



WIGHTS AND CONDITIONING SCHEDULE

DECEMBER 2020:

<u>Mondays:</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
1	2	3	4	
7	8	9	10	11
14	15	16	17	18
21	22	23	EVE	X-Mas
28	29	30		

JANUARY 2021:

<u>Mondays:</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
4	5	6	7	8
11	12	13	14	15
18(MLK)	19	20	21	22
25	26	27	28	29

FEBRUARY 2021

<u>Mondays:</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
1	2	3	4	5

8

9

10

11

12

Mondays-Weights

Tuesday- Conditioning

Wednesday- Weights (OR Redline Athletics (Speed and Agility/Conditioning)

Thursday-Conditioning (Additional practices)

Friday- Wall Ball