

Fall Bootcamp Workout Tracker



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Professional Advice Disclaimer

The nutrition, exercise, and health information and activities described in this book were developed by the author and are to be used as an adjunct to improved health, fitness, and weight-loss. These programs may not be appropriate for everyone. All individuals, especially those who suffer from any disease or are recovering from any injury, should consult their physicians regarding the advisability of undertaking any of the activities suggested in these programs. The author has been painstaking in her research. However, she is neither responsible nor liable for any harm or injury resulting from this program or the use of the exercises or exercise devices described herein.



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

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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.

workout.									
Session #1 Date:			_						
Session #2 Date:									
Session #3 Date:			 _						
Session #4 Date:			 _						
Session #5 Date:									
Exercise	Rest	Sessio Reps &		on #2 & Sets		on #3 & Sets	 on #4 & Sets		on #5 & Sets
Push-Up	Ψ	•			•			•	
Back Extension	•								
Side Plank	Ψ								
Crab Pose	Ψ								
Leg Tucks	Rest 60-90 seconds								
Notes:									

Congratulations! You did it! $\ensuremath{\textcircled{\sc o}}$



Lower Body/Core Workout Tracking Sheet

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Notes:

You'll use this form to track the number of reps and sets you're able to perform for each workout ove	er
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	Session #2	Session #3	Session #4	Session #5
		Reps & Sets				
Bodyweight Twist &	Ψ					
Chop						
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		Reps & Sets		Reps	& Sets	ets Reps & Sets		Reps & Sets		Reps & Sets	
Bodyweight Twist &	•										
Chop											
Deadlift w/Front	Ψ										
Arm Raise											
Static Lunge	Ψ										
Multi-Directional	Ψ										
Single Leg Balance											
Bridge Pose	Rest										
	60-90										
	seconds										

Congratulations! You did it! \odot