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NAME FRANKLIN DICKINSON DATE

Dismiss

Phase 1

4 weeks (1 Jan 2024 - 28 Jan 2024)

1.1 Push

1.1 Push

Regular workout

Created by Nicholas Falke on 1 Jan 2024, last updated on 1 Jan 2024.

est. 50 minutes

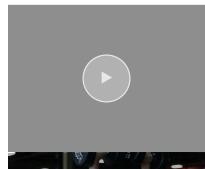
	Jog	1 set x 5 min	⚠ Rest 90 sec between sets
	Dumbbell bench press.	4 sets x 8	⚠ Rest 90 sec between sets

Superset of 3 sets

	Cable fly crossovers	10	⚠ Rest 90 sec between sets
	Standing Cable Chest Press	max	
	Rest for 90 sec		
			Repeat new set
	Dumbbell Incline Bench press.	3 sets x 10	⚠ Rest 90 sec between sets
	Dumbbell lateral raises	3 sets x 12	⚠ Rest 50 sec between sets

Superset of 3 sets

	Cable tricep pushdown	8	
	Cable tricep skullcrushers	max	
	Rest for 90 sec		
			Repeat new set



Jog

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

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

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



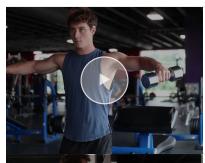
- Brace core ("preparing for a punch to the stomach")
- Head packed/chin tucked ("double chin")
- Shoulders packed (squeeze shoulder blades back and press shoulders down into back pockets)
- Feet screwed into the ground, about shoulder width apart or staggered stance forward
- Wrists and elbows locked/stabilized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

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 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 and aligned with the forearms
- Pull the weight out to the sides (about shoulder height)

Cable tricep pushdown



- 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

Cable tricep skullcrushers



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
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Jog	Distance	miles	Dismiss					
	Time	m:	Speed	Levels/incline	Calories burnt			
Dumbbell bench press.	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
Dumbbell Incline Bench 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

Previous Stats

EXERCISE	25 JAN 2024	15 JAN 2024	8 JAN 2024	2 JAN 2024
Jog	Distance 5 miles	Distance 0.54 miles	Distance 0.52 miles	Distance 0.45 miles
	Time 5 m: s	Time 5 m: 41 s	Time 52 m: 20 s	Time 5 m: s
	Speed 6	Speed 6	Speed 6	Speed 5.5
	Levels/incline 3	Levels/incline 3	Levels/incline 2.5	Levels/incline 3
	Calories burnt 75	Calories burnt 80	Calories burnt 65	Calories burnt 50
Dumbbell bench press.	Set 1			
	Set 2			
	Set 1	10 reps x 40 lbs	10 reps x 40 lbs	8 reps x 40 lbs
	Set 2	104 reps x 40 lbs	10 reps x 40 lbs	8 reps x 40 lbs
	Set 3	10 reps x 40 lbs	10 reps x 40 lbs	8 reps x 40 lbs
Cable fly crossovers	Set 4	10 reps x 40 lbs	10 reps x 40 lbs	8 reps x 40 lbs
	Set 5			8 reps x 40 lbs
	Set 1	10 reps x 17.5 lbs	10 reps x 17 lbs	10 reps x 12.5 lbs
	Set 2	10 reps x 17.5 lbs	10 reps x 17 lbs	10 reps x 12.5 lbs
	Set 3	10 reps x 17.5 lbs	10 reps x 17 lbs	10 reps x 12.5 lbs
Standing Cable Chest Press	Set 4			
	Set 1	10 reps x 17.5 lbs	10 reps x 17 lbs	10 reps x 12.5 lbs
	Set 2	10 reps x 17.5 lbs	10 reps x 17 lbs	10 reps x 12.5 lbs
	Set 3	10 reps x 17.5 lbs	10 reps x 17 lbs	10 reps x 12.5 lbs
	Set 4			10 reps x 12.5 lbs

