

**HOMER HIGH SOFTBALL 2012  
BUDDY-APPROACH TO STRENGTHENING (B.A.T.S.)**

| <b>WEEK</b> | <b>2x12</b><br>Stick em<br>Ups | <b>2x12</b><br>Rows | <b>2x12</b><br>Shoulder<br>Extension | <b>2x12</b><br>Hitch<br>Hikers | <b>2x12</b><br>Horizontal<br>Abduction | <b>2x12</b><br>ER<br>90/90 | <b>2x12</b><br>Monster<br>Walks |
|-------------|--------------------------------|---------------------|--------------------------------------|--------------------------------|--|----------------------------|---------------------------------|
| 1           |                                |                     |                                      |                                |  |                            |                                 |
| 1           |                                |                     |                                      |                                |  |                            |                                 |
| 1           |                                |                     |                                      |                                |  |                            |                                 |
| 2           |                                |                     |                                      |                                |  |                            |                                 |
| 2           |                                |                     |                                      |                                |  |                            |                                 |
| 2           |                                |                     |                                      |                                |  |                            |                                 |
| 3           |                                |                     |                                      |                                |  |                            |                                 |
| 3           |                                |                     |                                      |                                |  |                            |                                 |
| 3           |                                |                     |                                      |                                |  |                            |                                 |
| 4           |                                |                     |                                      |                                |  |                            |                                 |
| 4           |                                |                     |                                      |                                |  |                            |                                 |
| 4           |                                |                     |                                      |                                |  |                            |                                 |
| 5           |                                |                     |                                      |                                |  |                            |                                 |
| 5           |                                |                     |                                      |                                |  |                            |                                 |
| 5           |                                |                     |                                      |                                |  |                            |                                 |

**HONOR CODE:** \_\_\_\_\_