Healthy Body Healthy Life
with Melissa Koerner

Fall Bootcamp Workout Tracker

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Bootcamp Workout Tracker

Here are the definitions of Terms Used in Your Exercise Plan:
- **Reps:** The number of times the movement is performed.
- **Sets:** The total number of rounds you perform the exercise.
- **Rest**: The amount of time to recover between circuits. You'll see arrows in the charts below which indicates that you'll move directly to the next exercise without taking a break until the end when all exercises have been performed once - this is called "circuit training."

Equipment Needed:
- Yoga Mat (not required, but recommend for a non-slick surface to exercise on)

You'll learn the recommended reps and sets during the workouts. The reps and sets are only suggestions. You'll listen to your body, and you'll only do the maximin number of reps that you can *comfortably* perform with *perfect* form. Good form is key to maximizing your results and preventing injury.

Over a period of five weeks, you'll continue to build on the number of reps and sets each week, so it's important that you use the tracking sheets below to track your progress.

Upper Body/Core Workout Tracking Sheet

Directions:
You'll use this form to track the number of reps and sets you're able to perform for each workout over the course of the 5-week bootcamp. Please print this form and have it handy during the bootcamp workout.

Session #1 Date: _____

Session #2 Date: _____

Session #3 Date: _____

Session #4 Date: _____

Session #5 Date: _____

Exercise	Rest	Session #1 Reps & Sets		Session #2 Reps & Sets		Session #3 Reps & Sets		Session #4 Reps & Sets		Session #5 Reps & Sets	
Push-Up	⬇										
Back Extension	⬇										
Side Plank	⬇										
Crab Pose	⬇										
Leg Tucks	Rest 60-90 seconds										

Notes:

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Congratulations! You did it! ☺

Lower Body/Core Workout Tracking Sheet

Directions:

You'll use this form to track the number of reps and sets you're able to perform for each workout over the course of the 5-week bootcamp. Please print this form and have it handy during the bootcamp workout.

Session #1 Date: _____

Session #2 Date: _____

Session #3 Date: _____

Session #4 Date: _____

Session #5 Date: _____

Exercise	Rest	Session #1 Reps & Sets		Session #2 Reps & Sets		Session #3 Reps & Sets		Session #4 Reps & Sets		Session #5 Reps & Sets	
Bodyweight Twist & Chop	↓										
Deadlift w/Front Arm Raise	↓										
Static Lunge	↓										
Multi-Directional Single Leg Balance	↓										
Bridge Pose	Rest 60-90 seconds										

Notes:

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Congratulations! You did it! ☺