

BASIC TRAINING PROGRESS SHEET

Document your repetitions for each workout, 3 days per week and watch your progress.

WEEK 1	REPS	WEEK 2	REPS	WEEK 3	REPS	WEEK 4	REPS
0 Miles	N/A	¼ Mile	TIME	¼ Mile	TIME	¼ Mile	TIME
		Walk or Jog Time		Walk or Jog Time		Walk or Jog Time	
Alpha	# # #	Alpha	# # #	Alpha	# # #	Alpha	# # #
Push Ups		Push Ups		Push Ups		Push Ups	
Sit Ups		Sit Ups		Sit Ups		Sit Ups	
Burpees		Burpees		Burpees		Burpees	
Air Squats		Air Squats		Air Squats		Air Squats	
Jump Rope		Jump Rope		Jump Rope		Jump Rope	
Bravo	# # #	Bravo	# # #	Bravo	# # #	Bravo	# # #
Mountain Climbers		Mountain Climbers		Mountain Climbers		Mountain Climbers	
Get Ups		Get Ups		Get Ups		Get Ups	
Jumping Jacks		Jumping Jacks		Jumping Jacks		Jumping Jacks	
Burpees		Burpees		Burpees		Burpees	
Butt Kicks		Butt Kicks		Butt Kicks		Butt Kicks	
Charlie	# # #	Charlie	# # #	Charlie	# # #	Charlie	# # #
Push Ups		Push Ups		Push Ups		Push Ups	
Jump Rope		Jump Rope		Jump Rope		Jump Rope	
Sit Ups		Sit Ups		Sit Ups		Sit Ups	
Jump Rope		Jump Rope		Jump Rope		Jump Rope	
Air Squats		Air Squats		Air Squats		Air Squats	
¼ Mile	TIME	Bravo	# # #	Bravo	# # #	Bravo	# # #
Walk or Jog Time		Mountain Climbers		Mountain Climbers		Mountain Climbers	
		Get Ups		Get Ups		Get Ups	
		Jumping Jacks		Jumping Jacks		Jumping Jacks	
		Burpees		Burpees		Burpees	
		Butt Kicks		Butt Kicks		Butt Kicks	
		¼ Mile	TIME	Alpha	# # #	Alpha	# # #
		Walk or Jog Time		Push Ups		Push Ups	
				Sit Ups		Sit Ups	
				Burpees		Burpees	
				Air Squats		Air Squats	
				¼ Mile	TIME	Delta	# # #
				Walk or Jog Time		Wall Sits	
						Plank	
						Side Plank Left	
						Side Plank Right	
						Wall Sits	
						¼ Mile	TIME
						Walk or Jog Time	



BASIC TRAINING
Beginner Fitness Program
 by Steve Pflester

Bandit Boot Camp Makeup Basic Training Manual

Liying Dong



Bandit Boot Camp Makeup Basic Training Manual:

Unveiling the Magic of Words: A Report on "**Bandit Boot Camp Makeup Basic Training Manual**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Bandit Boot Camp Makeup Basic Training Manual**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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