WORK-OUT SCHEDULE

NAME _____ MONTH _____

DAY	BALL HANDLING	SHOOTING ROUTINE	LAY-UPS	FREE THROWS	GAMES SHOTS	RUNNING	JUMP ROPE, LADDER	GAME PLAY	WEIGHT LIFTING
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									
11									
12									
13									
14									
15									
16									
17									
18									
19									
20									
21									
22									
23									
24									
25									
26									
27									
28									
29									
30									
31									