## **BTX LEVEL 2 - Workout Tracking Sheet**

				WEEK 1					
Workout 1		Workout 2		Workout 3		Workout 4			
Skill Training: Frog Stand  Hold for as long as you can (min 100sec)	Time achieved without break:	Skill Training: Squat C. Raises  Max. reps for 100sec	Reps achieved:	Skill Training: Plank  Hold for as long as you can (min 100sec)	Time achieved without break:	Skill Training: Diamond Push-ups  Max. reps for 100sec	Reps (	Reps achieved:	
Workout Routine: Pull-up & Push-up Mixer  - 1 Pull-up - 5secs each hold - 10 Push-ups - 2 Pull-ups  All the way up until failure  Optional: Upper Body Boost  Each for 1min:  Diam. Push-ups Pull-ups Pike push-ups Knee Raises Chin-ups 2 sets, 30secs rest	No. of sets achieved:  Reps achieved:  Set Set 1 2	Workout Routine: Rome  - 20 Burpees - 20 Push-ups - 20 Squat Calf Raises  3 sets with 1 min break, reduce by 5 reps each set  Pinehurst  - 1 Push-up - 1sec Plank - 2 Push-ups - 2sec Plank  All the way up to 10 - 1 set	Overall time:	Workout Routine: Vermilya  - 20 Push-ups  - 60sec Plank  - 30sec Side Plank (left)  - 30sec Side Plank (right)  - 30 Squat Calf Raises  - 30sec Squat Sit  - 60sec Leg Flutters  4 sets with 1min break  Optional: Pull-up Pyramid  1, 2, 3, 4, 5  4, 3, 2, 1	Overall time  Overall time  achieved:	Workout Routine: Fort Washington  - 20 Tricep Dips - 20 Diamond Push-ups  4 sets, 1min break  Workout Routine: Giza  Each exercise for 1min: Push-ups  Plank  Tricep Dips  Glute Bridge  3 sets, 1min break		achieve	

						WEEK 2								
Workout 1				Workout 2		Workout 3					Workout 4			
Skill Training: <b>Pull-ups</b>	Reps	achiev	ed:	Skill Training: Frog Stand	Time achieved without	Skill Training: Side Plank	Time achieved without break:			Challenge: Archer Push-Ups	Reps achieved:			
Max. reps for 100sec				Max hold (min. 100sec)	break:	Max hold (min. 100sec)					Max. reps for 100sec			
Workout Routine: <b>Pull-Up</b>	Overa achiev			Workout Routine: Broadway	Overall time achieved:	Workout Routine: Amsterdam	Rep	Reps achieved:		red:	Workout Routine: Audubon	Reps/time:		
Pyramid 1, 2, 3, 4, 5				- 100 Shoulder Diamonds	acriievea.	Each exercise for 30sec:	S 1	S 2	<i>S</i>	S 4	Each exercise for 1min:	Set 1	Set 2	Set 3
4, 3, 2, 1				- 10 Pull-ups		Burpees					Burpees			
Wash Heights Warrior	Reps (	achiev	ed:	<ul><li>- 20 Tricep Dips</li><li>- 20 Bodyw. Rows</li></ul>		Plank					Leg Flutters			
Each exercise for 1min:	Set 1	Set 2	Set 3	- 20 Pike Push-ups		Squat Calf Raises Push-ups					Lunges Glute Bridge			
Squat Jumps			3	3 sets with 1min break in		Lunges					Squat Jumps			
Bodyw. Rows				between		Side Plank (right)					Plank			
Lunges						Side Plank (left)					3 sets, 1min break		•	•
Push-ups						4 sets with 1min break in								
Burpees						between								
3 sets with 1min break in between														
						Optional: <b>Legs &amp; Cardio Boost</b>					Workout Routine: London			

			Reps/time achieved:				Reps o	achiev	ed:
		Each for 30sec: Jumping Lunges Leg Flutters Squat Sit Glute Bridge Front Jumps 3 sets, 30secs rest in between	Set 1	Set 2	Set 3	1min L-Sit Kick-O. 1min Knee Raises 30sec Side Plank (right) 30sec Side Plank (left) 3 sets, 1min rest in between	Set 1	Set 2	Set 3

