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**Phase 10**

4 weeks (14 Oct 2024 - 10 Nov 2024)

**10.1 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.

**10.1 Push**

Regular workout

Created by Nicholas Falke on 8 Oct 2024, last updated on 13 Oct 2024.

est. 51 minutes

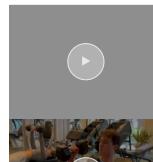
**Equipment**

Cable

**Instructions**

For machine seated chest fly, after each set I want you to hold the handles when they are all the way back and just feel the stretch in your chest muscle for about 20 seconds.

	Jog	1 set x 5 min	Rest 90 sec between sets
	Dumbbell Incline Bench press.	3 sets x 8	Rest 90 sec between sets
	Dumbbell shoulder press	3 sets x 8	Rest 90 sec between sets
	Machine chest fly	3 sets x 10	Rest 60 sec between sets
	Cable Single Arm Lateral Rai...	3 sets x 10 each	Rest 60 sec between sets
	Cable fly crossovers	3 sets x 10	Rest 60 sec between sets
	Cable tricep pushdown	3 sets x max	Rest 60 sec between sets
	Cable Tricep Kickback	3 sets x max each	Rest 60 sec between sets

**Jog**

- 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 press.**

- Brace core ("preparing for a punch to the stomach")
- Feet screwed into the ground

	Calories burnt	Dismiss	reps x lbs	reps x lbs	reps x lbs
Dumbbell Incline Bench press.					
Dumbbell shoulder press					
Machine chest fly					
Cable Single Arm Lateral Raises					
Cable fly crossovers					
Cable tricep pushdown					
Cable Tricep Kickback					

**Previous Stats**

EXERCISE	Set 1	4 NOV 2024	28 OCT 2024	21 OCT 2024	15 OCT 2024
		Distance 1.6 miles	Distance 1.6 miles	Distance 1.62 miles	Distance 1.62 miles
Jog	Set 1	Time 15 m: s	Time 15 m: 2 s	Time 15 m: 2 s	Time 15 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 225	Calories burnt 228	Calories burnt 228	Calories burnt 225
Dumbbell Incline Bench press.	Set 1	9 reps x 45 lbs	8 reps x 45 lbs	8 reps x 40 lbs	12 reps x 40 lbs
	Set 2	10 reps x 45 lbs	8 reps x 45 lbs	8 reps x 40 lbs	9 reps x 40 lbs
	Set 3	9 reps x 15 lbs	8 reps x 15 lbs	8 reps x 40 lbs	10 reps x 40 lbs
Dumbbell shoulder press	Set 4				
	Set 1	8 reps x 32.5 lbs	10 reps x 32.5 lbs	10 reps x 32.5 lbs	10 reps x 32.5 lbs
	Set 2	8 reps x 32.5 lbs	10 reps x 32.5 lbs	8 reps x 32.5 lbs	9 reps x 32.5 lbs
	Set 3	8 reps x 32.5 lbs	10 reps x 32.5 lbs	10 reps x 32.5 lbs	9 reps x 32.5 lbs
Machine chest fly	Set 1		10 reps x 85 lbs	12 reps x 85 lbs	12 reps x 85 lbs
	Set 2		10 reps x 85 lbs	12 reps x 85 lbs	12 reps x 85 lbs
	Set 3		10 reps x 85 lbs		12 reps x 85 lbs
	Set 4				
	Set 5				
Cable Single Arm Lateral Raises	Set 1	10 reps x 12.5 lbs	10 reps x 12.5 lbs	10 reps x 12.5 lbs	8 reps x 15 lbs
	Set 2	10 reps x 12.5 lbs	10 reps x 12.5 lbs	10 reps x 12.5 lbs	8 reps x 15 lbs
	Set 3	10 reps x 12.5 lbs	10 reps x 12.5 lbs	10 reps x 12.5 lbs	8 reps x 15 lbs
	Set 4				
Cable fly crossovers	Set 5				
	Set 1	12 reps x 22.5 lbs		10 reps x 22.5 lbs	10 reps x 22.5 lbs
	Set 2				
	Set 3				

