BTX LEVEL 1 (PRE-PROGRAM) - Workout Tracking Sheet

						WEEH	< 1					
Workout 1		Workout 2					Workout 3		Workout 4			
Skill Training: Negative Chin-Ups	Reps achieved:	Skill Training: Push-Ups	Reps achieved:				Skill Training: Bodyweight Rows	Reps achieved:	Skill Training: Burpees	Reps achieved:		
Max. reps for 100sec		Max. reps for 100sec			Max. reps for 100sec		Max. reps for 100sec					
Workout Routine:	Overall time	Workout Routine: Amsterdam	Reps/time achieved:				Workout Routine:	Overall time achieved:	Workout Routine: Audubon	Reps/	time ac	chieved:
Around the Block - 5 Pull-ups - 10 Tricep Dips - 10 Push-ups 5 sets with 1min break in between	achieved:	Each exercise for 30sec: Burpees Plank Squat Calf Raises Push-ups Lunges Side Plank (right) Side Plank (left) 4 sets with 1min break	Set 1	Set 2	Set 3	Set 4	Vermilya - 20 Push-ups - 60sec Plank - 30sec Side Plank (right) - 30sec Side Plank (left) - 30 Squat Calf Raises - 60sec Leg Flutters 4 sets with 1min break in between		Each exercise for 1min: Burpees Leg Flutters Lunges Glute Bridge Squat Jumps Plank 3 sets with 1min break in between	Set 1	Set 2	Set 3

WEEK 2													
Workout 1		Workout 2		Workout 3				Workout 4					
Skill Training: Negative Chin-Ups <i>Max. reps for</i>	Reps achieved:	Skill Training: Squat Calf Raises <i>Max. reps for</i>	Reps achieved:	Skill Training: Bodyweight Rows <i>Max. reps for 100sec</i>	Reps achieved:			Skill Training: Tricep Dips <i>Max. reps for</i>	Reps achieved:				
100sec		100sec						100sec					
Workout Routine: Around the Block	Overall time achieved:	Workout Routine: Broadway	Overall time achieved:	Workout Routine: Wash Heights Warrior	Reps achieved:			Workout Routine: Giza	Reps achieved:				
- 5 Pull-ups		- 100 Shoulder Diamonds		Each exercise for 1min:	Set 1	Set 2	Set 3	Each exercise for 1min:	Set 1	Set 2	Set 3		
- 10 Tricep Dips		- 10 Pull-ups		Squat Jumps				Push-ups					
- 10 Push-ups		- 20 Tricep Dips		Bodyweight Rows				Plank					
5 sets with 1min break in		- 20 Bodyw. Rows		Lunges				Tricep Dips					
between		- 20 Pike Push-ups		Push-ups				Glute Bridge					
		3 sets with		Burpees				3 sets with					
		1min break in between		3 sets with 1min break in between			1min break in between						
				Workout Routine: Neg. Chin-Up Pyramid 1, 2, 3, 4, 5 4, 3, 2, 1	Overall time achieved:								

						WEEK 3								
Workout 1		Workout 2			Workout 3			Workout 4						
Skill Training: Pull-Ups / Negative Chin-Ups	Reps achieved:	Skill Training: Leg Flutters Repeat for 100sec, keep	Time achieved:		red:	Skill Training: Pull-Ups / Negative Chin-Ups	Reps achieved:			Skill Training: Lunges	Reps achieved:			
Max. reps for 100sec		going as long as you can				Max. reps for 100sec				Max. reps for 100sec				
Workout Routine:	No. of sets achieved:	Workout Routine:	Overall time Workout achieved: Routine:			Overall time achieved:			Workout Routine: Amsterdam	Reps/time achieved:				
Pull-up & Push-up Mixer - 1 Pull-up - 10 Push-ups - 2 Pull-ups - 10 Push-ups - 3 Pull-ups - 10 Push-ups Keep going up (adding 1		Pinehurst - 1 Push-Up - 1sec Plank - 2 Push-Ups - 2sec Plank All the way up to 10 - 1 set Giza	Reps	achiev	red:	Stumbling - 20 Lunges - 15 Squat Calf Raises - 10 Squat Jumps - 5 Front Jumps - 30sec Squat Sit London	Reps of Set 1	chieve Set 2	d: Set 3	Each exercise for 30sec: Burpees Plank Squat Calf Raises Push-ups Lunges	Set 1	Set 2	Set 3	Set 4
pull-up each set) until you can't do any more sets.		Each exercise for 1min: Push-ups Plank Tricep Dips Glute Bridge 3 sets with 1min break in between	Set 1	Set 2	Set 3	1min L-Sit Kick-Out 1min Knee Raises 30sec Side Plank (right) 30sec Side Plank (left) 3 sets with 1min break				Side Plank (right) Side Plank (left) 4 sets with 1min break in between				

WEEK 4											
Workout 1		Workout 2		Workout 3		Workout 4					
Skill Training: Pull-Ups / Negative Chin-Ups Max. reps for 100sec	Reps achieved:	Skill Training: L-Sit Kick-Outs Max. reps for 100sec	Reps achieved:	Skill Training: Side Plank Hold for as long as you can (min. 100sec each side) Push-up Max. reps for	Time achieved: Reps achieved:	Challenge: Pull-Ups #btxpullups <i>Max. reps for</i> 100sec	Reps achieved:				
Workout Routine: Around the Block - 5 Pull-ups	Overall time achieved:	Workout Routine: Wash Heights Warrior Each exercise	Reps achieved:	100sec Workout Routine: Pull-up / Neg. Chin-up Pyramid 1, 2, 3, 4, 5 4, 3, 2, 1	Overall time achieved: Reps achieved:	Workout Routine: Giza Each exercise for 1min:	Reps achieved:				
- 10 Tricep Dips - 10 Push-ups 5 sets with 1min break in between		for 1min: Squat Jumps Bodyw. Rows Lunges Push-ups Burpees 3 sets with 1min break in between		London 1min L-Sit Kick-Out 1min Knee Raises 30sec Side Plank (right) 30sec Side Plank (left) 3 sets with 1min break in between	Set Set Set 1 2 3	Push-Ups Plank Tricep Dips Glute Bridge 3 sets with 1min break in between					