

# November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3 REST	4 Lifting 6:00 – 7:30 CBE Weight Room	5 Core/Agility/ Plyo/Yoga 1	6 Lifting 6:00 – 7:30 CBE Weight Room	7 Core/Agility/ Plyo/Yoga 1	8 REST	9 Arm Care / Band Work Static Stretching What do you need?
10 REST	11 Lifting 6:00 – 7:30 CBE Weight Room	12 Core/Agility/ Plyo/Yoga 2	13 Lifting 6:00 – 7:30 CBE Weight Room	14 Core/Agility/ Plyo/Yoga 1	15 REST	16 Arm Care / Band Work Static Stretching What do you need?
17 REST	18 Lifting 6:00 – 7:30 CBE Weight Room	19 Core/Agility/ Plyo/Yoga 2	20 Lifting 6:00 – 7:30 CBE Weight Room	21 Core/Agility/ Plyo/Yoga 1	22 REST	23 Arm Care / Band Work Static Stretching What do you need?
24 REST	25 Lifting 6:00 – 7:30 CBE Weight Room	26 Core/Agility/ Plyo/Yoga 1	27 SCHOOL CLOSED NO LIFTING  Core/Agility/ Plyo/Yoga 2	28 REST  	29 REST	30 Arm Care / Band Work Static Stretching What do you need?

## CB EAST BASEBALL

**“We don’t have control over outcomes, but we do have control over how we use our time.”**

**-Josh Medcalf – Burn your Goals**

### Daily

Take care of your grades

HYDRATE

Eat Well

8+ Hours of Sleep (4+12 ≠ 8+8)

BUILD YOUR HOUSE

# December 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 REST	2 Lifting 6:00 – 7:30 CBE Weight Room	3 Core/Agility/ Plyo/Yoga 2	4 Lifting 6:00 – 7:30 CBE Weight Room	5 Core/Agility/ Plyo/Yoga 1	6 REST	7 Arm Care / Band Work Static Stretching What do you need?
8 REST	9 Lifting 6:00 – 7:30 CBE Weight Room	10 Core/Agility/ Plyo/Yoga 2	11 Lifting 6:00 – 7:30 CBE Weight Room	12 Core/Agility/ Plyo/Yoga 1	13 REST	14 Arm Care / Band Work Static Stretching What do you need?
15 REST	16 Lifting 6:00 – 7:30 CBE Weight Room	17 Core/Agility/ Plyo/Yoga 2	18 Lifting 6:00 – 7:30 CBE Weight Room	19 Core/Agility/ Plyo/Yoga 3	20 REST	21 Arm Care / Band Work Static Stretching What do you need?
22 REST	23 Lifting 6:00 – 7:30 CBE Weight Room	24 Core/Agility/ Plyo/Yoga 2	25 SCHOOL CLOSED NO LIFTING REST	26 Core/Agility/ Plyo/Yoga 3	27 REST	28 Arm Care / Band Work Static Stretching What do you need?
29 REST	30 Lifting 6:00 – 7:30 CBE Weight Room	31 Core/Agility/ Plyo/Yoga 3				

## CB EAST BASEBALL

**“Everyone wants to be great  
until its time to do what  
greatness requires.”**

**Josh Medcalf – Chop Wood,  
Carry Water**

### **Daily**

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BUILD YOUR HOUSE

# January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 SCHOOL CLOSED NO LIFTING	2 REST	3 Core/Agility/ Plyo/Yoga 1	4 Arm Care / Band Work Static Stretching What do you need?
5 REST	6 Lifting 5:30 – 7:30 Cafeteria & CBE Weight Room	7 Training 3:30 – 5:30 PSR Chalfont Core/Agility/ Plyo/Yoga 3	8 Lifting 6:00 – 7:30 CBE Weight Room	9 Training 3:30 – 5:30 PSR Chalfont Core/Agility/ Plyo/Yoga 2	10 REST	11 Arm Care / Band Work Static Stretching What do you need?
12 REST	13 Lifting 5:30 – 7:30 Cafeteria & CBE Weight Room	14 Training 3:30 – 5:30 PSR Chalfont Core/Agility/ Plyo/Yoga 3	15 Lifting 6:00 – 7:30 CBE Weight Room	16 Training 3:30 – 5:30 PSR Chalfont Core/Agility/ Plyo/Yoga 2	17 REST	18 Arm Care / Band Work Static Stretching What do you need?
19 REST	20 SCHOOL CLOSED NO LIFTING	21 Training 3:30 – 5:30 PSR Chalfont Core/Agility/ Plyo/Yoga 4	22 Lifting 6:00 – 7:30 CBE Weight Room	23 Training 3:30 – 5:30 PSR Chalfont Core/Agility/ Plyo/Yoga 4	24 REST	25 Arm Care / Band Work Static Stretching What do you need?
26 REST	27 Lifting 5:30 – 7:30 Cafeteria & CBE Weight Room	28 Training 3:30 – 5:30 PSR Chalfont Core/Agility/ Plyo/Yoga 3	29 Lifting 6:00 – 7:30 CBE Weight Room	30 Training 3:30 – 5:30 PSR Chalfont Core/Agility/ Plyo/Yoga 4	31 REST	Arm Care / Band Work Static Stretching What do you need?

## CB EAST BASEBALL

Its what you do in  
the dark that puts  
you in the light.

### Daily

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BUILD YOUR HOUSE

# February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Arm Care / Band Work Static Stretching What do you need?
2 REST	3 Lifting 5:30 – 7:30 Cafeteria & CBE Weight Room	4 Training 3:30 – 5:30 PSR Chalfont Core/Agility/ Plyo/Yoga 3	5 Lifting 6:00 – 7:30 CBE Weight Room	6 Training 3:30 – 5:30 PSR Chalfont Core/Agility/ Plyo/Yoga 4	7 REST	8 Arm Care / Band Work Static Stretching What do you need?
9 REST	10 Lifting 5:30 – 7:30 Cafeteria & CBE Weight Room	11 Training 3:30 – 5:30 PSR Chalfont Core/Agility/ Plyo/Yoga 4	12 Lifting 6:00 – 7:30 CBE Weight Room	13 Training 3:30 – 5:30 PSR Chalfont Core/Agility/ Plyo/Yoga 3	14 REST	15 Arm Care / Band Work Static Stretching What do you need?
16 REST	17 SCHOOL CLOSED NO LIFTING	18 Training 3:30 – 5:30 PSR Chalfont Core/Agility/ Plyo/Yoga 3	19 Lifting 6:00 – 7:30 CBE Weight Room	20 Training 3:30 – 5:30 PSR Chalfont Core/Agility/ Plyo/Yoga 4	21 REST	22 Arm Care / Band Work Static Stretching What do you need?
23 REST	24 Lifting 5:30 – 7:30 Cafeteria & CBE Weight Room	25 Training 3:30 – 5:30 PSR Chalfont Core/Agility/ Plyo/Yoga 2	26 Lifting 6:00 – 7:30 CBE Weight Room	27 Training 3:30 – 5:30 PSR Chalfont Core/Agility/ Plyo/Yoga 4	28 REST	29 Arm Care / Band Work Static Stretching What do you need?

## CB EAST BASEBALL

Don't fear failure. Fear being in the exact same place next year as you are today.

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