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NAME FRANKLIN DICKINSON DATE

Dismiss

Phase 5

4 weeks (29 Apr 2024 - 26 May 2024)

5.1 Push

5.1 Push

Regular workout

Created by Nicholas Falke on 24 Apr 2024, last updated on 24 Apr 2024.

est. 53 minutes

Equipment



Dumbbell

	Jog	1 set x 5 min	⚠ Rest 90 sec between sets
	Dumbbell Incline Bench press.	4 sets x 8	⚠ Rest 90 sec between sets
	Dumbbell bench press.	3 sets x 10	⚠ Rest 90 sec between sets

Superset of 3 sets

	Dumbbell Flat Bench Chest Fly	10	
	Close grip dumbbell chest pr...	10	
	Rest for 90 sec		

	Dumbbell lateral raises	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 60 sec		

	Dips	2 sets x max	⚠ Rest 60 sec between sets
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100%

**Jog**

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

Dismiss**Dumbbell 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 Flat Bench Chest Fly**

1. Lie on a flat bench with a dumbbell in each hand, arms extended with a slight bend in your elbows.
2. Lower the dumbbells to the sides of your body in an arc-like motion until your elbows are at the same level of the bench.
3. Bring the weights back above your chest.
4. Repeat.

**Close grip dumbbell chest press**

Hold dumbbells together and press upward. lower slowly

**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 locked/stabilized
- Pull the weight out to the sides (about shoulder height)

**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****Dismiss****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 bench press.	reps x	lbs	reps x	lbs	reps x	lbs	reps x	lbs
Dumbbell Flat 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
Dumbbell lateral raises	reps x	lbs	reps x	lbs	reps x	lbs	reps x	lbs
Cable tricep pushdown	reps x	lbs	reps x	lbs	reps x	lbs	reps x	lbs
Cable tricep skullcrushers	reps x	lbs	reps x	lbs	reps x	lbs	reps x	lbs
Dips	reps x	lbs	reps x	lbs	reps x	lbs	reps x	lbs

Previous Stats

EXERCISE		20 MAY 2024	13 MAY 2024	7 MAY 2024
Jog	Set 1	Distance 1 miles	Distance 0.52 miles	Distance 0.5 miles
		Time 485 m: 0 s	Time 5 m: 30 s	Time 5 m: 15 s
		Speed 6	Speed 6	Speed 6
		Levels/incline 2	Levels/incline 2	Levels/incline 2
		Calories burnt 143	Calories burnt 75	Calories burnt 71
Dumbbell Incline Bench press.	Set 1	8 reps x 40 lbs	8 reps x 40 lbs	40 reps x 8 lbs
	Set 2	8 reps x 40 lbs	8 reps x 40 lbs	40 reps x 8 lbs
	Set 3	8 reps x 40 lbs	8 reps x 40 lbs	40 reps x 8 lbs
	Set 4	8 reps x 40 lbs	8 reps x 40 lbs	7 reps x 40 lbs
Dumbbell bench press.	Set 1	8 reps x 40 lbs	8 reps x 45 lbs	8 reps x 45 lbs
	Set 2	10 reps x 40 lbs	7 reps x 45 lbs	7 reps x 45 lbs

	Set 3	10 reps x 40 lbs	5 reps x 45 lbs	5 reps x 45 lbs
Dumbbell Flat Bench Chest Fly	Set 1	10 Dismiss lbs	8 reps x 20 lbs	8 reps x 20 lbs
	Set 2	10 reps x 20 lbs	10 reps x 20 lbs	8 reps x 20 lbs
	Set 3	12 reps x 20 lbs	12 reps x 20 lbs	10 reps x 20 lbs
Close grip dumbbell chest press	Set 1	10 reps x 25 lbs	12 reps x 25 lbs	12 reps x 20 lbs
	Set 2	12 reps x 25 lbs	12 reps x 25 lbs	12 reps x 20 lbs
	Set 3	10 reps x 25 lbs	12 reps x 25 lbs	12 reps x 20 lbs
Dumbbell lateral raises	Set 1	12 reps x 15 lbs	12 reps x 15 lbs	8 reps x 12 lbs
	Set 2	12 reps x 15 lbs	12 reps x 15 lbs	8 reps x 12 lbs
	Set 3	12 reps x 15 lbs	12 reps x 15 lbs	8 reps x 12 lbs
Cable tricep pushdown	Set 1	10 reps x 35 lbs	10 reps x 37.5 lbs	12 reps x 35 lbs
	Set 2	12 reps x 35 lbs	12 reps x 37.5 lbs	12 reps x 35 lbs
	Set 3	12 reps x 35 lbs	10 reps x 37.5 lbs	12 reps x 35 lbs
Cable tricep skullcrushers	Set 1	10 reps x 35 lbs	10 reps x 37.5 lbs	10 reps x 35 lbs
	Set 2	12 reps x 35 lbs	8 reps x 37.5 lbs	12 reps x 35 lbs
	Set 3	12 reps x 35 lbs	6 reps x 37.5 lbs	12 reps x 35 lbs
Dips	Set 1			
	Set 2			

