

# WORKOUT

## CALENDAR

- 1 - Commit to making every workout for 30 days.
- 2 - Write in all of your practice and game days.
- 3 - Mark on each day what time you will do the workout.
- 4 - In the box to the right, write in your WHY... do you want to get better?
- 5 - Say your WHY daily before your workout. Make it your mantra. Own it.
- 6 - If you have ANY QUESTIONS EVER, private message RST on Facebook, or email us!

**30 Day Focus:**  
**Ball Control, Fitness, Confidence**

**My WHY:**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DAY 1 <b>PROGRESS TEST</b>	DAY 2 <b>BEGINNER 1</b>	DAY 3 <b>BEGINNER 2</b>	DAY 4 <b>BEGINNER 1</b>	DAY 5 <b>BEGINNER 2</b>	DAY 6 <b>BEGINNER 3</b>	DAY 7 <b>REST DAY</b>
DAY 8 <b>BEGINNER 4</b>	DAY 9 <b>BEGINNER 3</b>	DAY 10 <b>BEGINNER 4</b>	DAY 11 <b>BEGINNER 5</b>	DAY 12 <b>INTER 6</b>	DAY 13 <b>BEGINNER 5</b>	DAY 14 <b>REST DAY</b>
DAY 15 <b>INTER 6</b>	DAY 16 <b>BEGINNER 5</b>	DAY 17 <b>INTER 6</b>	DAY 18 <b>INTER 7</b>	DAY 19 <b>INTER 8</b>	DAY 20 <b>INTER 7</b>	DAY 21 <b>REST DAY</b>
DAY 22 <b>INTER 8</b>	DAY 23 <b>INTER 9</b>	DAY 24 <b>INTER 10</b>	DAY 25 <b>INTER 9</b>	DAY 26 <b>INTER 10</b>	DAY 27 <b>INTER 9</b>	DAY 28 <b>REST DAY</b>
DAY 29 <b>INTER 10</b>	DAY 30 <b>PROGRESS TEST</b>	DAY 31 <b>GREAT JOB!</b>	DAY 32 <b>RECOVERY</b>	DAY 33 <b>RECOVERY</b>	DAY 34 <b>SET NEW GOALS!</b>	DAY 35 <b>REST DAY</b>