	Set 1				
Dumbbell Incline Bench press.	Set 1	10 reps x 32.5 lbs	10 reps x 30 lbs Dismiss	6 reps x 35 lbs	10 reps x 25 lbs
	Set 2	10 reps x 32.5 lbs	10 reps x 30 lbs	7 reps x 35 lbs	10 reps x 25 lbs
	Set 3	10 reps x 32.5 lbs	10 reps x 30 lbs	7 reps x 35 lbs	10 reps x 25 lbs
Dumbbell lateral raises	Set 1	12 reps x 10 lbs	12 reps x 12.5 lbs	12 reps x 10 lbs	10 reps x 15 lbs
	Set 2	12 reps x 10 lbs	12 reps x 12.5 lbs	12 reps x 12.5 lbs	12 reps x 15 lbs
	Set 3	12 reps x 10 lbs	12 reps x 12.5 lbs	12 reps x 12.5 lbs	12 reps x 15 lbs
Cable tricep pushdown	Set 1	10 reps x 42.5 lbs	10 reps x 45 lbs	12 reps x 30 lbs	10 reps x 25 lbs
	Set 2	10 reps x 42.5 lbs	10 reps x 40 lbs	12 reps x 30 lbs	10 reps x 35 lbs
	Set 3	7 reps x 37.5 lbs	10 reps x 40 lbs	12 reps x 30 lbs	10 reps x 35 lbs
	Set 4				
Cable tricep skullcrushers	Set 1	10 reps x 42.5 lbs	8 reps x 45 lbs	12 reps x 30 lbs	10 reps x 25 lbs
	Set 2	7 reps x 42.5 lbs	10 reps x 40 lbs	12 reps x 30 lbs	10 reps x 35 lbs
	Set 3	5 reps x 37.5 lbs	10 reps x 40 lbs	12 reps x 30 lbs	10 reps x 35 lbs
	Set 4				

1.2 Pull

1.2 Pull

Regular workout

Created by Nicholas Falke on 1 Jan 2024, last updated on 17 Jan 2024.

est. 53 minutes

Jog	1 set x 5 min	Rest 90 sec between sets
Pull ups	2 sets x 10	Rest 90 sec between sets
Lat pulldown	3 sets x 10	Rest 90 sec between sets
Dumbbell Rows	3 sets x 8 each arm	Rest 90 sec between sets

Superset of 3 sets

Cable rows	10
Standing Cable Pullover	max
Rest for 90 sec	

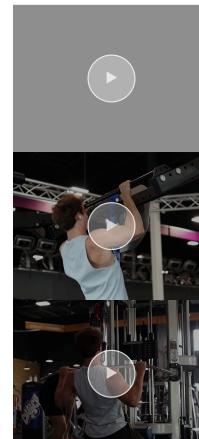
Repeat new set

Machine preacher curl
3 sets x 12 Dismiss
Rest 60 sec between sets

Superset of 3 sets

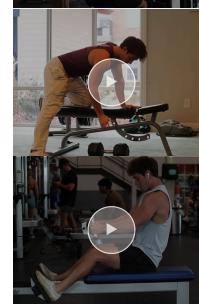
	Dumbbell bicep curls	8 each
	Dumbbell hammer curls	max
	Rest for 90 sec	

[Repeat new set](#)



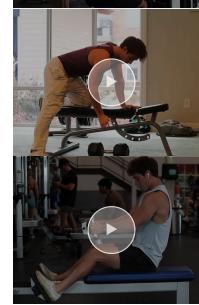
Jog

- 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



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 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 Rows

- Brace core
- 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/light hold at the end of the contraction

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/light hold at the end of the contraction

-Slowly release the squeeze to the top position



Machine preacher curl

[Dismiss](#)

- Brace core
- Screw feet into the ground or feet platform
- Lock in the lower half of the body
- Pack the shoulders (should feel some lat engagement) *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



Dumbbell bicep curls

- 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



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		
Pull ups	reps x lbs	reps x lbs	
Lat pulldown	reps x lbs	reps x lbs	reps x lbs
Dumbbell Rows	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
Machine preacher curl	reps x lbs	reps x lbs	reps x lbs
Dumbbell 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	26 JAN 2024	16 JAN 2024	9 JAN 2024	3 JAN 2024
	Distance 0.5 miles	Distance 0.5 miles	Distance 0.51 miles	Distance 0.48 miles

