

Week of __/__/__

	Qty	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Dry Swing	25							
High Tee Swing	25							
Mid Tee Swing	50							
Low Tee Swing	25							
Soft Toss	25							
Machine								
Control Ball								
Pushups	50							
Situps	50							
Wrist Curls								

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