

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

Jay Robert Nash, Stanley Ralph Ross



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

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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

Enjoying the Melody of Phrase: An Psychological Symphony within **Bandit Boot Camp Makeup Basic Training Manual**

In some sort of eaten by displays and the ceaseless chatter of instantaneous connection, the melodic elegance and mental symphony created by the prepared term usually disappear in to the back ground, eclipsed by the constant sound and interruptions that permeate our lives. But, situated within the pages of **Bandit Boot Camp Makeup Basic Training Manual** a charming fictional prize filled with fresh thoughts, lies an immersive symphony waiting to be embraced. Crafted by a wonderful musician of language, this fascinating masterpiece conducts visitors on a psychological trip, skillfully unraveling the concealed tunes and profound influence resonating within each carefully constructed phrase. Within the depths of the touching review, we will examine the book is main harmonies, analyze their enthralling publishing design, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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