



# BCx Boot Camp Tracking Sheet

Log your times and progress through-out the program to track your improvement.

	DAY 1 WORKOUT	WEEK 1	WEEK 2	WEEK 3	WEEK 4
DAY 1	Warm Up				
	The Bomb				
	Welcome Package				
	Skater Shuffle Squat				
	Plank & Simple				
DAY 2	Warm Up				
	Burnt 1				
	Burnt 2				
	Bear Crawl Suicide				
	Mountain Climber Burpee Suicide				
	Boot Camp Core				
DAY 3	Warm Up				
	The Push				
	Ten Four				
DAY 4	Warm Up				
	Dead Legs				
	Old School				
	Slow Mo				
	Thrust Lunge Jump				
DAY 5	Warm Up				
	Burnt 3				
	Burnt 4				
	Burnt 5				
	Arm-A-Get'n				
	Boot Camp Bore				
DAY 6 - BONUS	Warm Up				
	Day of Reckoning				

## WEEKLY WEIGH-INS

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
<b>WEIGHT #LBS</b>				