

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

A Loxley



Bandit Boot Camp Makeup Basic Training Manual:

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