BTX LEVEL 3 - Workout Tracking Sheet

							WEE	EK 1							
Workout 1				Workout 2				Workout 3				Workout 4			
Skill Training: Skin the Cat	Rep ach		d:	Skill Training: Jumping Lunges	Reps	achie	ved:	Skill Training: Tuck Front	Time o	achiev	ved:	Skill Training: Leg Flutters	Time	achiev	ed:
Max. reps for 100sec	Tim		_	Max. reps for 100sec				Lever Max. hold for				Max. reps for 100sec, keep			
Handst. Kick-up	ach	ieve	d:					100sec				repeating for as long as			
Max. hold for 100sec												possible			
Workout Routine: Around the World		ieve		Workout Routine: Cabrini Chest	Over achie	all tim eved:	е	Workout Routine: Wadsworth	Overa achiev		2	Workout Routine: Riverside	Reps	achiev	red:
- 20 Pull-ups - 20 Tricep Dips - 20 Archer Push-ups				- 10 Push-ups - 10 Diam. Push-ups - 10 Arch. Push-ups				- 10 Chin-ups - 10 Archer Push-Ups			,	1min each exercise:	Set 1	Set 2	Set 3
4 sets, 1min break				3 sets, 1min break	Dono	achic	undu	5 sets, 1 min rest	Reps o	achiev	ied:	Plank Side Plank			
Workout Routine:	Rep			Wash Heights Warrior	Reps	achie	vea:	London	Set 1	Set 2	Set 3	(right)			
Giza Each exercise for	ach s		d: s	1min each exercise:	Set 1	Set 2	Set 3	1min L-Sit Kick-Out				Side Plank (left)			
1min: Push-ups	1	S 2	3	Squat Jumps Bodyw. Rows				1min Knee Raises				Leg Flutters			
Plank				Lunges				30sec Side				Glute Bridge			
Tricep Dips				Push-ups				Plank				3 sets, 1min break			
Glute Bridge				Burpees				30sec Side Plank				Optional: Upper Body			
3 sets, 1min break				3 sets, 1min break				3 sets, 1min rest				Boost			

			Fach for train	Reps ach	ieved:
			Each for 1min:	Set 1	Set 2
			Diamond Push-ups		
			Pull-ups		
			Pike push-ups		
			Knee Raises		
			Chin-ups		
			2 sets, 30secs rest in between		

						WEEK 2								
Workout 1		Workout 2				Workout 3					Workout 4			
Skill Training: Chin-up	Reps achieved:	Skill Training: Skin the Cat	Reps	achie	ved:	Skill Training: Leg Raises	Reps	achie	ved:		Challenge: In-and-Out Push-ups	Reps	achiev	ved:
Superman Push-up Max. reps for 100sec each	Reps achieved:	Max. reps for 100sec				Max. reps for 100sec					Max. reps for			
Workout Routine: Pull-up & Push-up Mixer	No. of sets achieved:	Workout Routine: Barely Walk: - 40 Lunges	Over achie	all tim eved:	е	Workout Routine: Amsterdam	Reps,	∕time	achie	ved:	Workout Routine: Wadsworth - 10 Chin-ups	Overc achie	all time ved:	2
- 1 Pull-Up - 10 Push-Ups		- 30 Squat Calf Raises - 20 Front Jumps				Each exercise for 30sec:	Set 1	Set 2	Set 3	Set 4	- 10 Archer Push-ups			
- 2 Pull-Ups - 10 Push- Ups		- 20 Squat Jumps				Burpees					5 sets with 1min break			
 All the way up until failure		3 sets with 1min break Optional: Legs & Cardio Boost	Reps achie	∕time eved:		Plank Squat C. Raises Push-ups					Wash Heights Warrior	Reps	achiev	ved:
Around the World	Overall time	Each for 30sec:	Set 1	Set 2	Set 3	Lunges					Each exercise for 1min:	Set 1	Set 2	Set 3
- 20 Pull-ups	achieved:	Jumping Lunges				Side Plank (r.)					Squat Jumps			
- 20 Tricep Dips		Leg Flutters				Side Plank (l.)					Bodyw. Rows			
- 20 Archer Push-ups		Squat Sit				4 sets with				<u> </u>	Lunges			
4 sets with 1min		Glute Bridge				1min break					Push-ups			
break in between		Front Jumps 3 sets, 30secs rest				Optional: Triceps & Chest Boost					Burpees 3 sets, 1min break			

	Each for 1min:	Reps achieved:	
	Tricep Dips Pseudo Push-ups Chin-ups In-and-out Push-ups Shoulder Diamonds	Set 1 Set 2	