**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		

	Set 2	12 reps x 22.5 lbs		10 reps x 22.5 lbs	10 reps x 22.5 lbs
	Set 3	12 reps x 22.5 lbs	Dismiss	8 reps x 27.5 lbs	12 reps x 22.5 lbs
Cable tricep pushdown	Set 1	12 reps x 47.5 lbs	10 reps x 47.5 lbs	12 reps x 42.5 lbs	15 reps x 42.5 lbs
	Set 2	12 reps x 47.5 lbs	12 reps x 47.5 lbs	10 reps x 42.5 lbs	12 reps x 42.5 lbs
	Set 3	12 reps x 47.5 lbs	15 reps x 47.5 lbs	12 reps x 42.5 lbs	12 reps x 42.5 lbs
Cable Tricep Kickback	Set 1	8 reps x 17.5 lbs	8 reps x 17.5 lbs	10 reps x 15 lbs	10 reps x 12.5 lbs
	Set 2	10 reps x 17.5 lbs	10 reps x 17.5 lbs	10 reps x 15 lbs	10 reps x 12.5 lbs
	Set 3	8 reps x 17.5 lbs	10 reps x 17.5 lbs		10 reps x 12.5 lbs

## 10.2 Pull

10.2 Pull

Regular workout Created by Nicholas Falke on 8 Oct 2024, last updated on 13 Oct 2024.

est. 54 minutes

Equipment

Cable

Jog	1 set x 5 min	Rest 90 sec between sets
Lat pulldown	3 sets x 12	Rest 90 sec between sets
Hammer Strength Row	3 sets x 10	Rest 90 sec between sets
Cable rows	3 sets x 10	Rest 90 sec between sets
Cable Seated Single Arm Row	2 sets x max each	Rest 60 sec between sets

Superset of 3 sets

Standing Cable Pullover	8
Cable Face Pull	max
Rest for 60 sec	

Repeat new set

Ez bar bicep curls	3 sets x 10	Rest 60 sec between sets
Dumbbell hammer curls	3 sets x max each	Rest 60 sec between sets

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

Hammer Strength Row

Cable rows

-Brace core ("preparing for a punch to the stomach")  
-Head packed/chin tucked ("double chin")  
-Feet screwed into the ground or feet platform  
-Starting position: Sit upright  
-Shoulders packed (squeeze shoulder blades back and press shoulders down into back pockets) \*Maintain while releasing pulled cable as well  
-Aim for a squeeze and slight hold at the end of the pulled back position

Cable 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.

Standing Cable Pullover

-Brace core  
-Feet screwed into the ground  
-Arms extended, pack the shoulder  
-Wrists and elbows locked  
-Hips hinged backward, 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 wrist/grip hold at the end of the contraction  
Slowly release the squeeze to the top position

Cable Face Pull

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
Hammer Strength Row	reps x lbs	reps x lbs	reps x lbs
Cable rows	reps x lbs	reps x lbs	reps x lbs
Cable Seated Single Arm Row	reps x lbs	reps x lbs	reps x lbs
Standing Cable Pullover	reps x lbs	reps x lbs	reps x lbs
Cable Face Pull	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	5 NOV 2024	30 OCT 2024	23 OCT 2024	16 OCT 2024
Jog	Distance 1.06 miles Time 10 m: s Speed 7 Levels/incline 2 Calories burnt 150	Distance 1.58 miles Time 15 m: s Speed 6.5 Levels/incline 2 Calories burnt 220	Distance 0.55 miles Time 5 m: s Speed 7 Levels/incline 4 Calories burnt 86	Distance 1.7 miles Time 15 m: 50 s Speed 6.5 Levels/incline 2 Calories burnt 240
Lat pulldown	Set 1 10 reps x 100 lbs	10 reps x 90 lbs	10 reps x 90 lbs	12 reps x 85 lbs
	Set 2 10 reps x 100 lbs	10 reps x 90 lbs	12 reps x 90 lbs	12 reps x 85 lbs
	Set 3 10 reps x 100 lbs	10 reps x 90 lbs	8 reps x 105 lbs	12 reps x 85 lbs
Hammer Strength Row	Set 1			
	Set 2			
	Set 3			

