

| Workout 1 (Type of shot) | Location | Makes Total |
|-----------------------------|----------|----------------|
| Tune (Line) | | 10 |
| Tune (Swish) | | 10 |
| Train: Level __ (_____) | | /10 |
| Train: Level __ (_____) | | /10 |
| Train: Level __ (_____) | | /10 |
| Train: Level __ (_____) | | /10 |
| Train: Level __ (_____) | | /10 |
| Train: Level __ (_____) | | /10 |
| Train: Level __ (_____) | | /10 |
| Train: Level __ (_____) | | /10 |
| Test: Ray Allen | | __ |

| Workout 2 (Type of shot) | Location | Makes Total |
|-----------------------------|----------|----------------|
| Tune (Line) | | 10 |
| Tune (Swish) | | 10 |
| Tune (Rockers) | | 10 |
| Tune (Blasters) | | 10 |
| Train: Level __ (_____) | | /10 |
| Train: Level __ (_____) | | /10 |
| Train: Level __ (_____) | | /10 |
| Train: Level __ (_____) | | /10 |
| Train: Level __ (_____) | | /10 |
| Train: Level __ (_____) | | /10 |
| Train: Level __ (_____) | | /10 |
| Test: Beal Pressure | | |

| Workout 3 (Type of shot) | Location | Makes Total |
|-----------------------------|----------|----------------|
| Tune (Rockers) | | 10 |
| Tune (Blasters) | | 10 |
| Tune (Groove) | | 10 |
| Tune (Quick quicks) | | 10 |
| Train: Level __ (_____) | | /10 |
| Train: Level __ (_____) | | /10 |
| Train: Level __ (_____) | | /10 |
| Train: Level __ (_____) | | /10 |
| Train: Level __ (_____) | | /10 |
| Train: Level __ (_____) | | /10 |
| Train: Level __ (_____) | | /10 |
| Test: McCollum 52 | | /52 |

| Workout 4 (Type of shot) | Location | Makes Total |
|-----------------------------|----------|----------------|
| Tune (Line) | | 10 |
| Tune (Swish) | | 10 |
| Tune (_____) | | 10 |
| Tune (_____) | | 10 |
| Train: Level __ (_____) | | /10 |
| Train: Level __ (_____) | | /10 |
| Train: Level __ (_____) | | /10 |
| Train: Level __ (_____) | | /10 |
| Train: Level __ (_____) | | /10 |
| Train: Level __ (_____) | | /10 |
| Test: Kemba 505 | | |

| Workout 5 (Type of shot) | Location | Makes Total |
|-----------------------------|----------|----------------|
| Tune (Rockers) | | 10 |
| Tune (Blasters) | | 10 |
| Tune (Groove) | | 10 |
| Tune (Quick quicks) | | 10 |
| Train: Level __ (_____) | | /10 |
| Train: Level __ (_____) | | /10 |
| Train: Level __ (_____) | | /10 |
| Train: Level __ (_____) | | /10 |
| Train: Level __ (_____) | | /10 |
| Train: Level __ (_____) | | /10 |
| Train: Level __ (_____) | | /10 |
| Test: Redick 90-4 | | / |

| Workout 6 (Type of shot) | Location | Makes Total |
|-----------------------------|----------|----------------|
| Tune (_____) | | 10 |
| Tune (_____) | | 10 |
| Tune (_____) | | 10 |
| Tune (_____) | | 10 |
| Train: Level __ (_____) | | /10 |
| Train: Level __ (_____) | | /10 |
| Train: Level __ (_____) | | /10 |
| Train: Level __ (_____) | | /10 |
| Train: Level __ (_____) | | /10 |
| Train: Level __ (_____) | | /10 |
| Train: Level __ (_____) | | /10 |
| Test (_____) | | |