Tricep-Dips achieved: Squat Jumps achieved: Tuck Front Lever achieved: Front Jumps Max. reps for 100sec Max. reps for 10sec Max. reps for 10sec -15 Leg Raises -10 L-Sit -15 Leg Raises -10 L-Sit -25 Knee Raises -25				WEEK 3			
Tricep-Dips achieved: Squat Jumps achieved: Tuck Front Lever achieved: Front Jumps Image: space sp	Workout 1	Worko	out 2	Workout 3		Workout 4	
100sec					'		Reps achieved:
Tokyotime achieved:Cabrini Chesttime achieved:Pull-up & Push-up Mixer $achieved:$ The Abination $achieved:$ - 10 Push-ups - 10 Diamond Push-ups - 10 Diamond Push-ups - 10 Push-ups - 10 Archer Push-ups - 10 Archer Push-ups - 10 Archer Push-ups - 10 Archer Push-ups - 10 Push-ups - 10 Archer Push-ups - 10 Push-ups - 10 Push-ups - 10 Push-ups - 10 Push-ups - 25 Knee Raises 							
Pull-Up Pyramid $achieved:$ $between$ $Wadsworth$ $Overall timeachieved:AudubonReps achieved:1. 2. 3. 4. 5. 4. 3. 2. 1VermilyaOverallimeachieved:-10 Chin-ups-10 Archer Push-ups-10 Chin-ups-10 Archer Push-upsEach for 1min:set 1setset 1setset 1setset 2setset 1setset 2setset 1setset 1setset 2setset 1setset 2setset 1setset 2setset 2$	Tokyo - 10 Pseudo Push-ups - 20 In-and-Out Push-ups - 15 Pull-Ups	me chieved: - 10 Pu - 10 Dia Push-u - 10 Aru Push-u	hi Chest time achieved amond ups rcher ups	d: Pull-up & Push-up Mixer - 1 Pull-up - 10 Push-ups - 2 Pull-ups 		The Abination - 15 Leg Raises - 10 L-Sit Kick-Outs - 25 Knee Raises	Overall time achieved:
In-and-out Push-ups Flutters Pike push-ups Image Plank Shoulder Diamonds Image Image Image Image Image	Pyramid 1, 2, 3, 4, 5, 4, 3, 2, 1 Optional: Triceps & Chest Boost Each for 1min: Tricep Dips Pseudo Push-ups Chin-ups In-and-out Push-ups Shoulder	Vermil 2eps chieved: - 20 PL - 60seu - 30sed (right) - 30sed (left) - 30 Sc Raises - 30sed - 30sed - 30sed - 50seu - 30sed - 30sed - 12 - 12 - 12 - 12 - 12 - 12 - 30sed - 30sed - 30sed - 30sed - 30sed - 12 - 30sed - 12 - 1	lya ush-ups c Plank c Side Plank c Side Plank quat Calf c Squat Sit c Leg rs	 10 Chin-ups 10 Archer Push-ups 5 sets, 1min break Optional: Upper Body Boost Each for 1min: Diam. Push-ups Pull-ups Pike push-ups Knee Raises 	achieved: Reps achieved:	Each for 1min: Burpees Leg Flutters Lunges Glute Bridge Squat Jumps Plank 3 sets, 1min break	Reps achieved:

					WEEK 4			
Workout 1			Workout 2		Workout 3		Workout 4	
Skill Training: Pseudo Push-Ups	Reps achiev	red:	Skill Training: Tucked Planche	Reps achieved:	Skill Training: Pseudo Push-Ups	Reps achieved:	Skill Training & Challenge: Clap Pull-Ups	Reps achieved:
Max. reps for 100sec			Max. reps for 100sec		Max. reps 100sec		#btxclapper	
			100000		Squat Sit		Max. reps for	
					Max. hold	Time achieved without break:	100sec	
Workout Routine: Around the World	Overa achiev		Workout Routine: The Abination	Overall time achieved:	Workout Routine: Fort Washington	Overall time achieved:	Workout Routine: Pull-up & Push-up Mixer	No. of sets achieved:
- 20 Pull-ups - 20 Tricep Dips - 20 Arch. Push-ups			- 15 Leg Raises - 10 L-Sit Kick-Outs		- 20 Tricep Dips - 20 Diamond Push-ups		- 1 Pull-up - 10 Push-ups - 2 Pull-ups	
4 sets, 1min break	Time achiev	red:	- 25 Knee Raises		4 sets, 1min break in between			
Pull-Up Pyramid			5 sets, 1min break in between				All the way up until failure	
1, 2, 3, 4, 5, 4, 3, 2, 1	Reps		Paraly Walk	Overall time	Giza	Reps achieved:		
Optional: Triceps & Chest Boost	achiev	red:	Barely Walk: - 30 Lunges	achieved:	Each exercise for 1min:	Set 1 Set Set	Workout Routine: Wadsworth	Overall time achieved:
Each for 1min:	Set 1	Set 2	- 25 Squat Calf Raises - 10 Front Jumps		Push-ups		- 10 Chin-ups - 10 Archer	
Tricep Dips			- 20 Squat		Plank		Push-ups	
Pseudo Push-ups			Jumps		Tricep Dips		5 sets, 1min break	
Chin-ups			3 sets, 1min break in between				in between	
In-and-out Push-ups			III Delween		Glute Bridge 3 sets, 1min break in			
Shoulder Diamonds					between			