Cable rows	Set 1 10 reps x 85 lbs	10 reps x 85 lbs	Dismiss	10 reps x 85 lbs	10 reps x 85 lbs
	Set 2 10 reps x 85 lbs	10 reps x 85 lbs		12 reps x 85 lbs	10 reps x 85 lbs
	Set 3 10 reps x 85 lbs	12 reps x 85 lbs		10 reps x 100 lbs	10 reps x 85 lbs
Cable Seated Single Arm Row	Set 1 12 reps x 35 lbs				12 reps x 35 lbs
	Set 2 12 reps x 35 lbs				12 reps x 35 lbs
Standing Cable Pullover	Set 1 15 reps x 42.5 lbs	12 reps x 42.5 lbs		12 reps x 42.5 lbs	12 reps x 42.5 lbs
	Set 2 12 reps x 47.5 lbs	10 reps x 42.5 lbs		12 reps x 42.5 lbs	12 reps x 42.5 lbs
	Set 3 12 reps x 47.5 lbs	10 reps x 42.5 lbs		12 reps x 47.5 lbs	12 reps x 45 lbs
Cable Face Pull	Set 1 12 reps x 42.5 lbs	12 reps x 42.5 lbs		12 reps x 42.5 lbs	42 reps x 32.5 lbs
	Set 2 12 reps x 37.5 lbs	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	10 reps x 42.5 lbs		12 reps x 37.5 lbs	12 reps x 45 lbs
Ez bar bicep curls	Set 1 12 reps x 40 lbs	12 reps x 50 lbs			12 reps x 50 lbs
	Set 2 12 reps x 40 lbs	12 reps x 50 lbs			12 reps x 50 lbs
	Set 3 12 reps x 40 lbs	12 reps x 50 lbs			12 reps x 50 lbs
Dumbbell hammer curls	Set 1 10 reps x 20 lbs	10 reps x 20 lbs			15 reps x 20 lbs
	Set 2 10 reps x 20 lbs	15 reps x 20 lbs			13 reps x 20 lbs
	Set 3 10 reps x 20 lbs	15 reps x 20 lbs			13 reps x 20 lbs
Dumbbell Bent Over Row	Set 1			12 reps x 20 lbs	
	Set 2			12 reps x 27.5 lbs	
	Set 3				
Lat Pulldown Machine	Set 1				10 reps x 90 lbs
	Set 2				10 reps x 110 lbs
	Set 3				10 reps x 110 lbs

## 10.3 Legs

10.3 Legs

Regular workout Created by Nicholas Falke on 8 Oct 2024, last updated on 13 Oct 2024.

est. 48 minutes

Jog	1 set x 5 min	Rest 90 sec between sets
Leg press machine	3 sets x 8	Dismiss
Calf raise on leg press machi...	3 sets x 15	Rest 2 min between sets
Goblet Squat	3 sets x 10	Rest 90 sec between sets
Bodyweight Squats	2 sets x max	Rest 60 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 handle (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



- Brace core ("preparing for a punch to the stomach")
- Press back and butt flush with the backrest
- Use a tight grip on the handle (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	
	Distance	miles	Time	m:	s	Speed
Jog						Levels/incline
Leg press machine	reps x	lbs	reps x	lbs	reps x	lbs
Calf raise on leg press machine	reps x	lbs	reps x	lbs	reps x	lbs
Goblet Squat	reps x	lbs	reps x	lbs	reps x	lbs
Bodyweight Squats	reps x	lbs	reps x	lbs	reps x	lbs
seated leg extension	reps x	lbs	reps x	lbs	reps x	lbs
Seated leg curl	reps x	lbs	reps x	lbs	reps x	lbs

#### Previous Stats

EXERCISE	7 NOV 2024	24 OCT 2024
Jog	Set 1	Distance 1.02 miles
		Time 10 m: s
		Speed 6.5
		Levels/incline 2
		Calories burnt 150
Leg press machine	Set 1	8 reps x 160 lbs
	Set 2	8 reps x 160 lbs
	Set 3	8 reps x 160 lbs
Calf raise on leg press machine	Set 1	20 reps x 70 lbs
	Set 2	20 reps x 70 lbs

