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NAME FRANKLIN DICKINSON DATE

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## Phase 7

4 weeks (22 Jul 2024 - 18 Aug 2024)

### 7.1 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.

#### 7.1 Push

Regular workout

Created by Nicholas Falke on 17 Jul 2024, last updated on 21 Jul 2024.

est. 47 minutes

#### Equipment



Dumbbell

#### 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.	4 sets x 8	⚠ Rest 90 sec between sets

#### Superset of 3 sets

	Dumbbell Incline Bench Ches...	8
	Close grip dumbbell chest pr...	max
	Rest for 60 sec	
<span style="border: 1px solid black; padding: 2px;">Repeat new set</span>		

	Machine chest fly	3 sets x 12	⚠ Rest 60 sec between sets
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#### Superset of 3 sets

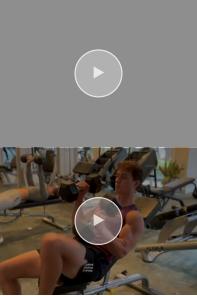
	Cable tricep pushdown	8
	Cable tricep skullcrushers	max
	Rest for 90 sec	
<span style="border: 1px solid black; padding: 2px;">Repeat new set</span>		

	Dips	2 sets x max	⚠ Rest 90 sec between sets
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### Jog

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



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### 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



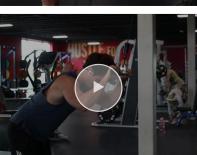
### Dumbbell Incline Bench Chest Fly

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.



### Close grip dumbbell chest press

hold dumbbells together and press upward. lower slowly



### Machine chest fly



### 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 tricep skullcrushers

- 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)
- Head packed/chin tucked ("double chin")
- About 45 degree bend at hips, locking in the lower body
- Wrists locked and aligned with the forearms
- Drive pinkies forward away from the forehead (forearms pushed down like a lever)
- Squeeze at the end and slowly release squeeze until fists are close to forehead



### Dips



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### Tracking Sheet

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

Exercise Name	Set 1		Set 2		Set 3		Set 4	
Jog	Distance	miles	Time	m: s	Speed	Levels/Incline	Calories burnt	
Dumbbell Incline Bench press.	reps x	lbs	reps x	lbs	reps x	lbs	reps x	lbs
Dumbbell Incline Bench Chest Fly	reps x	lbs	reps x	lbs	reps x	lbs	reps x	lbs
Close grip dumbbell chest 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
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				

### Previous Stats

EXERCISE	12 AUG 2024		5 AUG 2024		29 JUL 2024		22 JUL 2024	
	Set 1	Set 2	Set 1	Set 2	Set 1	Set 2	Set 1	Set 2
Jog	Distance 1.26 miles		Distance 1.29 miles		Distance 1.06 miles		Distance 1.07 miles	
	Time 12 m: s		Time 12 m: s		Time 10 m: 4 s		Time 10 m: 5 s	
	Speed 6.5		Speed 6.5		Speed 6.5		Speed 6.5	
	Levels/Incline 2		Levels/Incline 2		Levels/Incline 2		Levels/Incline 2	
	Calories burnt 178		Calories burnt 184		Calories burnt 150		Calories burnt 150	
Dumbbell Incline Bench press.	Set 1	8 reps x 45 lbs	8 reps x 45 lbs	8 reps x 45 lbs	8 reps x 40 lbs			
	Set 2	8 reps x 45 lbs	8 reps x 45 lbs	8 reps x 45 lbs	8 reps x 40 lbs			
	Set 3	7 reps x 45 lbs	7 reps x 45 lbs	8 reps x 45 lbs	8 reps x 40 lbs			
	Set 4	6 reps x 45 lbs	6 reps x 45 lbs	6 reps x 45 lbs	8 reps x 40 lbs			
Dumbbell Incline Bench Chest Fly	Set 1	10 reps x 22.5 lbs	12 reps x 22.5 lbs	10 reps x 20 lbs	10 reps x 20 lbs			
	Set 2	12 reps x 25.5 lbs	10 reps x 22.5 lbs	12 reps x 20 lbs	12 reps x 20 lbs			
	Set 3	12 reps x 22.5 lbs	12 reps x 22.5 lbs	12 reps x 20 lbs	10 reps x 20 lbs			
Close grip dumbbell chest press	Set 1	10 reps x 35 lbs	11 reps x 32.5 lbs	12 reps x 30 lbs	12 reps x 30 lbs			
	Set 2	12 reps x 35 lbs	10 reps x 32.5 lbs	12 reps x 30 lbs	12 reps x 30 lbs			

