

Name: _____

		Week Number	TM-0	1-1	1-2	1-3	TM-1	2-1	2-2	2-3	TM-2	3-1	3-2	3-3	TM-3	4-1	4-2	4-3	TM-4
		Date																	
Category	Exercise	Reps x Secs																	
Stretches	Hamstring	5x10																	
	Quads	5x10																	
	Piriformis	3x10																	
	Calf (Incline Board)	3x10																	
	Groin	3x10																	
Warmups	Pelvic Tilts	10x10																	
	"V" Situp w/ hold	5x10 > 5x20																	
Situps	Situps																		
	Leg up Curl Up	10x10 > 10x20																	
Running	1/4 Mile (1 lap)																		
	1/2 Mile (2 laps)																		
	3/4 Mile (3 laps)																		
	1 Mile (4 laps)																		
Push Ups	Pushups																		
	Partial Push Ups																		
Jumping	Standing Long Jump																		
	Side-side Jumping																		
	Sand Jump																		
Pull Ups	Pull Ups																		
	Hang-time																		
	Indian Wrestling																		
Buddy	Initials																		

Completed: _____ Initial Test: _____ Date: _____ Final Test: _____ Date: _____