5.2 Pull

5.2 Pull

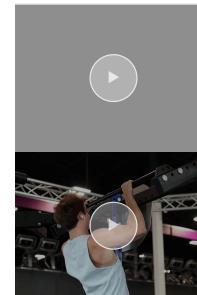
Regular workout

Created by Nicholas Falke on 24 Apr 2024, last updated on 24 Apr 2024.

est. 51 minutes

Jog	1 set x 5 min	Rest 90 sec between sets
Pull ups	3 sets x 8	Rest 90 sec between sets
Barbell row - Underhand	3 sets x 8	Rest 90 sec between sets
Lat pulldown	3 sets x drop sets - 2 drops	Rest 90 sec between sets
Machine rear delt fly	3 sets x 15	Rest 60 sec between sets

Superset of 3 sets			
	Ez bar reverse grip curl	10	Dismiss
	dead hang	max time	
	Rest for 90 sec		
Repeat new set			
	Ez bar bicep curls	2 sets x 8	Rest 60 sec between sets
	Dumbbell hammer curls	1 set x dropset - 2 drops	Rest 60 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)
- Recommended: Tight and slightly outside shoulder width grip on the bar

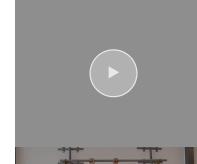


Barbell row - Underhand



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

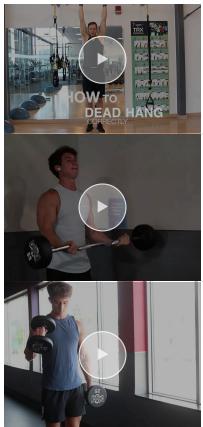


Machine rear delt fly

Ez bar reverse grip curl



dead hang



Dismiss

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

est. 1 hour

	Jog	1 set x 5 min	Dismiss
	Leg press machine	4 sets x 8	⚠ Rest 90 sec between sets
	Dumbbell Walking Lunges	3 sets x 10 each side	⚠ Rest 2 min between sets
	Barbell Romanian deadlift.	3 sets x 10	⚠ Rest 2 min between sets
	seated leg extension	3 sets x 10	⚠ Rest 60 sec between sets
	Seated leg curl	3 sets x 10	⚠ Rest 60 sec between sets
	Seated Hip Abduction	3 sets x 20	⚠ Rest 60 sec between sets
	Standing calf raise machine	3 sets x 20	⚠ Rest 60 sec between sets

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
Barbell row - Underhand	reps x	lbs	reps x	lbs	reps x	lbs
Lat pulldown	reps x	lbs	reps x	lbs	reps x	lbs
Machine rear delt fly	reps x	lbs	reps x	lbs	reps x	lbs
Ez bar reverse grip curl	reps x	lbs	reps x	lbs	reps x	lbs
dead hang	reps x	lbs	reps x	lbs	reps x	lbs
Ez bar bicep curls	reps x	lbs	reps x	lbs		
Dumbbell hammer curls	reps x	lbs				

Previous Stats

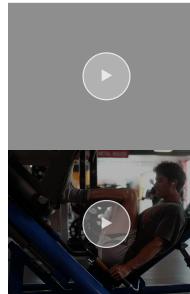
EXERCISE	

5.3 Legs

5.3 Legs

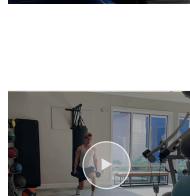
Regular workout

Created by Nicholas Falke on 24 Apr 2024, last updated on 24 Apr 2024.