	Set 2	12 reps x 30 lbs	12 reps x 30 lbs	12 reps x 30 lbs
Machine chest fly	Set 3	12 reps x 35 lbs	12 reps x 32.5 lbs Dismiss	12 reps x 30 lbs
	Set 1	12 reps x 85 lbs	12 reps x 85 lbs	12 reps x 85 lbs
	Set 2	8 reps x 85 lbs	12 reps x 85 lbs	12 reps x 85 lbs
Cable tricep pushdown	Set 3	10 reps x 85 lbs	15 reps x 85 lbs	12 reps x 85 lbs
	Set 1	12 reps x 42.5 lbs	12 reps x 42.5 lbs	12 reps x 42.5 lbs
	Set 2	12 reps x 42.5 lbs	12 reps x 42.5 lbs	12 reps x 42.5 lbs
Cable tricep skullcrushers	Set 3	12 reps x 42.5 lbs	12 reps x 42.5 lbs	12 reps x 42.5 lbs
	Set 1	12 reps x 42.5 lbs	12 reps x 42.5 lbs	12 reps x 42.5 lbs
	Set 2	12 reps x 42.5 lbs	12 reps x 42.5 lbs	12 reps x 42.5 lbs
Dips	Set 3	12 reps x 42.5 lbs	12 reps x 42.5 lbs	12 reps x 12.5 lbs
	Set 1			10 reps x 42.5 lbs
	Set 2			

## 7.2 Pull

### 7.2 Pull

Regular workout

Created by Nicholas Falke on 17 Jul 2024, last updated on 21 Jul 2024.

est. 55 minutes

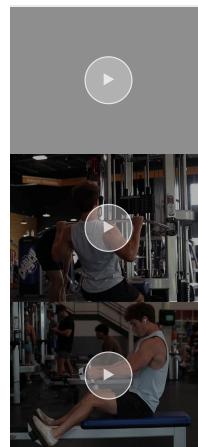
Jog	1 set x 5 min	⚠ Rest 90 sec between sets
Lat pulldown	3 sets x 10	⚠ Rest 90 sec between sets
Cable rows	3 sets x 10	⚠ Rest 90 sec between sets
Standing Cable Pullover	3 sets x 10	⚠ Rest 90 sec between sets
Single arm hammer strength ...	3 sets x 8 each	⚠ Rest 90 sec between sets
Cable Face Pull	3 sets x 12 (lighter weight)	⚠ Rest 60 sec between sets

#### Superset of 3 sets

EZ bar upright rows	8
Ez bar bicep curls	8
Rest for 60 sec	

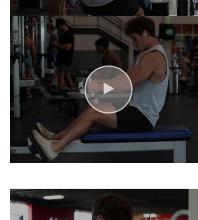
↳ Repeat new set

	Dumbbell hammer curls	2 sets x maxDismiss	⚠ Rest 60 sec between sets
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#### Jog

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



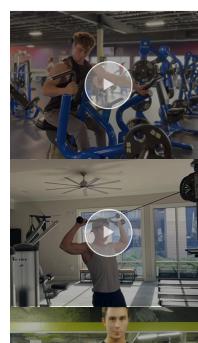
#### Lat pulldown

- Brace core
- Lower half of the body locked against leg pads
- Feet screwed into the ground
- Aim to pack the shoulders while driving the elbows into back pockets
- Lean slightly back while pulling, careful not to use momentum.
- Recommended: Tight and slightly outside shoulder width grip on the bar



