

12 BX Workout Journal

Level 1 – Novice – Pull ups (Monday & Thursday)

		Exercise		Reps				Total	
Date	_____	#3	8	8	8	8	0	0	32
		#2	8	8	8	8	0	0	32
Day	_____	#1	8	8	8	8	0	0	32
Minutes per set – 1		<input checked="" type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	Work Out Total		96

		Exercise		Reps				Total	
Date	_____	#3							
		#2							
Day	_____	#1							
Minutes per set – 1		<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	Work Out Total		

		Exercise		Reps				Total	
Date	_____	#3							
		#2							
Day	_____	#1							
Minutes per set – 1		<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	Work Out Total		

		Exercise		Reps				Total	
Date	_____	#3							
		#2							
Day	_____	#1							
Minutes per set – 1		<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	Work Out Total		

		Exercise		Reps				Total	
Date	_____	#3							
		#2							
Day	_____	#1							
Minutes per set – 1		<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	Work Out Total		

		Exercise		Reps				Total	
Date	_____	#3							
		#2							
Day	_____	#1							
Minutes per set – 1		<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	Work Out Total		

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12 BX Workout Journal

Level 2 – Novice – Pull ups (Monday & Thursday)

		Exercise		Reps				Total	
Date	_____	#4	8	8	8	0	0	0	24
		#3	8	8	8	0	0	0	24
Day	_____	#2	8	8	8	0	0	0	24
		#1	8	8	8	0	0	0	24
Minutes per set – 1		<input checked="" type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	Work Out Total		96

		Exercise		Reps				Total	
Date	_____	#4							
		#3							
Day	_____	#2							
		#1							
Minutes per set – 1		<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	Work Out Total		

		Exercise		Reps				Total	
Date	_____	#4							
		#3							
Day	_____	#2							
		#1							
Minutes per set – 1		<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	Work Out Total		

		Exercise		Reps				Total	
Date	_____	#4							
		#3							
Day	_____	#2							
		#1							
Minutes per set – 1		<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	Work Out Total		

		Exercise		Reps				Total	
Date	_____	#4							
		#3							
Day	_____	#2							
		#1							
Minutes per set – 1		<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	Work Out Total		

		Exercise		Reps				Total	
Date	_____	#4							
		#3							
Day	_____	#2							
		#1							
Minutes per set – 1		<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	Work Out Total		

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12 BX Workout Journal

Level 3 – Novice – Pull ups (Monday & Thursday)

		Exercise		Reps				Total
Date _____	#5	8	8	8	0	0	0	24
	#4	8	8	8	0	0	0	24
Day _____	#3	8	8	8	0	0	0	24
	#2	8	8	8	0	0	0	24
Minutes per set – 1		<input checked="" type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	Work Out Total			96

		Exercise		Reps				Total
Date _____	#5							
	#4							
Day _____	#3							
	#2							
Minutes per set – 1		<input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	Work Out Total			

		Exercise		Reps				Total
Date _____	#5							
	#4							
Day _____	#3							
	#2							
Minutes per set – 1		<input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	Work Out Total			

		Exercise		Reps				Total
Date _____	#5							
	#4							
Day _____	#3							
	#2							
Minutes per set – 1		<input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	Work Out Total			

		Exercise		Reps				Total
Date _____	#5							
	#4							
Day _____	#3							
	#2							
Minutes per set – 1		<input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	Work Out Total			

		Exercise		Reps				Total
Date _____	#5							
	#4							
Day _____	#3							
	#2							
Minutes per set – 1		<input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	Work Out Total			

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Level 4 – Intermediate – Pull ups (Monday & Thursday)

		Exercise		Reps				Total		
Date	_____	#5	7	7	7	7	7	0	35	
		#4	7	7	7	7	7	0	35	
Day	_____	#3	7	7	7	7	0	0	28	
Minutes per set –		1	<input checked="" type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	Work Out Total		98

		Exercise		Reps				Total		
Date	_____	#5								
		#4								
Day	_____	#3								
Minutes per set –		1	<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	Work Out Total		

		Exercise		Reps				Total		
Date	_____	#5								
		#4								
Day	_____	#3								
Minutes per set –		1	<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	Work Out Total		

		Exercise		Reps				Total		
Date	_____	#5								
		#4								
Day	_____	#3								
Minutes per set –		1	<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	Work Out Total		

		Exercise		Reps				Total		
Date	_____	#5								
		#4								
Day	_____	#3								
Minutes per set –		1	<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	Work Out Total		

		Exercise		Reps				Total		
Date	_____	#5								
		#4								
Day	_____	#3								
Minutes per set –		1	<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	Work Out Total		

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Level 5 – Intermediate – Pull ups (Monday & Thursday)

