

Player Name: _____

WEEK 1

*Make sure to stretch before and after exercising, as well as hydrate properly before, during, and after.

TUES 11/12 ____

___ squats	___ squats	___ squats
___ burpees	___ burpees	___ burpees
___ push-ups (on knees)	___ push-ups (on knees)	___ push-ups (on knees)
___ straight leg sit-ups	___ straight leg sit-ups	___ straight leg sit-ups

THURS 11/14 ____

___ squats	___ squats	___ squats
___ burpees	___ burpees	___ burpees
___ push-ups (on knees)	___ push-ups (on knees)	___ push-ups (on knees)
___ straight leg sit-ups	___ straight leg sit-ups	___ straight leg sit-ups

SAT 11/16 ____

___ squats	___ squats	___ squats
___ burpees	___ burpees	___ burpees
___ push-ups (on knees)	___ push-ups (on knees)	___ push-ups (on knees)
___ straight leg sit-ups	___ straight leg sit-ups	___ straight leg sit-ups

Parent/Guardian (Witness) Signature(s) _____

*Please initial next to each date as well

Player Name: _____

WEEK 2

*Make sure to stretch before and after exercising, as well as hydrate properly before, during, and after.

TUES 11/19 ____

___ squats	___ squats	___ squats
___ burpees	___ burpees	___ burpees
___ push-ups (on knees)	___ push-ups (on knees)	___ push-ups (on knees)
___ straight leg sit-ups	___ straight leg sit-ups	___ straight leg sit-ups

THURS 11/21 ____

___ squats	___ squats	___ squats
___ burpees	___ burpees	___ burpees
___ push-ups (on knees)	___ push-ups (on knees)	___ push-ups (on knees)
___ straight leg sit-ups	___ straight leg sit-ups	___ straight leg sit-ups

SAT 11/23 ____

___ squats	___ squats	___ squats
___ burpees	___ burpees	___ burpees
___ push-ups (on knees)	___ push-ups (on knees)	___ push-ups (on knees)
___ straight leg sit-ups	___ straight leg sit-ups	___ straight leg sit-ups

Parent/Guardian (Witness) Signature(s) _____

*Please initial next to each date as well