

# December 2015

Sun	Mon	Tues	Wed	Thu	Fri	Results
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Warm Up		Warm Up		Warm Up	Warm Up	Timed Run: _____
Cardio	Cardio	Cardio	Hitting- Cages,	Cardio	Cardio	Bench lbs: _____
Long-toss or	Hitting	Workout 1	Soft-toss, or tees	Workout 2		Lunge lbs: _____
Football catch						
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Warm Up	Warm Up	Warm Up	Hitting- Cages,	Warm Up	Warm Up	Timed Run: _____
Cardio	Cardio	Cardio	Soft-toss, or tees	Cardio	Cardio	Bench lbs: _____
Long-toss or	Hitting	Workout 1		Workout 2		Lunge lbs: _____
Football catch						
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
Warm Up	Warm Up	Warm Up	Hitting- Cages,	Warm Up	Warm Up	Timed Run: _____
Cardio	Cardio	Cardio	Soft-toss, or tees	Cardio	Cardio	Bench lbs: _____
Long-toss or	Hitting	Workout 1		Workout 2		Lunge lbs: _____
Football catch						
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Warm Up	Warm Up	Warm Up	Hitting- Cages,	Warm Up	Warm Up	Timed Run: _____
Cardio	Cardio	Cardio	Soft-toss, or tees	Cardio	Cardio	Bench lbs: _____
Long-toss or	Hitting	Workout 1		Workout 2		Lunge lbs: _____
Football catch						
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>
Warm Up	Warm Up	Warm Up	Hitting- Cages,	Warm Up	Warm-up	Timed Run: _____
Cardio	Cardio	Cardio	Soft-toss, or tees	Cardio	Cardio	Bench lbs: _____
Long-toss or	Hitting	Workout 1	Hitting- Cages,	Workout 2		Lunge lbs: _____
Football catch						

# January 2016

Sun	Mon	Tues	Wed	Thu	Fri	Sat
<b>27</b> Cardio Long-toss or Football catch	<b>28</b> Cardio Hitting	<b>29</b> Warm Up Cardio Workout 1	<b>30</b> Hitting- Cages, Soft-toss, or tees Hitting- Cages,	<b>31</b> Warm Up Cardio Workout 2	<b>1</b> Warm Up Cardio	<b>2</b> Timed Run: _____ Bench lbs: _____ Lunge lbs: _____
<b>3</b> Cardio Long-toss or Football catch	<b>4</b> Cardio Hitting	<b>5</b> Warm Up Cardio Workout 1	<b>6</b> Hitting- Cages, Soft-toss, or tees Hitting- Cages,	<b>7</b> Warm Up Cardio Workout 2	<b>8</b> Warm Up Cardio	<b>9</b> Timed Run: _____ Bench lbs: _____ Lunge lbs: _____
<b>10</b> Cardio Long-toss or Football catch	<b>11</b> Cardio Hitting	<b>12</b> Warm Up Cardio Workout 1	<b>13</b> Hitting- Cages, Soft-toss, or tees Hitting- Cages,	<b>14</b> Warm Up Cardio Workout 2	<b>15</b> Warm Up Cardio	<b>16</b> Timed Run: _____ Bench lbs: _____ Lunge lbs: _____
<b>17</b> Cardio Long-toss or Football catch	<b>18</b> Cardio Hitting	<b>19</b> Warm Up Cardio Workout 1	<b>20</b> Hitting- Cages, Soft-toss, or tees Hitting- Cages,	<b>21</b> Warm Up Cardio Workout 2	<b>22</b> Warm Up Cardio	<b>23</b> Timed Run: _____ Bench lbs: _____ Lunge lbs: _____
<b>24</b> Cardio Long-toss or Football catch	<b>25</b> Cardio Hitting	<b>26</b> Warm Up Cardio Workout 1	<b>27</b> Hitting- Cages, Soft-toss, or tees	<b>28</b> Warm Up Cardio Workout 2	<b>29</b> Warm Up Cardio	<b>30</b> Timed Run: _____ Bench lbs: _____ Lunge lbs: _____

# February 2016

Sun	Mon	Tues	Wed	Thu	Fri	Sat
<b>31</b> Cardio Long-toss or Football catch	<b>1</b> Cardio Hitting	<b>2</b> Warm Up Cardio Workout 1	<b>3</b> Hitting- Cages, Soft-toss, or tees Hitting- Cages,	<b>4</b> Warm Up Cardio Workout 2	<b>5</b> Warm Up Cardio	<b>6</b> Timed Run: _____ Bench lbs: _____ Lunge lbs: _____
<b>7</b> Cardio Long-toss or Football catch	<b>8</b> Cardio Hitting	<b>9</b> Warm Up Cardio Workout 1	<b>10</b> Hitting- Cages, Soft-toss, or tees Hitting- Cages,	<b>11</b> Warm Up Cardio Workout 2	<b>12</b> Warm Up Cardio	<b>13</b> Timed Run: _____ Bench lbs: _____ Lunge lbs: _____
<b>14</b> Cardio Long-toss or Football catch	<b>15</b> Cardio Hitting	<b>16</b> Warm Up Cardio Workout 1	<b>17</b> Hitting- Cages, Soft-toss, or tees Hitting- Cages,	<b>18</b> Warm Up Cardio Workout 2	<b>19</b> Warm Up Cardio	<b>20</b> Timed Run: _____ Bench lbs: _____ Lunge lbs: _____
<b>21</b> Cardio Long-toss or Football catch	<b>22</b> Cardio Hitting	<b>23</b> Warm Up Cardio Workout 1 Warm Up	<b>24</b> Hitting- Cages, Soft-toss, or tees Hitting- Cages,	<b>25</b> Warm Up Cardio Workout 2	<b>26</b> Warm Up Cardio	<b>27</b> Timed Run: _____ Bench lbs: _____ Lunge lbs: _____
<b>28</b>	<b>29</b> Cardio Hitting	<b>1</b> Warm Up Cardio Workout 1	<b>2</b> Hitting- Cages, Soft-toss, or tees	<b>3</b> Warm Up Cardio Workout 2	<b>4</b> Warm Up Cardio	<b>5</b> Timed Run: _____ Bench lbs: _____ Lunge lbs: _____