## WEEK 3

Workout 1		Workout 2		Workout 3					Workout 4	
Skill Training: <b>Chin-ups</b> <i>Max. reps for</i> 100sec	Reps achieved:	Skill Training: Handstand Kick-Up  Max. hold for 100sec	Time achieved without break:	Skill Training: Bodyweight Row Max. reps for 100sec	Reps achieved:		Skill Training: In-and-out Push-Ups  Max. reps for 100sec	Reps achieved.		
Workout Routine: Around the Block  - 5 Pull-ups - 10 Tricep Dips - 10 Push-ups  5 sets with 1min break in between  Optional: Pull-up & Push-up Mixer  - 1 Pull-up - 5secs each hold - 10 Push-ups - 2 Pull-ups  All the way up until failure	Overall time achieved:  No. of sets achieved:	Workout Routine: Pinehurst  - 1 Push-up - 1sec Plank - 2 Push-ups - 2sec Plank  All the way up to 10 - 1 set  Workout Routine: Cabrini Chest  - 10 Push-ups - 10 Diam. Push-ups - 10 Arch. Push-ups 3 sets, 1min break	Overall time achieved:  Overall time achieved:	Workout Routine: Amsterdam  Each exercise for 30sec: Burpees Plank  Squat Calf Raises Push-ups Lunges  Side Plank (right)  Side Plank (left)  4 sets with 1min break in between  Optional: Upper Body Boost	Set 1	Set 2	d: Set 3	Set 4	Workout Routine: Stumbling  - 20 Lunges - 15 Squat Calf Raises - 10 Squat Jumps - 5 Front Jumps - 30sec Squat Sit  Workout Routine: The Abination  - 15 Leg Raises - 10 L-Sit Kick-Outs - 25 Knee Raises  5 sets, with 1min break in between	Overall time achieved:  Overall time achieved:

			Reps achieved:		
		Each for 1min:	Set 1	Set 2	
		Diam. Push-ups			
		Pull-ups			
		Pike push-ups			
		Knee Raises			
		Chin-ups			
		2 sets, 30secs rest			

			•	WEEK 4			
Workout 1		Workout 2		Workout 3		Workout 4	
Skill Training: Handstand Kick-Up	Time achieved without break:	Skill Training: Squat Jumps	Reps achieved:	Skill Training: Tuck Front Lever	Time achieved without break:	Challenge: Superman Push-up	Reps achieved:
Max. hold for 100sec	Sream.	Max. reps for 100sec		Max. hold for 100sec		Max. reps for 100sec	
Workout Routine: Pull-up & Push-up Mixer  - 1 Pull-up - 5secs each hold - 10 Push-ups - 2 Pull-ups  All the way up until failure  Pull-up Pyramid 1, 2, 3, 4, 5 4, 3, 2, 1	No. of sets achieved:  Overall time achieved:	Workout Routine: London  1min L-Sit Kick-Out  1min Knee Raises  30sec Side Plank  30sec Side Plank  30sec Side Plank  4 real real real real real real real real	Reps achieved:  Set 1 Set 2 Set 3  Overall time achieved:	Workout Routine: Broadway  - 100 Shoulder Diamonds  - 10 Pull-ups  - 20 Tricep Dips  - 20 Bodyw. Rows  - 20 Pike Push-ups  3 sets with 1min break in between  Wadsworth  - 10 Chin-ups  - 10 Archer Push-ups	Overall time achieved:  Overall time achieved:	Workout Routine: Vermilya  - 20 Push-ups - 60sec Plank - 30sec Side Plank (right) - 30sec Side Plank (left) - 30 Squat Calf Raises - 30sec Squat Sit - 60sec Leg Flutters  4 sets, 1min break  Optional: Upper Body Boost  Each for 1min:  Diam. Push-ups Pull-ups Pike push-ups Knee Raises Chin-ups	Reps achieved:  Set 1 Set 2

	Reps/time achieved:	
Each for 30sec:	Set 1 Set 2 Set 3	
Jumping Lunges		
Leg Flutters		
Squat Sit		
Glute Bridge		
Front Jumps		
3 sets, 30secs rest in between		