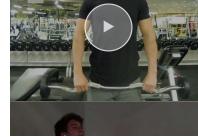
#### Cable rows

- 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

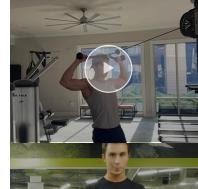


#### Standing Cable Pullover

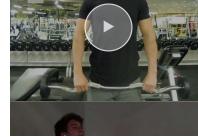
- Brace core
- Feet screwed into the ground
- Arms extended, pack the shoulder
- Wrists and elbows locked
- Hips hinged backwards, lower body locked throughout the entire exercise
- While arms locked out in front, drive elbows into back pockets (should feel lat engagement)
- Aim to squeeze w/slight hold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



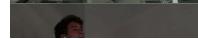
#### Single arm hammer strength rows



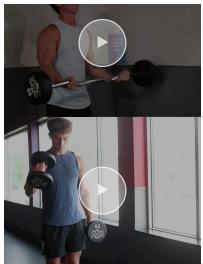
#### Cable Face Pull



#### EZ bar upright rows



#### Ez bar bicep curls



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### 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
Standing Cable Pullover	reps x lbs	reps x lbs	reps x lbs
Single arm hammer strength rows	reps x lbs	reps x lbs	reps x lbs
Cable Face Pull	reps x lbs	reps x lbs	reps x lbs
EZ bar upright rows	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	

### Previous Stats

EXERCISE		13 AUG 2024	30 JUL 2024	23 JUL 2024
Jog	Set 1	Distance 1.17 miles	Distance 1.17 miles	Distance 1.06 miles
		Time 11 m: 6 s	Time 11 m: s	Time 10 m: 10 s
		Speed 6.5	Speed 6.5	Speed 6.5
		Levels/incline 2	Levels/incline 2	Levels/incline 2
		Calories burnt 165	Calories burnt 165	Calories burnt 150
Lat pulldown	Set 1	10 reps x 85 lbs	10 reps x 100 lbs	10 reps x 100 lbs
	Set 2	10 reps x 85 lbs	10 reps x 100 lbs	10 reps x 100 lbs
	Set 3	12 reps x 85 lbs	10 reps x 100 lbs	10 reps x 100 lbs
Cable rows	Set 1	8 reps x 85 lbs	10 reps x 85 lbs	10 reps x 85 lbs

	Set 2	8 reps x 85 lbs Dismiss 8 reps x 85 lbs	10 reps x 85 lbs	10 reps x 70 lbs
	Set 3		10 reps x 85 lbs	10 reps x 70 lbs
	Set 4			
Standing Cable Pullover	Set 1	12 reps x 42.5 lbs	12 reps x 42.5 lbs	12 reps x 42.5 lbs
	Set 2	12 reps x 42.5 lbs	12 reps x 42.5 lbs	12 reps x 42.5 lbs
	Set 3	12 reps x 42.5 lbs	12 reps x 42.5 lbs	12 reps x 42.5 lbs
Cable Seated Single Arm Row	Set 1		12 reps x 35 lbs	8 reps x 35 lbs
	Set 2		12 reps x 35 lbs	8 reps x 35 lbs
	Set 3		12 reps x 35 lbs	10 reps x 35 lbs
Cable Face Pull	Set 1	10 reps x 32.5 lbs	10 reps x 32.5 lbs	12 reps x 32.5 lbs
	Set 2	12 reps x 32.5 lbs	12 reps x 32.5 lbs	12 reps x 32.5 lbs
	Set 3	12 reps x 32.5 lbs	15 reps x 32.5 lbs	10 reps x 32.5 lbs
EZ bar upright rows	Set 1	8 reps x 50 lbs	12 reps x 40 lbs	8 reps x 40 lbs
	Set 2	8 reps x 50 lbs	10 reps x 40 lbs	8 reps x 40 lbs
	Set 3	8 reps x 50 lbs	10 reps x 40 lbs	10 reps x 40 lbs
Ez bar bicep curls	Set 1	8 reps x 50 lbs	10 reps x 40 lbs	10 reps x 40 lbs
	Set 2	8 reps x 50 lbs	10 reps x 40 lbs	10 reps x 40 lbs
	Set 3	8 reps x 50 lbs	10 reps x 40 lbs	10 reps x 40 lbs
Dumbbell hammer curls	Set 1	12 reps x 20 lbs	12 reps x 20 lbs	12 reps x 20 lbs
	Set 2	12 reps x 20 lbs	12 reps x 20 lbs	

