

*"Some people want it to happen, some wish it would happen, others make it happen."
Michael Jordan*

Player:	
Week:	

Goal: 5 out of 7 days, except homework

	Mon	Tues	Wed	Thu	Fri	Sat	Sun	Notes
Homework								Do all your HOMEWORK and study
Stretch								Strech like you mean it
Push Ups								Start with 20 add 5 each time
Sit Ups								Start with 20 add 5 each time
One Leg Squats								Start with one add one each time
Floor Shots								lay on back, shoot/form 50 times
Ball Circles								3 sets of 60 sec each
Finger Tips								3 sets until fatigue
Defensive Stance								3 sets hold until fatigue
Six Inches								3 sets of 30 sec each then add 10
Pikes								3 sets of 30 sec each then add 10
Toe Raises								Hold for 30 sec, 3 sets of 10
One Foot Balance								Five Sets 30 sec each
Stretch								Strech like you mean it