Jog	-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 handle (stability &amp; lock in)</li> <li>- Feet placement will place more load on certain parts of the legs:</li> <li>- Higher stance end/or toes pointed outward = more hamstring recruitment</li> <li>- Lower foot placement = more quad recruitment</li> <li>- Wider stance end/or toes pointed outward = more outside leg recruitment</li> <li>- Narrower stance end/or toes pointed inward = more inside leg recruitment</li> <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 handle (stability &amp; lock in)</li> <li>- Feet placement will place more load on certain parts of the legs:</li> <li>- Wider stance end/or toes pointed outward = more outside leg recruitment</li> <li>- Narrower stance end/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>Goblet Squat</b>	
<ul style="list-style-type: none"> <li>- Brace core ("preparing for a punch to the stomach")</li> <li>- Head packed/chin tucked ("double chin")</li> <li>- Shoulders packed (squeeze shoulder blades back and press shoulders down into back pockets)</li> <li>- Elbows close to the side of the body</li> <li>- Can use a small platform of plate to elevate heels onto (allows for a deeper squat due to a lack of ankle mobility)</li> <li>- Drop the butt straight down onto "an invisible stool underneath"</li> </ul>	
<b>Bodyweight Squats</b>	
<b>seated leg extension</b>	

Goblet Squat	Set 3	Dismiss	20 reps x 70 lbs	20 reps x 70 lbs
	Set 1		8 reps x 40 lbs	8 reps x 40 lbs
	Set 2		8 reps x 40 lbs	8 reps x 40 lbs
	Set 3		6 reps x 40 lbs	6 reps x 40 lbs
Bodyweight Squats	Set 1			
	Set 2			
seated leg extension	Set 1		12 reps x 70 lbs	12 reps x 70 lbs
	Set 2		12 reps x 70 lbs	12 reps x 70 lbs
	Set 3		12 reps x 70 lbs	12 reps x 70 lbs
Seated leg curl	Set 1		12 reps x 70 lbs	15 reps x 70 lbs
	Set 2		15 reps x 70 lbs	15 reps x 70 lbs
	Set 3		15 reps x 70 lbs	12 reps x 70 lbs

## 10.4 Upper Body

### 10.4 Upper Body

#### Regular workout

Created by Nicholas Falke on 8 Oct 2024, last updated on 13 Oct 2024.

est. 51 minutes

Jog	1 set x 5 min	Rest 90 sec between sets
Pull ups	3 sets x max	Rest 90 sec between sets
Dumbbell Incline Bench press.	3 sets x 8	Rest 90 sec between sets
Dumbbell standing shoulder ...	3 sets x 10	Rest 90 sec between sets
Cable rows	3 sets x 10	Rest 90 sec between sets
Machine chest fly	3 sets x 10	Rest 60 sec between sets

#### Superset of 3 sets

Cable Single Arm Lateral Rai... 8 each

Dumbbell lateral raises max

Rest for 60 sec

Repeat new set



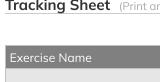
- Brace core ("preparing for a punch to the stomach")
- Slightly arch the back
- Aim to pack the shoulders (squeeze shoulder blades back and press shoulders down into back pockets), driving the elbows into back pockets
- Recommended: Tight and slightly outside shoulder width grip on the bar



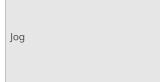
- Brace core ("preparing for a punch to the stomach")
- Feet screwed into the ground
- Shoulders packed (squeeze shoulder blades back and press shoulders down into back pockets) \*Mostly upper back should make contact w/ bench
- Head packed/chin tucked ("double chin")
- Slowly descend elbows until wrists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



- Brace core ("preparing for a punch to the stomach")
- 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



- Brace core ("preparing for a punch to the stomach")
- 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



- 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)
- Feet screwed into the ground
- Wrists and elbows lockout/stabilized



- Brace core ("preparing for a punch to the stomach")
- Feet screwed into the ground
- Wrists and elbows lockout/stabilized



- 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 lockout/stabilized



- Pull the weight out to the sides (about shoulder height)