		Exercise		Reps				Total	
Date	_____	#6	7	7	7	7	0	0	28
		#5	7	7	7	7	0	0	28
Day	_____	#4	7	7	7	0	0	0	21
		#3	7	7	7	0	0	0	21
Minutes per set – 1		<input checked="" type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	Work Out Total		98

		Exercise		Reps				Total	
Date	_____	#6							
		#5							
Day	_____	#4							
		#3							
Minutes per set – 1		<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	Work Out Total		

		Exercise		Reps				Total	
Date	_____	#6							
		#5							
Day	_____	#4							
		#3							
Minutes per set – 1		<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	Work Out Total		

		Exercise		Reps				Total	
Date	_____	#6							
		#5							
Day	_____	#4							
		#3							
Minutes per set – 1		<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	Work Out Total		

		Exercise		Reps				Total	
Date	_____	#6							
		#5							
Day	_____	#4							
		#3							
Minutes per set – 1		<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	Work Out Total		

		Exercise		Reps				Total	
Date	_____	#6							
		#5							
Day	_____	#4							
		#3							
Minutes per set – 1		<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	Work Out Total		

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12 BX Workout Journal

Level 6 – Intermediate – Pull ups (Monday & Thursday)

		Exercise		Reps				Total	
Date	_____	#7	7	7	7	7	0	0	28
		#6	7	7	7	7	0	0	28
Day	_____	#5	7	7	7	0	0	0	21
		#4	7	7	7	0	0	0	21
Minutes per set – 1		<input checked="" type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	Work Out Total		98

		Exercise		Reps				Total	
Date	_____	#7							
		#6							
Day	_____	#5							
		#4							
Minutes per set – 1		<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	Work Out Total		

		Exercise		Reps				Total	
Date	_____	#7							
		#6							
Day	_____	#5							
		#4							
Minutes per set – 1		<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	Work Out Total		

		Exercise		Reps				Total	
Date	_____	#7							
		#6							
Day	_____	#5							
		#4							
Minutes per set – 1		<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	Work Out Total		

		Exercise		Reps				Total	
Date	_____	#7							
		#6							
Day	_____	#5							
		#4							
Minutes per set – 1		<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	Work Out Total		

		Exercise		Reps				Total	
Date	_____	#7							
		#6							
Day	_____	#5							
		#4							
Minutes per set – 1		<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	Work Out Total		

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12 BX Workout Journal

Level 1 – Novice – Push ups & Dips (Tuesday & Friday)

		Exercise		Reps				Total	
Date	_____	#3	8	8	8	8	0	0	32
		#2	8	8	8	8	0	0	32
Day	_____	#1	8	8	8	8	0	0	32
Minutes per set – 1		<input checked="" type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	Work Out Total		96

		Exercise		Reps				Total	
Date	_____	#3							
		#2							
Day	_____	#1							
Minutes per set – 1		<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	Work Out Total		

		Exercise		Reps				Total	
Date	_____	#3							
		#2							
Day	_____	#1							
Minutes per set – 1		<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	Work Out Total		

		Exercise		Reps				Total	
Date	_____	#3							
		#2							
Day	_____	#1							
Minutes per set – 1		<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	Work Out Total		

		Exercise		Reps				Total	
Date	_____	#3							
		#2							
Day	_____	#1							
Minutes per set – 1		<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	Work Out Total		

		Exercise		Reps				Total	
Date	_____	#3							
		#2							
Day	_____	#1							
Minutes per set – 1		<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	Work Out Total		

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12 BX Workout Journal

Level 2 – Novice – Push ups & Dips (Tuesday & Friday)

		Exercise		Reps				Total	
Date	_____	#4	8	8	8	0	0	0	24
		#3	8	8	8	0	0	0	24
Day	_____	#2	8	8	8	0	0	0	24
		#1	8	8	8	0	0	0	24
Minutes per set – 1		<input checked="" type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	Work Out Total		96

		Exercise		Reps				Total	
Date	_____	#4							
		#3							
Day	_____	#2							
		#1							
Minutes per set – 1		<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	Work Out Total		

		Exercise		Reps				Total	
Date	_____	#4							
		#3							
Day	_____	#2							
		#1							
Minutes per set – 1		<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	Work Out Total		

		Exercise		Reps				Total	
Date	_____	#4							
		#3							
Day	_____	#2							
		#1							
Minutes per set – 1		<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	Work Out Total		

		Exercise		Reps				Total	
Date	_____	#4							
		#3							
Day	_____	#2							
		#1							
Minutes per set – 1		<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	Work Out Total		

		Exercise		Reps				Total	
Date	_____	#4							
		#3							
Day	_____	#2							
		#1							
Minutes per set – 1		<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	Work Out Total		

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12 BX Workout Journal

Level 3 – Novice – Push ups & Dips (Tuesday & Friday)