	Jog	Time 5 m: s	Time 5 m: s	Time 5 m: 29 s	Time 5 m: s
		Dismiss	Speed 6	Speed 6	Speed 6
		Speed 6	Speed 6	Speed 6	Speed 6
		Levels/incline 4	Levels/incline 3	Levels/incline 2.5	Levels/incline 1
		Calories burnt 80	Calories burnt 76	Calories burnt 67	Calories burnt 59
	Set 2				
	Set 3				
	Pull ups	Set 1	10 reps x 100 lbs		
		Set 2	8 reps x 80 lbs		
	Lat pulldown	Set 1	8 reps x 100 lbs	10 reps x 145 lbs	10 reps x 145 lbs
		Set 2	8 reps x 100 lbs	10 reps x 145 lbs	8 reps x 125 lbs
		Set 3	8 reps x 100 lbs	10 reps x 145 lbs	10 reps x 145 lbs
		Set 4		10 reps x 145 lbs	8 reps x 125 lbs
	Dumbbell Rows	Set 1	8 reps x 40 lbs	8 reps x 40 lbs	10 reps x 35 lbs
		Set 2	8 reps x 40 lbs	8 reps x 40 lbs	10 reps x 35 lbs
		Set 3	8 reps x 40 lbs	8 reps x 40 lbs	10 reps x 35 lbs
		Set 4			10 reps x 30 lbs
	Cable rows	Set 1	10 reps x 35 lbs	10 reps x 35 lbs	10 reps x 35 lbs
		Set 2	10 reps x 35 lbs	10 reps x 35 lbs	10 reps x 35 lbs
		Set 3	10 reps x 35 lbs	1 reps x 35 lbs	10 reps x 35 lbs
	Standing Cable Pullover	Set 1	12 reps x 35 lbs	12 reps x 35 lbs	15 reps x 35 lbs
		Set 2	12 reps x 35 lbs	13 reps x 35 lbs	13 reps x 35 lbs
		Set 3	12 reps x 35 lbs	10 reps x 35 lbs	11 reps x 35 lbs
	Machine preacher curl	Set 1	10 reps x 50 lbs	12 reps x 40 lbs	12 reps x 40 lbs
		Set 2	12 reps x 50 lbs	12 reps x 50 lbs	8 reps x 40 lbs
		Set 3	12 reps x 50 lbs	12 reps x 50 lbs	10 reps x 30 lbs
		Set 4			10 reps x 30 lbs
		Set 5			
	Dumbbell bicep curls	Set 1	12 reps x 15 lbs	12 reps x 15 lbs	10 reps x 15 lbs
		Set 2	12 reps x 15 lbs	12 reps x 15 lbs	8 reps x 15 lbs

	Set 3	8 reps x 15 lbs	10 reps x 15 lbs	10 reps x 15 lbs	8 reps x 15 lbs
Dumbbell hammer curls	Set 1	8 reps x 15 lbs	Dismiss x 15 lbs	10 reps x 15 lbs	5 reps x 15 lbs
	Set 2	6 reps x 15 lbs	10 reps x 15 lbs	10 reps x 15 lbs	6 reps x 15 lbs
	Set 3	5 reps x 15 lbs	10 reps x 8 lbs	5 reps x 15 lbs	6 reps x 15 lbs
Lat pulldown	Set 1				10 reps x 145 lbs
	Set 2				8 reps x 145 lbs
	Set 3				8 reps x 145 lbs

1.3 Legs

1.3 Legs

Regular workout

Created by Nicholas Falke on 1 Jan 2024, last updated on 1 Jan 2024.

est. 57 minutes

Equipment



Dumbbell

Jog	1 set x 5 min	Rest 90 sec between sets
Leg press machine	4 sets x 8	Rest 2 min between sets
Dumbbell Romanian Deadlift	3 sets x 10	Rest 90 sec between sets
Seated leg extension	3 sets x 12	Rest 90 sec between sets

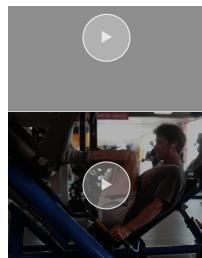
Superset of 3 sets

Seated leg curl	10
Goblet Squat	10
Rest for 90 sec	

Repeat new set

Dumbbell Walking Lunge	3 sets x 8 each leg	Rest 90 sec between sets
Calf raise on leg press machi...	3 sets x 15	Rest 60 sec between sets

Jog



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

Dismiss

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 feet placement = more hamstring recruitment
- Lower feet 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 Romanian Deadlift

- 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



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



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



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"



Dumbbell Walking Lunge

- 1) When performing your lunges, ensure that your upper body stays over top of your back knee.
- 2) Front knee doesn't reach forward over top of your front toes.