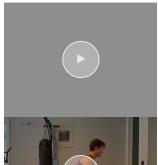
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### Tracking Sheet (Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1	Set 2	Set 3
Jog	Distance miles Time m: s Speed Levels/incline Calories burnt		
Pull ups	reps x lbs	reps x lbs	reps x lbs
Dumbbell Incline Bench press.	reps x lbs	reps x lbs	reps x lbs
Dumbbell standing shoulder presses	reps x lbs	reps x lbs	reps x lbs
Cable rows	reps x lbs	reps x lbs	reps x lbs
Machine chest fly	reps x lbs	reps x lbs	reps x lbs
Cable Single Arm Lateral Raises	reps x lbs	reps x lbs	reps x lbs
Dumbbell lateral raises	reps x lbs	reps x lbs	reps x lbs

### Previous Stats

EXERCISE	8 NOV 2024			25 OCT 2024			18 OCT 2024				
	Distance	1.05 miles	Distance	1.6 miles	Distance	1.85 miles	Time	10 m: 2 s	Time	16 m: 9 s	Time
Jog	Set 1	Speed	6.5	Speed	6	Speed	6.5				
		Levels/incline	2	Levels/incline	2	Levels/incline	2				
		Calories burnt	114	Calories burnt	230	Calories burnt	260				
		reps x	50 lbs	reps x	50 lbs	reps x	50 lbs				
		reps x	50 lbs	reps x	50 lbs	reps x	50 lbs				
Pull ups	Set 1	reps x	50 lbs	reps x	50 lbs	reps x	50 lbs				
	Set 2	reps x	50 lbs	reps x	50 lbs	reps x	50 lbs				
	Set 3	reps x	50 lbs	reps x	90 lbs	reps x	50 lbs				
Dumbbell Incline Bench press.	Set 1	reps x	45 lbs	reps x	40 lbs	reps x	40 lbs				
		reps x	45 lbs	reps x	40 lbs	reps x	40 lbs				
		reps x	45 lbs	reps x	40 lbs	reps x	40 lbs				
		reps x	30 lbs	reps x	25 lbs	reps x	22.5 lbs				
		reps x	30 lbs	reps x	25 lbs	reps x	22.5 lbs				
Dumbbell standing shoulder presses	Set 1	reps x	30 lbs	reps x	25 lbs	reps x	22.5 lbs				
		reps x	30 lbs	reps x	25 lbs	reps x	22.5 lbs				
		reps x	30 lbs	reps x	25 lbs	reps x	22.5 lbs				
		reps x	85 lbs	reps x	85 lbs	reps x	85 lbs				
		reps x	85 lbs	reps x	85 lbs	reps x	85 lbs				
Cable rows	Set 1	reps x	85 lbs	reps x	85 lbs	reps x	85 lbs				



#### Jog

- Keep it light
- Goal: Warm up muscles/breath

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#### Dumbbell Romanian Deadlift

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



#### Single Leg Dumbbell Hip Thrust



#### Body Weight Forward Lunges



#### Dips



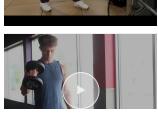
#### Machine preacher curl

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



#### Cable Tricep Kickback

1. Grasp the cable with one hand, sit back (like sitting in a chair), lean forward
2. Using your lat, pull cable onto your side, elbows tight towards hips.
3. Extend the tricep all the way, arm straight. Keep both legs straight and maintain your balance.
4. Repeat. Complete all reps on one side before switching to the other side.



#### 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

	Set 2	10 reps x 85 lbs <a href="#">Dismiss</a>	10 reps x 85 lbs	12 reps x 85 lbs
	Set 3	10 reps x 85 lbs	10 reps x 85 lbs	12 reps x 85 lbs
Machine chest fly	Set 1	10 reps x 85 lbs	12 reps x 85 lbs	
	Set 2	10 reps x 85 lbs	12 reps x 85 lbs	
	Set 3	10 reps x 85 lbs	12 reps x 85 lbs	
Cable Single Arm Lateral Raises	Set 1		10 reps x 12.5 lbs	
	Set 2		10 reps x 12.5 lbs	
	Set 3		10 reps x 12.5 lbs	
Dumbbell lateral raises	Set 1	10 reps x 15 lbs	12 reps x 12.5 lbs	12 reps x 15 lbs
	Set 2	10 reps x 15 lbs	12 reps x 12.5 lbs	12 reps x 15 lbs
	Set 3	10 reps x 15 lbs	12 reps x 12.5 lbs	12 reps x 15 lbs