## 7.3 Legs

### 7.3 Legs

Regular workout

Created by Nicholas Falke on 17 Jul 2024, last updated on 21 Jul 2024.

est. 54 minutes

Jog	1 set x 5 min	⚠ Rest 90 sec between sets
Leg press machine	4 sets x 8	⚠ Rest 2 min between sets
Calf raise on leg press machi...	3 sets x 15	⚠ Rest 60 sec between sets

	Barbell Romanian deadlift.	3 sets x 12	Rest 90 sec between sets
	Dumbbell Bulgarian split squat	3 sets x 10 <span style="background-color: black; color: white; border-radius: 50%; padding: 2px 5px;">Dismiss</span>	Rest 90 sec between sets
	seated leg extension	3 sets x 10	Rest 90 sec between sets
	Seated leg curl	3 sets x 10	Rest 90 sec between sets



- 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

## 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							
	Speed							
	Levels/Incline							
	Calories burnt							
Leg press machine	reps x	lbs	reps x	lbs	reps x	lbs	reps x	lbs
Calf raise on leg press machine	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
Dumbbell Bulgarian split squat	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
Seated leg curl	reps x	lbs	reps x	lbs	reps x	lbs	reps x	lbs

## Previous Stats

EXERCISE		14 AUG 2024	8 AUG 2024	31 JUL 2024	24 JUL 2024
Jog	Set 1	Distance 1.27 miles	Distance 1.25 miles	Distance 1.17 miles	Distance 1.07 miles
		Time 12 m: s	Time 12 m: s	Time 11 m: s	Time 10 m: 4 s
		Speed 6.5	Speed 6.5	Speed 6.5	Speed 6.5
		Levels/Incline 2	Levels/Incline 2	Levels/Incline 2	Levels/Incline 2
		Calories burnt 179	Calories burnt 6.5	Calories burnt 164	Calories burnt 150
Leg press machine	Set 1	15 reps x 280 lbs	15 reps x 280 lbs	15 reps x 280 lbs	15 reps x 260 lbs
	Set 2	15 reps x 280 lbs	15 reps x 280 lbs	15 reps x 280 lbs	15 reps x 260 lbs
	Set 3	15 reps x 280 lbs	15 reps x 280 lbs	15 reps x 280 lbs	15 reps x 260 lbs
	Set 4	15 reps x 280 lbs	12 reps x 280 lbs	15 reps x 280 lbs	15 reps x 260 lbs
	Set 5				
Calf raise on leg press machine	Set 1	20 reps x 200 lbs	20 reps x 200 lbs	20 reps x 200 lbs	20 reps x 260 lbs
	Set 2	20 reps x 200 lbs	20 reps x 200 lbs	20 reps x 200 lbs	20 reps x 260 lbs
	Set 3	20 reps x 200 lbs	20 reps x 200 lbs	20 reps x 200 lbs	20 reps x 260 lbs

