

Month:	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
<b>Pitching</b>																															
25 Leg Lifts																															
25 Strides																															
25 Towel Drill																															
25 Stack and Track																															
25 Hip-Mos																															
10 Bend Overs																															
<b>Hitting</b>																															
25 Real Swings - Righty																															
25 Real Swings - Lefty																															
25 Heavy Bat - Righty																															
25 Heavy Bat - Lefty																															
25 Small Bat - Righty																															
25 Small Bat - Lefty																															
25 One Arm - Righty																															
25 One Arm - Lefty																															
<b>Catching and Fitness</b>																															
10 Rubber Band																															
10 Medicine Ball																															
10 Pull Ups																															
Vision																															
25 Regular																															
25 Bounce																															