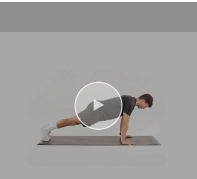
Superset of 3 sets

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

Dismiss

- 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.



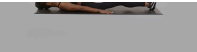
### Crunch Heel Tap

- 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 around and your leas extended in front of you.



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

Dismiss

4. As you keep your legs extended as far as possible, raise your legs until they make a 90-degree angle with the floor. Exhale as you perform this portion of the movement and hold the contraction at the top for a second.
5. As you inhale, slowly lower your legs back down to the starting position.

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

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

## Previous Stats

EXERCISE	
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