	<b>Jog</b>	-Keep it light -Goal: Warm up muscles/break a sweat
	<b>Leg press machine</b>	<ul style="list-style-type: none"> <li>- Brace core ("preparing for a punch to the stomach")</li> <li>- Press back and butt flush with the backrest</li> <li>- Use a tight grip on the handles (help with stability &amp; lock in)</li> <li>- Feet placement will place more load on certain parts of the legs:</li> <li>- Higher feet placement = more hamstring recruitment</li> <li>- Lower feet placement = more quad recruitment</li> <li>- Wider stance and/or toes pointed outward = more outside leg recruitment</li> <li>- Narrower stance and/or toes pointed inward = more inside leg recruitment</li> </ul> <ul style="list-style-type: none"> <li>- Drive heels upward when pressing</li> <li>- Descend the press slowly until knees are close to the chest or right before the tailbone starts to lift off of the seat</li> </ul>
	<b>Calf raise on leg press machine</b>	<ul style="list-style-type: none"> <li>- Brace core ("preparing for a punch to the stomach")</li> <li>- Press back and butt flush with the backrest</li> <li>- Use a tight grip on the handles (help with stability &amp; lock in)</li> <li>- Feet placement will place more load on certain parts of the legs:</li> <li>- Wider stance and/or toes pointed outward = more outside leg recruitment</li> <li>- Narrower stance and/or toes pointed inward = more inside leg recruitment</li> <li>- Just the forefoot and up to the toes should make contact with the press platform</li> <li>- Aim for a full stretch at the bottom and a full squeeze at the top</li> </ul>
	<b>Barbell Romanian deadlift.</b>	
	<b>Dumbbell Bulgarian split squat</b>	
	<b>seated leg extension</b>	<ul style="list-style-type: none"> <li>- Brace core ("preparing for a punch to the stomach")</li> <li>- Press back and butt flush with the backrest</li> <li>- Use a tight grip on the handles (help with stability &amp; lock in)</li> <li>- Shoulders packed (squeeze shoulder blades back and press shoulders down into back pockets)</li> <li>- Kick the lower legs &amp; squeeze at the top until the legs are almost straightforward, keep the ankles locked throughout the whole rep</li> <li>- Slowly descend the legs on the release of the squeeze</li> </ul>
	<b>Seated leg curl</b>	

Dumbbell Romanian Deadlift	Set 1	10 reps x 35 lbs	10 reps x 30 lbs	10 reps x 32.5 lbs	
	Set 2	10 reps x 35 lbs	Dismiss	10 reps x 30 lbs	10 reps x 32.5 lbs
	Set 3	10 reps x 35 lbs	10 reps x 30 lbs	10 reps x 32.5 lbs	
Dumbbell Bulgarian split squat	Set 1	10 reps x 25 lbs	10 reps x 25 lbs	10 reps x 25 lbs	10 reps x 25 lbs
	Set 2	10 reps x 25 lbs	10 reps x 250 lbs	10 reps x 25 lbs	10 reps x 25 lbs
	Set 3		8 reps x 25 lbs	8 reps x 25 lbs	10 reps x 25 lbs
seated leg extension	Set 1		10 reps x 85 lbs	10 reps x 85 lbs	10 reps x 85 lbs
	Set 2		10 reps x 85 lbs	10 reps x 85 lbs	10 reps x 85 lbs
	Set 3		10 reps x 85 lbs	10 reps x 85 lbs	10 reps x 85 lbs
Seated leg curl	Set 1		10 reps x 85 lbs	12 reps x 85 lbs	12 reps x 85 lbs
	Set 2		12 reps x 85 lbs	12 reps x 85 lbs	12 reps x 85 lbs
	Set 3		12 reps x 85 lbs	12 reps x 85 lbs	12 reps x 85 lbs
Barbell Romanian deadlift.	Set 1				7 reps x 70 lbs
	Set 2				7 reps x 70 lbs
	Set 3				7 reps x 70 lbs
	Set 4				

 Lat pulldown	3 sets x 10	 Rest 60 sec between sets
 Cable fly crossovers	3 sets x 10	 Rest 60 sec between sets
 Dumbbell lateral raises	2 sets x 12	 Rest 60 sec between sets
 Push ups	2 sets x max	 Rest 60 sec between sets

## 7.4 Upper Body

### 7.4 Upper Body

Regular workout

Created by Nicholas Falke on 17 Jul 2024, last updated on 21 Jul 2024.

est. 53 minutes

Equipment



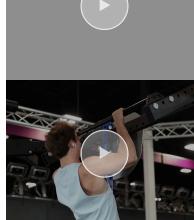
Cable

 Jog	1 set x 5 min	 Rest 90 sec between sets
 Pull ups	2 sets x max	 Rest 60 sec between sets
 Dumbbell Incline Bench press.	3 sets x 8	 Rest 90 sec between sets
 Dumbbell standing shoulder ...	3 sets x 10	 Rest 90 sec between sets
 Cable Seated Single Arm Row	3 sets x 10 each	 Rest 90 sec between sets