Calf raise on 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:



- wider stance and/or toes pointed outward = more outside leg recruitment
- Narrower stance and/or toes pointed inward = more inside leg recruitment
- Just the forefoot and up to the toes should make contact with the press platform
- Aim for a full stretch at the bottom & squeeze at the top

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 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		
Goblet Squat	reps x	lbs	reps x	lbs	reps x	lbs		
Dumbbell Walking Lunge	reps x	lbs	reps x	lbs	reps x	lbs		
Calf raise on leg press machine	reps x	lbs	reps x	lbs	reps x	lbs		

Previous Stats

EXERCISE		18 JAN 2024	11 JAN 2024	5 JAN 2024
Jog	Set 1	Distance 0.5 miles	Distance 55 miles	Distance 0.5 miles
		Time 5 m: 10 s	Time 5 m: 45 s	Time 6 m: 7 s
		Speed 6	Speed 6	Speed 6
		Levels/incline 3	Levels/incline 3	Levels/incline 2
		Calories burnt 75	Calories burnt 75	Calories burnt 72
Leg press machine	Set 2			
	Set 1	8 reps x 90 lbs	8 reps x 90 lbs	8 reps x 70 lbs
	Set 2	8 reps x 90 lbs	8 reps x 90 lbs	8 reps x 70 lbs
	Set 3	8 reps x 90 lbs	8 reps x 180 lbs	8 reps x 70 lbs
Dumbbell Romanian Deadlift	Set 4	10 reps x 90 lbs	8 reps x 180 lbs	8 reps x 70 lbs
	Set 1	10 reps x 35 lbs	10 reps x 30 lbs	10 reps x 25 lbs
	Set 2	10 reps x 35 lbs	10 reps x 30 lbs	10 reps x 25 lbs
	Set 3	10 reps x 30 lbs	10 reps x 30 lbs	10 reps x 25 lbs
seated leg extension	Set 1	10 reps x 70 lbs	12 reps x 55 lbs	3 reps x 12 lbs

	Set 2	10 reps x 70 lbs	12 reps x 55 lbs	3 reps x 12 lbs
	Set 3	10 reps x 70 lbs	15 reps x 55 lbs	3 reps x 12 lbs
Seated leg curl	Set 1		10 reps x 70 lbs	10 reps x 55 lbs
	Set 2		10 reps x 70 lbs	10 reps x 55 lbs
	Set 3		10 reps x 70 lbs	10 reps x 55 lbs
Goblet Squat	Set 1	10 reps x 48.4 lbs	10 reps x 25 lbs	10 reps x 35 lbs
	Set 2	10 reps x 48.4 lbs	10 reps x 25 lbs	10 reps x 35 lbs
	Set 3	10 reps x 48.4 lbs	10 reps x 25 lbs	10 reps x 35 lbs
Dumbbell Walking Lunge	Set 1	8 reps x 25 lbs	8 reps x 25 lbs	8 reps x 22.5 lbs
	Set 2	8 reps x 25 lbs	8 reps x 25 lbs	8 reps x 22.5 lbs
	Set 3	8 reps x 25 lbs	8 reps x 25 lbs	8 reps x 22.5 lbs
	Set 4			8 reps x 22.5 lbs
Calf raise on leg press machine	Set 1	15 reps x 100 lbs	10 reps x 50 lbs	
	Set 2	20 reps x 120 lbs	15 reps x 50 lbs	
	Set 3	20 reps x 120 lbs	4 reps x 50 lbs	

1.4 Upper Body

1.4 Upper Body

Regular workout

Created by Nicholas Falke on 1 Jan 2024, last updated on 1 Jan 2024.

est. 1h 1m

Equipment



Dumbbell

Jog	1 set x 5 min	Rest 90 sec between sets
Dumbbell shoulder press	4 sets x 8	Rest 2 min between sets
Lat pulldown	3 sets x 10	Rest 90 sec between sets
Dumbbell Incline Bench press.	3 sets x 12	Rest 90 sec between sets

Superset of 3 sets



Dumbbell Overhead Tricep E...

10

Dumbbell hammer curls max

Rest for 90 sec Dismiss

Repeat new set

Superset of 3 sets

	Dumbbell Front Raise	8
	Dumbbell lateral raises	8
	Dumbbell Rear Delt Flyes	8
	Dumbbell Standing Shoulder ...	8

Rest for 60 sec Dismiss

Repeat new set

Push ups 1 set x max

Rest 90 sec between sets

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

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 Overhead Tricep Extension

- 1) For this exercise, keep your elbows pointing straight up to the ceiling and in line with one another.
- 2) Arm should be parallel and in line with your ear when you extend over top of your head as well as in the downward position.