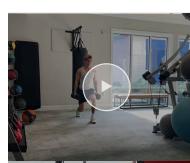
Jog

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



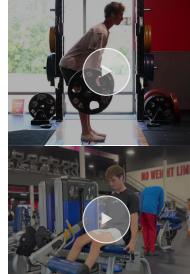
Leg press machine

- Brace core ("preparing for a punch to the stomach")
- Press back and butt flush with the backrest
- Use a tight grip on the handles (help with stability & lock in)
- Feet placement will place more load on certain parts of the legs:
- Higher foot placement = more hamstring recruitment
- Lower foot placement = more quad recruitment
- Wider stance and/or toes pointed outward = more outside leg recruitment
- Narrower stance and/or toes pointed inward = more inside leg recruitment
- Drive heels upward when pressing
- Descend the press slowly until knees are close to the chest or right before the tailbone starts to lift off of the seat



Dumbbell Walking Lunges

Dumbbell Walking Lunge



Barbell Romanian deadlift.

seated leg extension

- Brace core ("preparing for a punch to the stomach")
- Press back and butt flush with the backrest
- Use a tight grip on the handles (help with stability & lock in)
- Shoulders packed (squeeze shoulder blades back and press shoulders down into back pockets)
- Kick the lower legs & squeeze at the top until the legs are almost straightforward, keep the ankles locked throughout the whole rep

- Slowly descend the legs on the release of the squeeze

Dismiss

Seated leg curl

- Brace core ("preparing for a punch to the stomach")
- Press back and butt flush with the backrest
- Use a tight grip on the handles (help with stability & lock in)
- Shoulders packed (squeeze shoulder blades back and press shoulders down into back pockets)
- Legs locked underneath the leg pad
- Pull the heels towards the butt and squeeze at the end of the rep
- Slowly release the squeeze until the legs are almost back to straightforward

Seated Hip Abduction

Standing calf raise machine



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
Dumbbell Walking Lunges	reps x lbs	reps x lbs	reps x lbs	
Barbell Romanian deadlift.	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	
Seated Hip Abduction	reps x lbs	reps x lbs	reps x lbs	
Standing calf raise machine	reps x lbs	reps x lbs	reps x lbs	

Previous Stats

EXERCISE	

5.4 Upper Body

5.4 Upper Body

Regular workout

Created by Nicholas Falke on 24 Apr 2024, last updated on 24 Apr 2024.

est. 54 minutes

Dismiss

 Jog	1 set x 5 min	 Rest 90 sec between sets
 Dumbbell shoulder press	4 sets x 8	 Rest 90 sec between sets
 Cable Single Arm Lateral Rai...	3 sets x 12 each	 Rest 60 sec between sets
 Lat pulldown	3 sets x 12	 Rest 90 sec between sets

Superset of 3 sets

 Dumbbell Incline Bench press.	10
 Dumbbell Incline Bench Rows	10
 Rest for 90 sec	

 Repeat new set

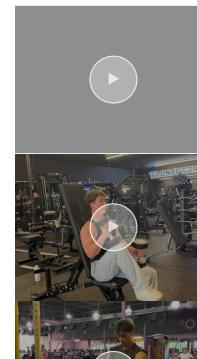
Superset of 3 sets

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

 Repeat new set

Superset of 1 set

 Pull ups	max
 Push ups	max
 Rest for 90 sec	



Jog

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



Dumbbell shoulder press

- Head packed/chin tucked ("double chin")
- Back and butt pressed against seat
- Feet screwed into the ground
- Shoulders packed (squeeze shoulder blades back and press shoulders down into back pockets)
- Full squeeze at top of the press



Cable Single Arm Lateral Raises

Single Arm Lateral Raises

[Dismiss](#)**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

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

**Standing Cable Chest Press**

- Brace core ("preparing for a punch to the stomach")
- Head packed/chin tucked ("double chin")
- Shoulders packed (squeeze shoulder blades back and press shoulders down into back pockets)
- Feet screwed into the ground, about shoulder width apart or staggered stance forward
- Wrists and elbows locked/stabilized
- Initially, pull the cables out forward a couple of steps to create constant tension
- Just moving at the shoulder joint, drive the forearms forward from an out wide position to in front of the chest position