### Jog

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



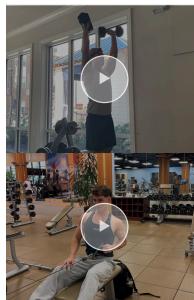
### Pull ups

- 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

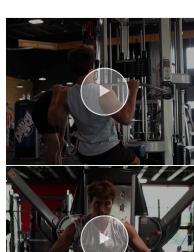


### Dumbbell Incline Bench press.

- 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



### Dumbbell standing shoulder presses



### 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.



### Lat pulldown

- Brace core
- Lower half of the body locked against leg pads
- Feet screwed into the ground
- Aim to pack the shoulders while driving the elbows into back pockets
- lean slightly back while pulling, careful not to use momentum.
- Recommended: Tight and slightly outside shoulder width grip on the bar



### Cable fly crossovers

- Brace core ("preparing for a punch to the stomach")
- Head packed/chin tucked ("double chin")
- Shoulders packed (squeeze shoulder blades back and press shoulders down into back pockets)
- Feet screwed into the ground about shoulder width apart or staggered stance forward



- 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, **Dismiss** arms from an out wide position to across the chest position without bending at the elbow



#### 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)



#### 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		
Pull ups	reps x lbs	reps x lbs	
Dumbbell Incline Bench press.	reps x lbs	reps x lbs	reps x lbs
Dumbbell standing shoulder presses	reps x lbs	reps x lbs	reps x lbs
Cable Seated Single Arm Row	reps x lbs	reps x lbs	reps x lbs
Lat pulldown	reps x lbs	reps x lbs	reps x lbs
Cable fly crossovers	reps x lbs	reps x lbs	reps x lbs
Dumbbell lateral raises	reps x lbs	reps x lbs	
Push ups	reps x lbs	reps x lbs	

#### Previous Stats

EXERCISE	26 JUL 2024										
Jog	<table border="1"> <tr><td>Distance</td><td>1.06 miles</td></tr> <tr><td>Time</td><td>10 m: 6 s</td></tr> <tr><td>Speed</td><td>6.5</td></tr> <tr><td>Levels/incline</td><td>2</td></tr> <tr><td>Calories burnt</td><td>150</td></tr> </table>	Distance	1.06 miles	Time	10 m: 6 s	Speed	6.5	Levels/incline	2	Calories burnt	150
Distance	1.06 miles										
Time	10 m: 6 s										
Speed	6.5										
Levels/incline	2										
Calories burnt	150										

Pull ups	Set 1	10 reps x 60 lbs
	Set 2	Dismiss 8 reps x 60 lbs
Dumbbell Incline Bench press.	Set 1	8 reps x 40 lbs
	Set 2	8 reps x 40 lbs
	Set 3	8 reps x 40 lbs
Dumbbell standing shoulder presses	Set 1	10 reps x 22.5 lbs
	Set 2	10 reps x 22.5 lbs
	Set 3	10 reps x 22.5 lbs
Cable Seated Single Arm Row	Set 1	10 reps x 35 lbs
	Set 2	10 reps x 35 lbs
	Set 3	10 reps x 35 lbs
Lat pulldown	Set 1	10 reps x 100 lbs
	Set 2	10 reps x 100 lbs
	Set 3	7 reps x 100 lbs
Cable fly crossovers	Set 1	10 reps x 22.5 lbs
	Set 2	1053 reps x 22.5 lbs
	Set 3	10 reps x 22.5 lbs
Dumbbell lateral raises	Set 1	10 reps x 17.5 lbs
	Set 2	10 reps x 17.5 lbs
Push ups	Set 1	
	Set 2	

## 7.5 Legs + Arms

7.5 Legs + Arms									
Regular workout		Created by Nicholas Falke on 17 Jul 2024, last updated on 21 Jul 2024.							
est. 50 minutes									
<table border="1"> <tr><td>Jog</td><td>1 set x 5 min</td><td>Rest 90 sec between sets</td></tr> <tr><td>Goblet Squat</td><td>3 sets x 10</td><td>Rest 90 sec between sets</td></tr> </table>			Jog	1 set x 5 min	Rest 90 sec between sets	Goblet Squat	3 sets x 10	Rest 90 sec between sets	
Jog	1 set x 5 min	Rest 90 sec between sets							
Goblet Squat	3 sets x 10	Rest 90 sec between sets							