Dumbbell hammer curls Dismiss

- 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

Dumbbell Front Raise

- 1) Stand with a dumbbell in each hand, with feet shoulder-width apart.
- 2) Lift the weights in front of you, with straight arms, until your forearms are parallel to the floor.
- 3) Slowly return to the start position and repeat.

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)

Dumbbell Rear Delt Flyes

How to do Dumbbell Rear Delt Flyes

Dumbbell Standing Shoulder Press

1. Stand upright holding dumbbells at shoulder height, fists outwards.
2. Press the dumbbells overhead, extending your arms fully. Make sure to keep your back flat and remain upright throughout.
3. Repeat.

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	Set 4
Jog	Distance miles Time m: s Speed Levels/incline Calories burnt			
Dumbbell shoulder press	reps x lbs	reps x lbs	reps x lbs	reps x lbs

Lat pulldown	reps x	lbs	reps x	lbs	reps x	lbs	
Dumbbell Incline Bench press.	reps x	lbs	reps x	lbs	reps x	lbs	
Dumbbell Overhead Tricep Extension	reps x	lbs	reps x	lbs	reps x	lbs	
Dumbbell hammer curls	reps x	lbs	reps x	lbs	reps x	lbs	
Dumbbell Front Raise	reps x	lbs	reps x	lbs	reps x	lbs	
Dumbbell lateral raises	reps x	lbs	reps x	lbs	reps x	lbs	
Dumbbell Rear Delt Flyes	reps x	lbs	reps x	lbs	reps x	lbs	
Dumbbell Standing Shoulder Press	reps x	lbs	reps x	lbs	reps x	lbs	
Push ups	reps x	lbs					

Previous Stats

EXERCISE		19 JAN 2024	7 JAN 2024
Jog	Set 1	Distance 1 miles	Distance 0.5 miles
		Time 10 m: 0 s	Time 5 m: 5 s
		Speed 6	Speed 6
		Levels/incline 1	Levels/incline 2
		Calories burnt 122	Calories burnt 72
Dumbbell shoulder press	Set 1	8 reps x 30 lbs	8 reps x 25 lbs
	Set 2	10 reps x 30 lbs	8 reps x 25 lbs
	Set 3	10 reps x 30 lbs	8 reps x 25 lbs
	Set 4	8 reps x 30 lbs	8 reps x 25 lbs
Lat pulldown	Set 1	8 reps x 120 lbs	10 reps x 6 lbs
	Set 2	10 reps x 100 lbs	10 reps x 6 lbs
	Set 3	8 reps x 100 lbs	10 reps x 7 lbs
Dumbbell Incline Bench press.	Set 1	10 reps x 30 lbs	10 reps x 30 lbs
	Set 2	10 reps x 30 lbs	12 reps x 30 lbs
	Set 3	10 reps x 30 lbs	12 reps x 30 lbs
Dumbbell Overhead Tricep Extension	Set 1	10 reps x 30 lbs	10 reps x 30 lbs
	Set 2	10 reps x 30 lbs	10 reps x 30 lbs
	Set 3	10 reps x 30 lbs	10 reps x 30 lbs
Dumbbell hammer curls	Set 1	15 reps x 15 lbs	12 reps x 15 lbs
	Set 2	15 reps x 15 lbs	12 reps x 15 lbs
	cmt 2	14 reps x 15 lbs	12 reps x 15 lbs

EXERCISE	Set 1	Dismiss	10 reps x 10 lbs	8 reps x 15 lbs
Dumbbell Front Raise	Set 1	Dismiss	10 reps x 10 lbs	8 reps x 10 lbs
	Set 2		10 reps x 10 lbs	10 reps x 10 lbs
	Set 3		10 reps x 10 lbs	
Dumbbell lateral raises	Set 1		10 reps x 10 lbs	10 reps x 10 lbs
	Set 2		10 reps x 10 lbs	
	Set 3		10 reps x 10 lbs	
Dumbbell Rear Delt Flyes	Set 1		10 reps x 10 lbs	10 reps x 10 lbs
	Set 2		8 reps x 10 lbs	
	Set 3		10 reps x 10 lbs	
Dumbbell Standing Shoulder Press	Set 1		6 reps x 22.5 lbs	10 reps x 15 lbs
	Set 2		10 reps x 15 lbs	
	Set 3		6 reps x 15 lbs	
Push ups	Set 1			