**Pull ups**

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

Push ups

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

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

Exercise Name	Set 1		Set 2		Set 3		Set 4	
Jog	Distance Time	m: s	Speed	Levels/Incline	Calories burnt			
Dumbbell shoulder press	reps x	lbs	reps x	lbs	reps x	lbs	reps x	lbs
Cable Single Arm Lateral Raises	reps x	lbs	reps x	lbs	reps x	lbs	reps x	lbs
Lat pulldown	reps x	lbs	reps x	lbs	reps x	lbs	reps x	lbs
Dumbbell Incline Bench press.	reps x	lbs	reps x	lbs	reps x	lbs	reps x	lbs
Dumbbell Incline Bench Rows	reps x	lbs	reps x	lbs	reps x	lbs	reps x	lbs
Cable fly crossovers	reps x	lbs	reps x	lbs	reps x	lbs	reps x	lbs
Standing Cable Chest Press	reps x	lbs	reps x	lbs	reps x	lbs	reps x	lbs
Pull ups	reps x	lbs						
Push ups	reps x	lbs						

Previous Stats

EXERCISE		24 MAY 2024
Jog	Set 1	Distance 0.96 miles Time 10 m: 4 s Speed 6 Levels/Incline 2 Calories burnt 120
Dumbbell shoulder press	Set 1	6 reps x 40 lbs
	Set 2	6 reps x 40 lbs
	Set 3	6 reps x 40 lbs
	Set 4	5 reps x 40 lbs
Cable Single Arm Lateral Raises	Set 1	12 reps x 12.5 lbs
	Set 2	12 reps x 12.5 lbs
	Set 3	12 reps x 12.5 lbs
Lat pulldown	Set 1	8 reps x 100 lbs
	Set 2	8 reps x 100 lbs
	Set 3	8 reps x 100 lbs

Dumbbell Incline Bench press.	Set 1	8 reps x 40 lbs
	Set 2	8 reps x 40 lbs
	Dismiss	
	Set 3	8 reps x 40 lbs
Dumbbell Incline Bench Rows	Set 1	8 reps x 40 lbs
	Set 2	8 reps x 40 lbs
	Set 3	8 reps x 40 lbs
Cable fly crossovers	Set 1	8 reps x 20 lbs
	Set 2	8 reps x 20 lbs
	Set 3	8 reps x 20 lbs
Standing Cable Chest Press	Set 1	8 reps x 20 lbs
	Set 2	8 reps x 20 lbs
	Set 3	8 reps x 20 lbs
Pull ups	Set 1	8 reps x 37.5 lbs
Push ups	Set 1	

Superset of 3 sets	Dismiss
Cable overhead tricep extens...	10
Cable bicep curls	10
Rest for 90 sec	
Repeat new set	

5.5 Legs + arms

5.5 Legs + arms

Regular workout

Created by Nicholas Falke on 24 Apr 2024, last updated on 24 Apr 2024.

est. 50 minutes

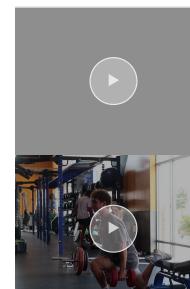
Jog	1 set x 5 min	⚠ Rest 90 sec between sets
Dumbbell Bulgarian split squat	3 sets x 8 each	⚠ Rest 90 sec between sets

Superset of 3 sets

Dumbbell Romanian Deadlift	10
Goblet Squat	10
Rest for 2 min	

Repeat new set

Single leg leg press machine	3 sets x 8 each	⚠ Rest 90 sec between sets
Cable reverse grip bicep curls	3 sets x 15	⚠ Rest 60 sec between sets



Jog

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

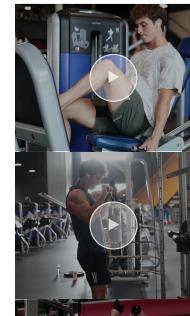


Dumbbell Bulgarian split squat



Goblet Squat

- Brace core ("preparing for a punch to the stomach")
- Head packed/chin tucked ("double chin")
- Feet screwed into the ground w/ slight bend in the knees
- 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 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