Single Leg Dumbbell Hip Thrust | 3 sets x 12 each | Rest 90 sec between sets

**Dismiss**

**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 60 sec	

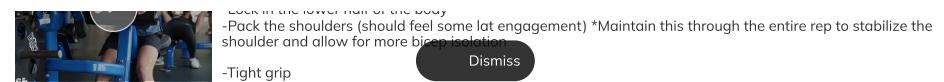
Repeat new set

---

**Superset of 3 sets**

	Cable overhead tricep extens...	8
	Cable bicep curls	10
	Rest for 60 sec	

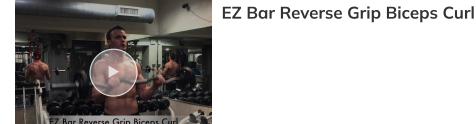
Repeat new set



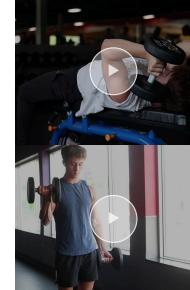
**Dismiss**

**Tight grip**

- Drive "through the bicep"
- Squeeze at the top w/ a slight hold before releasing
- Maintain a slow but still tensed release downward
- Aim to have the arms close to full extension at the bottom



### Dumbbell Skull Crusher



### Dumbbell bicep curls



**Dismiss**

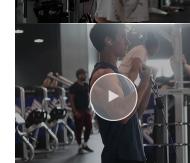
- Brace core
- Screw feet into the ground
- Lock in the lower half of the body
- Pack the shoulders \*Maintain this through the entire rep to stabilize the shoulder and allow for more bicep isolation

**Tight grip**

- Elbows close to the body
- Drive "through the bicep"
- Squeeze at the top w/ a slight hold before releasing
- Maintain a slow but still tensed release downward
- Aim to have the arms close to full extension at the bottom



### Cable overhead tricep extensions



### Cable bicep curls

## 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

**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"

---

**Single Leg Dumbbell Hip Thrust**

---

**Machine preacher curl**  
 -Brace core  
 -Screw feet into the ground or feet platform  
 -Lock in the lower half of the body

Single Leg Dumbbell Hip Thrust	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 overhead tricep extensions	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 17 Jul 2024, last updated on 17 Jul 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



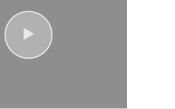
Heel taps



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
Heel taps	reps x	lbs	reps x	lbs
Bicycle crunches	reps x	lbs	reps x	lbs
Knee up crunches	reps x	lbs	reps x	lbs
Plank	reps x	lbs	reps x	lbs

## Previous Stats

EXERCISE	13 AUG 2024	30 JUL 2024
Toe taps	Set 1	
	Set 2	
	Set 3	
Heel taps	Set 1	
	Set 2	
	Set 3	
Bicycle crunches	Set 1	
	Set 2	
	Set 3	
Knee up crunches	Set 1	
	Set 2	
	Set 3	

	Set 2		
	Set 3	<b>Dismiss</b>	
Plank	Set 1		
	Set 2		
	Set 3		

## abs 2

abs 2

Regular workout Created by Nicholas Falke on 17 Jul 2024, last updated on 17 Jul 2024.

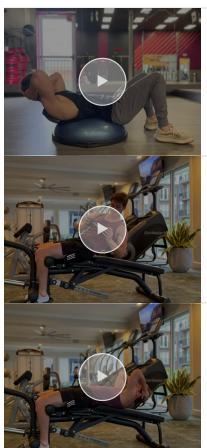
est. 16 minutes

Bosu Ball Crunch	3 sets x 15	⌚ Rest 60 sec between sets
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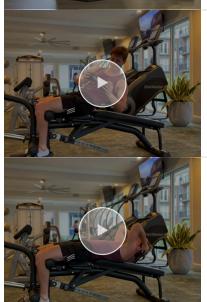
**Superset of 3 sets**

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 bench crunches

**Tracking Sheet** (Print and track your progress here. Don't worry, you can **Dismiss** it online.)

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

## Previous Stats

EXERCISE	Set 1	26 JUL 2024
Bosu Ball Crunch	Set 1	
	Set 2	
	Set 3	
Decline Russian Twist	Set 1	
	Set 2	
	Set 3	
Decline bench crunches	Set 1	
	Set 2	
	Set 3	

## BW Lower + abs

BW Lower + abs

Regular workout Created by Nicholas Falke on 17 Jul 2024, last updated on 17 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 Dismiss

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

**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, 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.

4. repeat for desired number of repetitions.

