

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

WEEK 1																																																																						
Workout 1		Workout 2		Workout 3		Workout 4																																																																
Skill Training: Negative Chin-Ups <i>Max. reps for 100sec</i>	<i>Reps achieved:</i>	Skill Training: Push-Ups <i>Max. reps for 100sec</i>	<i>Reps achieved:</i>	Skill Training: Bodyweight Rows <i>Max. reps for 100sec</i>	<i>Reps achieved:</i>	Skill Training: Burpees <i>Max. reps for 100sec</i>	<i>Reps achieved:</i>																																																															
Workout Routine: Around the Block - 5 Pull-ups - 10 Tricep Dips - 10 Push-ups <i>5 sets with 1min break in between</i>	<i>Overall time achieved:</i>	Workout Routine: Amsterdam Each exercise for 30sec: Burpees Plank Squat Calf Raises Push-ups Lunges Side Plank (right) Side Plank (left) <i>4 sets with 1min break</i>	<i>Reps/time achieved:</i> <table border="1" style="width: 100%; text-align: center;"> <thead> <tr> <th>Set 1</th> <th>Set 2</th> <th>Set 3</th> <th>Set 4</th> </tr> </thead> <tbody> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> </tbody> </table>	Set 1	Set 2	Set 3	Set 4																																	Workout Routine: Vermilya - 20 Push-ups - 60sec Plank - 30sec Side Plank (right) - 30sec Side Plank (left) - 30 Squat Calf Raises - 60sec Leg Flutters <i>4 sets with 1min break in between</i>	<i>Overall time achieved:</i>	Workout Routine: Audubon Each exercise for 1min: Burpees Leg Flutters Lunges Glute Bridge Squat Jumps Plank <i>3 sets with 1min break in between</i>	<i>Reps/time achieved:</i> <table border="1" style="width: 100%; text-align: center;"> <thead> <tr> <th>Set 1</th> <th>Set 2</th> <th>Set 3</th> </tr> </thead> <tbody> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> </tbody> </table>	Set 1	Set 2	Set 3																								
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WEEK 2

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

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Skill Training: Pull-Ups / Negative Chin-Ups Max. reps for 100sec	<i>Reps achieved:</i>	Skill Training: L-Sit Kick-Outs Max. reps for 100sec	<i>Reps achieved:</i>	Skill Training: Side Plank <i>Hold for as long as you can (min. 100sec each side)</i> Push-up Max. reps for 100sec	<i>Time achieved:</i> <i>Reps achieved:</i>	Challenge: Pull-Ups #btxpullups Max. reps for 100sec	<i>Reps achieved:</i>																																																												
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