

## HOW BAD DO YOU WANT IT?

EXERCISE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Push Ups	50	25	50	25	50
Sit Ups	50	50	50	50	50
Jump rope	200	300	200	300	200
Lunges	20 each leg	20 each leg	20 each leg	20 each leg	20 each leg
Calf raises	50	50	50	50	50
Conditioning	1 Mile	10 Sprints	10 min run	10 Sprints	10 min run

### NOTES:

**Sit Ups:** Full sit ups not Crunches.

**Mile run:** Download Run keeper app. It will keep track of distance and time. Once completed, screenshot and send to Coach Thomas when completed.

**Lunges:** walking lunges. 20 on each leg for a total of 40.

**10 Sprints:** Can be done at a track (10 100's), outside the home (10 sprints 1 block distance), done in the gym before practices (10 down and backs).

Please initial each square each day that your athlete completes the exercises. If on any day your athlete fails to complete or you do not witness them completing, just leave it blank.  
Please sign and return to coaches on their teams last practice day of every week.

Player Name: \_\_\_\_\_

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Week Dates