				PHASE	1 WORK	OUT TR	ACKER						PHA	ASE 2 WORKOUT TRACKER				R				PRESEASON
Name		Workouts	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Totals	Workouts	Week 9	Week 10	Week 1		Week 12	Week		Week 14	Totals	
		De Burel Oterest	5/8-5/14	5/15-5/21	5/22-5/28	5/29-6/4	6/5-6/11	6/12-6/18	6/19-6/25	6/26-7/2	40	Otenanth	7/3-7/9	7/10-7/16		23	7/24-7/30	7/31-8		8/7-8/13	8	
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Peter Fusco		Dr. Busch Strength									0	Strength									0	
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