

BTX LEVEL 3 - Workout Tracking Sheet

WEEK 1																																																																															
Workout 1		Workout 2		Workout 3		Workout 4																																																																									
Skill Training: Skin the Cat <i>Max. reps for 100sec</i> Handst. Kick-up <i>Max. hold for 100sec</i>	<i>Reps achieved:</i> <i>Time achieved:</i>	Skill Training: Jumping Lunges <i>Max. reps for 100sec</i>	<i>Reps achieved:</i>	Skill Training: Tuck Front Lever <i>Max. hold for 100sec</i>	<i>Time achieved:</i>	Skill Training: Leg Flutters <i>Max. reps for 100sec, keep repeating for as long as possible</i>	<i>Time achieved:</i>																																																																								
Workout Routine: Around the World - 20 Pull-ups - 20 Tricep Dips - 20 Archer Push-ups <i>4 sets, 1min break</i> Workout Routine: Giza Each exercise for 1min: Push-ups Plank Tricep Dips Glute Bridge <i>3 sets, 1min break</i>	<i>Overall time achieved:</i> <i>Reps achieved:</i> <table border="1" style="display: inline-table; border-collapse: collapse; text-align: center;"> <tr> <td style="padding: 2px;">S</td> <td style="padding: 2px;">S</td> <td style="padding: 2px;">S</td> </tr> <tr> <td style="padding: 2px;">1</td> <td style="padding: 2px;">2</td> <td style="padding: 2px;">3</td> </tr> <tr> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> </tr> <tr> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> </tr> <tr> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> </tr> <tr> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> </tr> </table>	S	S	S	1	2	3													Workout Routine: Cabrini Chest - 10 Push-ups - 10 Diam. Push-ups - 10 Arch. Push-ups <i>3 sets, 1min break</i> Wash Heights Warrior 1min each exercise: Squat Jumps Bodyw. Rows Lunges Push-ups Burpees <i>3 sets, 1min break</i>	<i>Overall time achieved:</i> <i>Reps achieved:</i> <table border="1" style="display: inline-table; border-collapse: collapse; text-align: center;"> <tr> <td style="padding: 2px;">Set</td> <td style="padding: 2px;">Set</td> <td style="padding: 2px;">Set</td> </tr> <tr> <td style="padding: 2px;">1</td> <td style="padding: 2px;">2</td> <td style="padding: 2px;">3</td> </tr> <tr> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> </tr> <tr> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> </tr> <tr> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> </tr> <tr> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> </tr> </table>	Set	Set	Set	1	2	3													Workout Routine: Wadsworth - 10 Chin-ups - 10 Archer Push-Ups <i>5 sets, 1 min rest</i> London 1min L-Sit Kick-Out 1min Knee Raises 30sec Side Plank 30sec Side Plank <i>3 sets, 1min rest</i>	<i>Overall time achieved:</i> <i>Reps achieved:</i> <table border="1" style="display: inline-table; border-collapse: collapse; text-align: center;"> <tr> <td style="padding: 2px;">Set</td> <td style="padding: 2px;">Set</td> <td style="padding: 2px;">Set</td> </tr> <tr> <td style="padding: 2px;">1</td> <td style="padding: 2px;">2</td> <td style="padding: 2px;">3</td> </tr> <tr> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> </tr> <tr> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> </tr> <tr> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> </tr> <tr> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> </tr> </table>	Set	Set	Set	1	2	3													Workout Routine: Riverside 1min each exercise: Plank Side Plank (right) Side Plank (left) Leg Flutters Glute Bridge <i>3 sets, 1min break</i> <i>Optional:</i> Upper Body Boost	<i>Reps achieved:</i> <table border="1" style="display: inline-table; border-collapse: collapse; text-align: center;"> <tr> <td style="padding: 2px;">Set</td> <td style="padding: 2px;">Set</td> <td style="padding: 2px;">Set</td> </tr> <tr> <td style="padding: 2px;">1</td> <td style="padding: 2px;">2</td> <td style="padding: 2px;">3</td> </tr> <tr> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> </tr> <tr> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> </tr> <tr> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> </tr> <tr> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> </tr> </table>	Set	Set	Set	1	2	3												
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						<p>Each for 1min:</p> <p>Diamond Push-ups</p> <p>Pull-ups</p> <p>Pike push-ups</p> <p>Knee Raises</p> <p>Chin-ups</p> <p><i>2 sets, 30secs rest in between</i></p>	<p><i>Reps achieved:</i></p> <table border="1"> <thead> <tr> <th><i>Set 1</i></th> <th><i>Set 2</i></th> </tr> </thead> <tbody> <tr> <td></td> <td></td> </tr> <tr> <td></td> <td></td> </tr> <tr> <td></td> <td></td> </tr> <tr> <td></td> <td></td> </tr> <tr> <td></td> <td></td> </tr> </tbody> </table>	<i>Set 1</i>	<i>Set 2</i>										
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				<p>Each for 1min:</p> <p>Tricep Dips</p> <p>Pseudo Push-ups</p> <p>Chin-ups</p> <p>In-and-out Push-ups</p> <p>Shoulder Diamonds</p>	<p><i>Reps achieved:</i></p> <table border="1"> <thead> <tr> <th><i>Set 1</i></th> <th><i>Set 2</i></th> </tr> </thead> <tbody> <tr> <td></td> <td></td> </tr> <tr> <td></td> <td></td> </tr> <tr> <td></td> <td></td> </tr> <tr> <td></td> <td></td> </tr> <tr> <td></td> <td></td> </tr> </tbody> </table>	<i>Set 1</i>	<i>Set 2</i>												
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