## 10.5 Legs + Arms

### 10.5 Legs + Arms

#### Regular workout

Created by Nicholas Falke on 8 Oct 2024, last updated on 13 Oct 2024.

est. 54 minutes

#### Equipment



Cable

	Jog	1 set x 5 min	Rest 90 sec between sets
	Dumbbell Romanian Deadlift	3 sets x 10	Rest 90 sec between sets
	Single Leg Dumbbell Hip Thr...	3 sets x 12 each	Rest 90 sec between sets
	Body Weight Forward Lunges	3 sets x max	Rest 90 sec between sets
	Dips	3 sets x max	Rest 90 sec between sets
	Machine preacher curl	3 sets x max	Rest 60 sec between sets
	Cable Tricep Kickback	3 sets x max each	Rest 60 sec between sets
	Dumbbell hammer curls	3 sets x max	Rest 60 sec between sets



- Lift forearms like a lever and squeeze at the top against the biceps

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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
Jog	Distance miles Time m: s Speed Levels/incline Calories burnt		
Dumbbell Romanian Deadlift	reps x lbs	reps x lbs	reps x lbs
Single Leg Dumbbell Hip Thrust	reps x lbs	reps x lbs	reps x lbs
Body Weight Forward Lunges	reps x lbs	reps x lbs	reps x lbs
Dips	reps x lbs	reps x lbs	reps x lbs
Machine preacher curl	reps x lbs	reps x lbs	reps x lbs
Cable Tricep Kickback	reps x lbs	reps x lbs	reps x lbs
Dumbbell hammer curls	reps x lbs	reps x lbs	reps x lbs

### Previous Stats

EXERCISE	26 OCT 2024		19 OCT 2024	
	Distance	Time	Distance	Time
Jog	1.61 miles	15 m: 5 s	1.35 miles	12 m: 45 s
	Speed	6.5	Speed	6.5
	Levels/incline	2	Levels/incline	2
	Calories burnt	230	Calories burnt	190
Dumbbell Romanian Deadlift	10 reps x 32.5 lbs		12 reps x 32.5 lbs	
	Set 1		Set 2	
	10 reps x 32.5 lbs		12 reps x 32.5 lbs	
	Set 3		15 reps x 32.5 lbs	
Single Leg Dumbbell Hip Thrust	10 reps x 20 lbs		10 reps x 20 lbs	
	Set 1		Set 2	
	10 reps x 20 lbs		10 reps x 20 lbs	
	Set 3		10 reps x 20 lbs	
Body Weight Forward Lunges	10 reps x 20 lbs		10 reps x 20 lbs	
	Set 1		Set 2	
	10 reps x 20 lbs		10 reps x 20 lbs	
	Set 3		10 reps x 20 lbs	
			12 reps x 65.5 lbs	
			12 reps x 65.5 lbs	

Dips	Set 1	12 reps x 30 sec each	12 reps x 30 sec each
	Set 2	Dismiss	
	Set 3	12 reps x 56.5 lbs	12 reps x 62.5 lbs
Machine preacher curl	Set 1	10 reps x 70 lbs	10 reps x 70 lbs
	Set 2	10 reps x 70 lbs	10 reps x 70 lbs
Cable Tricep Kickback	Set 3		
	Set 1	10 reps x 15 lbs	12 reps x 15 lbs
	Set 2	10 reps x 15 lbs	12 reps x 15 lbs
	Set 3	10 reps x 15 lbs	12 reps x 15 lbs
Dumbbell hammer curls	Set 1	15 reps x 20 lbs	15 reps x 20 lbs
	Set 2	15 reps x 20 lbs	15 reps x 20 lbs
	Set 3	15 reps x 20 lbs	15 reps x 20 lbs

## Abs

Abs

Regular workout Created by Nicholas Falke on 8 Oct 2024, last updated on 13 Oct 2024.

est. 12 minutes

**Superset of 3 sets**

	Plate Russian Twist	12 each
	Heel taps	12 each
	Toe taps	max
	Rest for 60 sec	

Repeat new set



### Plate Russian Twist

- 1) Sit on the floor, and with both hands hold a plate out in front you with arms slightly bent.
- 2) Slightly lean your upper body backwards, until it's against the floor.
- 3) Begin by curling your body up, and twisting to the left while keeping the plate held out in front.
- 4) Pause, and slowly return to start. Repeat with other side.