1.5 Lower Body

1.5 Lower Body

Regular workout

Created by Nicholas Falke on 1 Jan 2024, last updated on 1 Jan 2024.

est. 54 minutes

	Jog	1 set x 5 min	⚠ Rest 90 sec between sets
	Hip Thrust Machine	3 sets x 10	⚠ Rest 90 sec between sets
	Single leg leg press machine	3 sets x 8 each	⚠ Rest 90 sec 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 12	⚠ Rest 60 sec between sets
	Calf raise on leg press machi...	3 sets x 15	⚠ Rest 60 sec between sets

Jog

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

Hip Thrust Machine

Hip Thrust Machine Quick Tutorial

Single leg leg press machine

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

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

Calf raise on 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:
- Wider stance and/or toes pointed outward = more outside leg recruitment
- Narrower stance and/or toes pointed inward = more inside leg recruitment
- Just the forefoot and up to the toes should make contact with the press platform
- Aim for a full stretch at the bottom and a full squeeze at the top

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

Exercise Name	Dismiss		Set 1	Set 2	Set 3
	Distance miles	Time m: s			
Jog					
Hip Thrust Machine	reps x	lbs	reps x	lbs	reps x
Single leg leg press machine	reps x	lbs	reps x	lbs	reps x
Barbell Romanian deadlift.	reps x	lbs	reps x	lbs	reps x
seated leg extension	reps x	lbs	reps x	lbs	reps x
Seated leg curl	reps x	lbs	reps x	lbs	reps x
Seated Hip Abduction	reps x	lbs	reps x	lbs	reps x
Calf raise on leg press machine	reps x	lbs	reps x	lbs	reps x

Previous Stats

EXERCISE		20 JAN 2024
Jog	Set 1	Distance 0.5 miles Time 5 m: s Speed 6 Levels/incline 1 Calories burnt 55
Hip Thrust Machine	Set 1	10 reps x 50 lbs
	Set 2	10 reps x 50 lbs
	Set 3	10 reps x 50 lbs
Single leg leg press machine	Set 1	10 reps x 80 lbs
	Set 2	8 reps x 100 lbs
	Set 3	10 reps x 100 lbs
Dumbbell Romanian Deadlift	Set 1	10 reps x 35 lbs
	Set 2	10 reps x 35 lbs
	Set 3	
seated leg extension	Set 1	10 reps x 70 lbs
	Set 2	10 reps x 70 lbs
	Set 3	10 reps x 70 lbs

Seated leg curl	Set 1	Dismiss	10 reps x 70 lbs
	Set 2		10 reps x 85 lbs
	Set 3		10 reps x 85 lbs
Seated Hip Abduction	Set 1		12 reps x 50 lbs
	Set 2		12 reps x 70 lbs
	Set 3		10 reps x 70 lbs
Calf raise on leg press machine	Set 1		
	Set 2		
	Set 3		



Bicycle crunches

Dismiss



Knee up crunches

Abs

Abs

Regular workout

Created by Nicholas Falke on 1 Jan 2024, last updated on 1 Jan 2024.

est. 16 minutes

Superset of 3 sets

	Toe taps	12
	Heel taps	12 each
	Bicycle crunches	12 each
	Knee up crunches	12

Rest for 90 sec

Repeat new set



Toe taps



Heel taps

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

Previous Stats

EXERCISE

abs 2

abs 2

Regular workout

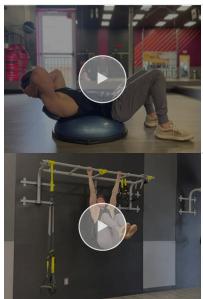
Created by Nicholas Falke on 1 Jan 2024, last updated on 1 Jan 2024.

est. 9 minutes

Superset of 3 sets

	Bosu Ball Crunch	10
	Hanging Knee Raise	10
	Rest for 60 sec	

Repeat new set



Bosu Ball Crunch

Dismiss



Hanging Knee Raise

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

Exercise Name	Set 1		Set 2		Set 3	
Bosu Ball Crunch	reps x	lbs	reps x	lbs	reps x	lbs
Hanging Knee Raise	reps x	lbs	reps x	lbs	reps x	lbs

Previous Stats

EXERCISE	
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