**Body Weight Single Leg Deadlift** Dismiss  
1) When performing this exercise, ensure 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 Hitter Kicks	reps	reps	reps
Burpee	reps	reps	reps

Dismiss

## Previous Stats

EXERCISE	

## BW Upper

### BW Upper

#### Regular workout

Created by Nicholas Falke on 17 Jul 2024, last updated on 17 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

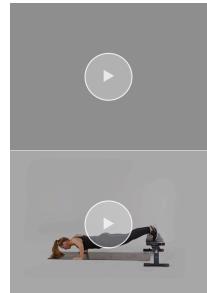
Piked Push Up	3 sets x max	⚠ Rest 60 sec between sets
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#### Superset of 3 sets

Side Plank Dip	10 each side
Reverse Crunch	10

Rest for 90 sec

↳ Repeat new set



Play

### Jog

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

Dismiss

### 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.



Play

### 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.



Play

### 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.



Play

### 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



Play

### 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.



Play

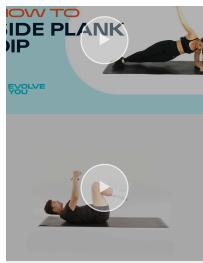
### Piked Push Up

- 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.



Play

### Side Plank Dip



Dismiss

### Reverse Crunch

- 1) Lie on the floor and bend your knees so they are at 90 degrees.
- 2) Start by curling your hips off the floor and reach your legs up toward the ceiling.
- 3) Pause, and slowly return to starting position.

### Tracking Sheet

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

Exercise Name	Set 1	Set 2	Set 3
Jog	Distance miles Time m: s Speed Levels/incline Calories burnt		
Decline Push Up	reps	reps	reps
Push Up	reps	reps	reps
Diamond Push Up	reps	reps	reps
Mountain Climber	reps	reps	reps
Sit Up	reps	reps	reps
Piked Push Up	reps	reps	reps
Side Plank Dip	reps x lbs	reps x lbs	reps x lbs
Reverse Crunch	reps	reps	reps

### Previous Stats

EXERCISE

## BW Upper Body

### BW Upper Body

Regular workout

Created by Nicholas Falke on 17 Jul 2024, last updated on 17 Jul 2024.

est. 48 minutes

Equipment



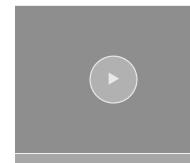
Body weight

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
<b>Superset of 3 sets</b>			
	Bench Dip	15	
	Incline Push Up	max	
	Rest for 90 sec		
<a href="#">Repeat new set</a>			
<b>Superset of 3 sets</b>			
	Toe Crunch	12	
	Crunch Heel Tap	12 each side	
	Lying Straight Leg Raise	12	
	Rest for 90 sec		
<a href="#">Repeat new set</a>			



Jog

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



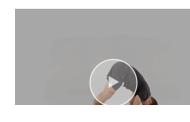
Push Up

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.

[Dismiss](#)**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.

Exercise	Reps	Reps	Reps
Bench Dip	reps	reps	reps
Incline Push Up	Dismiss	reps	reps
Toe Crunch	reps	reps	reps
Crunch Heel Tap	reps	reps	reps
Lying Straight Leg Raise	reps	reps	reps

**Previous Stats**

Exercise	

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

Exercise Name	Set 1	Set 2	Set 3
Jog	Distance miles Time m: s Speed Levels/incline Calories burnt		
Push Up	reps	reps	reps
Plank To Push Up	reps	reps	reps
Situp Duck Walk	steps	steps	steps