### Heel taps



### Ab circles

Dismiss

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

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

## Previous Stats

EXERCISE	Set 1	Set 2	Set 3
Weighted lateral flexion		25 OCT 2024	18 OCT 2024
	Set 1	10 reps x 23 lbs	10 reps x 26 lbs
	Set 2	10 reps x 26 lbs	10 reps x 26 lbs
	Set 3		
Ab circles	Set 1		
	Set 2		
	Set 3		

## BW Lower + abs

BW Lower + abs

Regular workout Created by Nicholas Falke on 8 Oct 2024, last updated on 8 Oct 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**



Dismiss

Toe taps

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

Exercise Name	Set 1	Set 2	Set 3
Plate Russian Twist	reps x lbs	reps x lbs	reps x lbs
Heel taps	reps x lbs	reps x lbs	reps x lbs
Toe taps	reps x lbs	reps x lbs	reps x lbs

## Previous Stats

EXERCISE
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## abs 2

abs 2

Regular workout Created by Nicholas Falke on 8 Oct 2024, last updated on 13 Oct 2024.

est. 9 minutes

**Superset of 3 sets**

	Weighted lateral flexion	12 each
	Ab circles	max each
	Rest for 60 sec	

Repeat new set



### Weighted lateral flexion

	Wall Sit	60 sec
	Squat Jump	15
	Rest for 90 sec	Dismiss

Repeat new set

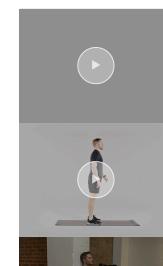
Superset of 3 sets
Body Weight Single Leg Deadlift
12 each
Box Pistol Squat
8 each
Rest for 60 sec

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, 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.

**Dismiss**

#### 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.



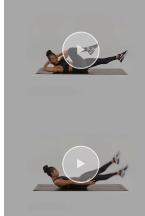
#### Box Pistol Squat

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.

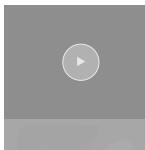
3. Come to an upright position and jump into the air, raising your arms overhead.

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



#### Jog

**Dismiss**

- 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.



#### Bicycle Crunch

Hollow Body Hold Flutter Kicks

reps

reps

reps

**Dismiss**

reps

reps

#### Previous Stats

##### EXERCISE

## BW Upper

#### BW Upper

##### Regular workout

Created by Nicholas Falke on 8 Oct 2024, last updated on 8 Oct 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
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▼ Rest 60 sec between sets

##### Superset of 3 sets

Side Plank Dip	10 each side
Reverse Crunch	10

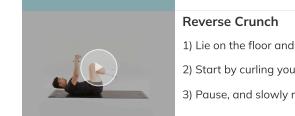
Rest for 90 sec

↳ Repeat new set



#### 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 8 Oct 2024, last updated on 8 Oct 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



should be together and your legs straight.

2.Walk your feet towards your butt until your butt into the air.

Dismiss

3.Press up through your shoulders, then return to starting position.

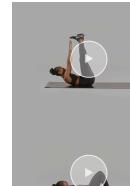
4.Repeat.



#### Bench Dip

1) When performing dip on the bench, keep your elbows pointing straight behind you.

2) Keep your body as close to the bench as possible as you dip down.



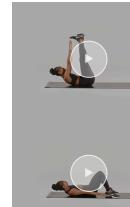
#### Incline Push Up

1)Using an object to create an incline with your body, support your body on your toes, legs and arms straight.

2.Lower your chest, elbows bent.

3.Push up to a straight arm, returning to starting position.

4.Return.



#### Toe Crunch

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

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

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



#### Crunch Heel Tap

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

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

3) Lie down on a mat.

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



#### Lying Straight Leg Raise

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

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

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

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

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

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

Exercise Name	Set 1		Set 2	Set 3
	Distance	miles		
Jog	Time	m: s		
Push Up	reps		reps	reps

**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

Plank To Push Up	reps	reps	reps
Piked Push Up	reps	reps	reps
	Dismiss		
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