		Exercise		Reps				Total	
Date	_____	#5	8	8	8	0	0	0	24
		#4	8	8	8	0	0	0	24
Day	_____	#3	8	8	8	0	0	0	24
		#2	8	8	8	0	0	0	24
Minutes per set – 1		<input checked="" type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	Work Out Total		96

		Exercise		Reps				Total	
Date	_____	#5							
		#4							
Day	_____	#3							
		#2							
Minutes per set – 1		<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	Work Out Total		

		Exercise		Reps				Total	
Date	_____	#5							
		#4							
Day	_____	#3							
		#2							
Minutes per set – 1		<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	Work Out Total		

		Exercise		Reps				Total	
Date	_____	#5							
		#4							
Day	_____	#3							
		#2							
Minutes per set – 1		<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	Work Out Total		

		Exercise		Reps				Total	
Date	_____	#5							
		#4							
Day	_____	#3							
		#2							
Minutes per set – 1		<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	Work Out Total		

		Exercise		Reps				Total	
Date	_____	#5							
		#4							
Day	_____	#3							
		#2							
Minutes per set – 1		<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	Work Out Total		

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12 BX Workout Journal

Level 4 – Intermediate – Push ups & Dips (Tuesday & Friday)

		Exercise		Reps				Total	
Date	_____	#5	7	7	7	7	7	0	35
		#4	7	7	7	7	7	0	35
Day	_____	#3	7	7	7	7	7	0	35
Minutes per set		- 1 <input checked="" type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/>		Work Out Total				105	

		Exercise		Reps				Total	
Date	_____	#5							
		#4							
Day	_____	#3							
Minutes per set		- 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/>		Work Out Total					

		Exercise		Reps				Total	
Date	_____	#5							
		#4							
Day	_____	#3							
Minutes per set		- 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/>		Work Out Total					

		Exercise		Reps				Total	
Date	_____	#5							
		#4							
Day	_____	#3							
Minutes per set		- 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/>		Work Out Total					

		Exercise		Reps				Total	
Date	_____	#5							
		#4							
Day	_____	#3							
Minutes per set		- 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/>		Work Out Total					

		Exercise		Reps				Total	
Date	_____	#5							
		#4							
Day	_____	#3							
Minutes per set		- 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/>		Work Out Total					

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12 BX Workout Journal

Level 5 – Intermediate–Push ups & Dips (Tuesday & Friday)

		Exercise		Reps				Total
Date _____	#6	7	7	7	7	0	0	28
	#5	7	7	7	7	0	0	28
Day _____	#4	7	7	7	0	0	0	21
	#3	7	7	7	7	0	0	28
Minutes per set – 1 <input checked="" type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/>		Work Out Total						105

		Exercise		Reps				Total
Date _____	#6							
	#5							
Day _____	#4							
	#3							
Minutes per set – 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/>		Work Out Total						

		Exercise		Reps				Total
Date _____	#6							
	#5							
Day _____	#4							
	#3							
Minutes per set – 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/>		Work Out Total						

		Exercise		Reps				Total
Date _____	#6							
	#5							
Day _____	#4							
	#3							
Minutes per set – 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/>		Work Out Total						

		Exercise		Reps				Total
Date _____	#6							
	#5							
Day _____	#4							
	#3							
Minutes per set – 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/>		Work Out Total						

		Exercise		Reps				Total
Date _____	#6							
	#5							
Day _____	#4							
	#3							
Minutes per set – 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/>		Work Out Total						

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12 BX Workout Journal

Level 6 – Intermediate–Push ups & Dips (Tuesday & Friday)

		Exercise		Reps				Total	
Date	_____	#7	7	7	7	7	0	0	28
		#6	7	7	7	7	0	0	28
Day	_____	#5	7	7	7	7	0	0	28
		#4	7	7	7	7	0	0	28
Minutes per set – 1		<input checked="" type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	Work Out Total		112

		Exercise		Reps				Total	
Date	_____	#7							
		#6							
Day	_____	#5							
		#4							
Minutes per set – 1		<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	Work Out Total		

		Exercise		Reps				Total	
Date	_____	#7							
		#6							
Day	_____	#5							
		#4							
Minutes per set – 1		<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	Work Out Total		

		Exercise		Reps				Total	
Date	_____	#7							
		#6							
Day	_____	#5							
		#4							
Minutes per set – 1		<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	Work Out Total		

		Exercise		Reps				Total	
Date	_____	#7							
		#6							
Day	_____	#5							
		#4							
Minutes per set – 1		<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	Work Out Total		

		Exercise		Reps				Total	
Date	_____	#7							
		#6							
Day	_____	#5							
		#4							
Minutes per set – 1		<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	Work Out Total		

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