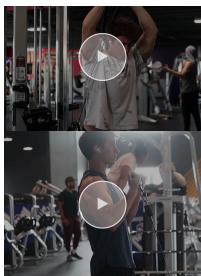
Single leg leg press machine



Cable reverse grip bicep curls



Cable overhead tricep extensions



Dismiss

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		
Dumbbell Bulgarian split squat	reps x lbs	reps x lbs	reps x lbs
Dumbbell Romanian Deadlift	reps x lbs	reps x lbs	reps x lbs
Goblet Squat	reps x lbs	reps x lbs	reps x lbs
Single leg leg press machine	reps x lbs	reps x lbs	reps x lbs
Cable reverse grip 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		26 MAY 2024	5 MAY 2024
Jog	Set 1	Distance 0.51 miles	Distance 0.5 miles
		Time 5 m: 37 s	Time 5 m: 13 s
		Speed 6	Speed 6
		Levels/incline 2	Levels/incline 2
		Calories burnt 72	Calories burnt 71
Dumbbell Bulgarian split squat	Set 1	10 reps x 25 lbs	8 reps x 25 lbs
	Set 2	8 reps x 25 lbs	8 reps x 25 lbs
	Set 3	10 reps x 25 lbs	8 reps x 25 lbs
Dumbbell Romanian Deadlift	Set 1	10 reps x 25 lbs	10 reps x 25 lbs

	Set 2	10 reps x 25 lbs	10 reps x 25 lbs
	Set 3	10 reps x 25 lbs	10 reps x 25 lbs
Goblet Squat	Set 1	10 reps x 35 lbs	10 reps x 35 lbs
	Set 2	10 reps x 35 lbs	10 reps x 35 lbs
	Set 3	10 reps x 35 lbs	10 reps x 38 lbs
Single leg leg press machine	Set 1	8 reps x 140 lbs	8 reps x 140 lbs
	Set 2	8 reps x 140 lbs	8 reps x 140 lbs
	Set 3	10 reps x 140 lbs	10 reps x 140 lbs
Cable reverse grip bicep curls	Set 1	12 reps x 25 lbs	12 reps x 25 lbs
	Set 2	12 reps x 25 lbs	12 reps x 25 lbs
	Set 3	12 reps x 28 lbs	12 reps x 25 lbs
Cable overhead tricep extensions	Set 1	15 reps x 25 lbs	8 reps x 25 lbs
	Set 2	10 reps x 25 lbs	10 reps x 20 lbs
	Set 3	10 reps x 25 lbs	10 reps x 20 lbs
Cable bicep curls	Set 1	10 reps x 35 lbs	8 reps x 42.5 lbs
	Set 2	10 reps x 35 lbs	10 reps x 35 lbs
	Set 3	15 reps x 35 lbs	10 reps x 37.5 lbs

Abs

Abs

Regular workout

Created by Nicholas Falke on 24 Apr 2024, last updated on 24 Apr 2024.

est. 18 minutes

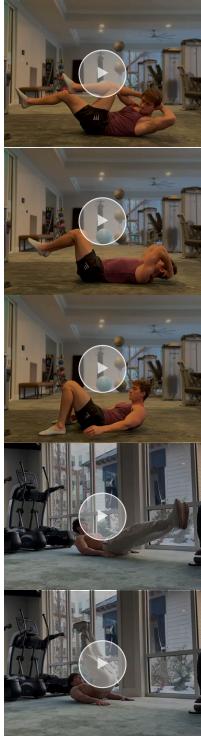
Superset of 3 sets

	Bicycle crunches	12 each side
	Knee up crunches	12
	Heel taps	12 each side
	Flutter Kicks	30 sec
	Reverse crunches	12
	Rest for 90 sec	

 Repeat new set

Dismiss

Dismiss



Bicycle crunches

Knee up crunches

Heel taps

Flutter Kicks

Reverse crunches

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

Exercise Name	Set 1		Set 2		Set 3	
Bicycle crunches	reps x	lbs	reps x	lbs	reps x	lbs
Knee up crunches	reps x	lbs	reps x	lbs	reps x	lbs
Heel taps	reps x	lbs	reps x	lbs	reps x	lbs
Flutter Kicks	reps x	lbs	reps x	lbs	reps x	lbs
Reverse crunches	reps x	lbs	reps x	lbs	reps x	lbs

Previous Stats

EXERCISE