

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

Rod Powers



Bandit Boot Camp Makeup Basic Training Manual:

The Motion Picture Guide Jay Robert Nash, Stanley Ralph Ross, 1985 *The Video Source Book* David J. WEINER, 1990

Los Angeles Magazine ,2003-11 Los Angeles magazine is a regional magazine of national stature Our combination of award winning feature writing investigative reporting service journalism and design covers the people lifestyle culture entertainment fashion art and architecture and news that define Southern California Started in the spring of 1961 Los Angeles magazine has been addressing the needs and interests of our region for 48 years The magazine continues to be the definitive resource for an affluent population that is intensely interested in a lifestyle that is uniquely Southern Californian

New York Magazine ,1991-07-22 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea **Time** Briton Hadden, Henry Robinson Luce, 1944 **Daily Variety** ,1944 *Basic Training For Dummies* Rod Powers, 2011-08-31 The easy way to prepare for basic training Each year thousands of young Americans attempt to enlist in the U S Armed Services A number of factors during a soldier s training could inhibit successful enlistment including mental toughness and physical fitness levels *Basic Training For Dummies* covers the ins and outs of this initial process preparing you for the challenges you ll face before you head off for basic training You ll get detailed week by week information on what to expect in basic training for each branch of service such as physical training discipline classroom instruction drill and ceremony obstacle courses simulated war games self defense marksmanship and other milestones Tips and information on getting in shape to pass the Physical Fitness Test PFT All important advice on what to pack for boot camp Other title by Powers *ASVAB For Dummies* Premier 3rd Edition *Veterans Benefits For Dummies* Whether you join the Army Air Force Navy Marine Corps or the Coast Guard *Basic Training For Dummies* prepares you for the challenge and will help you survive and thrive in boot camp **The Real Insider's Guide to Military Basic Training** Peter Thompson, 2003 This book is the one many people in the military do not want recruits to read The guide contains extremely helpful hints and advice to help new enlistees during the rigors of military training Most important the information is free from biased interests because it is written by a recruit for a recruit Although tailored toward the Army and Marines any person enlisting in the Armed Forces will find the information exceedingly valuable Even if a person is just thinking about the military this book will help *The Ultimate Air Force Basic Training Guidebook* Nicholas Van Wormer, 2010-11-15 A week by week guide to surviving boot camp includes interviews with recent graduates recruiters and instructors Air Force basic training is challenging both mentally and physically The Ultimate Guide to Air Force Basic Training shows you step by step how to survive and thrive in today s basic training program Beginning with the recruiting process and taking you all the way through

basic training graduation day this book answers your questions and helps alleviate your fears and concerns as you enter this new and exciting period of your life Senior Airman Nicholas Van Wormer s book is a fresh and updated insider s view of what you will encounter and how to perform in order to graduate at the top of your class It also includes interviews with recent basic training graduates recruiters and even military training instructors to better provide you with the most detailed guide to Air Force basic training ever published It also explains acronyms and terms mistakes to avoid the all important ASVAB test and even offers tips on what to bring with you Whether you re getting ready to ship out to basic training or just looking into the different military options available to you The Ultimate Guide to Air Force Basic Training is an invaluable tool that will help guide you through Whether you are getting ready to ship out to basic training or just looking into the different military options available to you The Ultimate Guide to Air Force Basic Training is an invaluable tool that will help guide you through an otherwise daunting and difficult process *Learn the Art of Permanent Makeup* Gloria Brandt,Kathryn

Lorenzini,1999-11-01

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