



WASHINGTON RAMS FOOTBALL CALENDAR



December 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
<h1>Rest & Relax</h1> <h2>Enjoy the Off-Season</h2>						
8	9	10	11	12	13	14
Relax! Make sure you're getting A's and B's in ALL of your classes!	Anticipated Date of Varsity Banquet 6:00-8:30 PM	On your own 50 Push-ups 50 Sit-ups Stretch 10-100 yd Sprints	On your own 50 Squats 50 Jump Squats 50 Lunges Stretch 10-40 yd Sprints	No Workout DO STRETCH ROUTINE	On your own 50 Push-ups 50 Sit-ups Stretch 10-100 yd Sprints	On your own 50 Squats 50 Jump Squats 50 Lunges Stretch 10-40 yd Sprints
15	16	17	18	19	20	21
On your own Stretch Run 1/2 mile	No Workout DO STRETCH ROUTINE	No Workout DO STRETCH ROUTINE	1/2 Day Finals	1/2 Day Finals	On your own 50 Push-ups 50 Sit-ups Stretch 10-100 yd Sprints	On your own 50 Squats 50 Jump Squats 50 Lunges Stretch 10-40 yd Sprints
22	23	24	25	26	27	28
No Workout Rest & Relax	No Workout DO STRETCH ROUTINE	No Workout 	No Workout 	No Workout DO STRETCH ROUTINE	On your own 50 Push-ups 50 Sit-ups Stretch 10-100 yd Sprints	On your own 50 Squats 50 Jump Squats 50 Lunges Stretch 10-40 yd Sprints
29	30	31	1-Jan	2-Jan	3-Jan	4-Jan
No Workout Rest & Relax	On your own 50 Push-ups 50 Sit-ups Stretch 10-100 yd Sprints	On your own 50 Push-ups 50 Sit-ups Stretch 10-100 yd Sprints	Watch College Football 	On your own 50 Push-ups 50 Sit-ups Stretch 10-100 yd Sprints	On your own 50 Push-ups 50 Sit-ups Stretch 10-100 yd Sprints	On your own 50 Squats 50 Jump Squats 50 Lunges Stretch 10-40 yd Sprints