

### 400+ SHOT WORKOUT

Running  
Total

**Killer Instinct Sports**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>DATE:</b>	/ /	/ /	/ /	/ /	/ /	/ /	/ /
25 25 Form Shots	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
50 25 One Hand Form Shots	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	REST DAY	<input type="checkbox"/>
75 50 Soft Jumpers from the 5 Spots	___ out of 25	___ out of 25	___ out of 25	___ out of 25	___ out of 25	REST DAY	___ out of 25
80 10 Freethrows	___ out of 5	___ out of 5	___ out of 5	___ out of 5	___ out of 5	REST DAY	___ out of 5
100 20 Jumpshots at 15 Feet (GS)	___ out of 20	___ out of 20	___ out of 20	___ out of 20	___ out of 20	REST DAY	___ out of 20
105 10 Free Throws	___ out of 5	___ out of 5	___ out of 5	___ out of 5	___ out of 5	REST DAY	___ out of 5
125 20 Deep Jumpshots at 18 Feet (GS)	___ out of 20	___ out of 20	___ out of 20	___ out of 20	___ out of 20	REST DAY	___ out of 20
130 10 Free Throws	___ out of 5	___ out of 5	___ out of 5	___ out of 5	___ out of 5	REST DAY	___ out of 5
140 20 Bank Shots (10 Left, 10 Right) No Dribble (GS)	___ out of 10	___ out of 10	___ out of 10	___ out of 10	___ out of 10	REST DAY	___ out of 10
142 10 Free Throws	___ out of 2	___ out of 2	___ out of 2	___ out of 2	___ out of 2	REST DAY	___ out of 2
152 20 Bank Shots (10 Left, 10 Right) Hard Dribble (GS)	___ out of 10	___ out of 10	___ out of 10	___ out of 10	___ out of 10	REST DAY	___ out of 10
155 10 Free Throws	___ out of 3	___ out of 3	___ out of 3	___ out of 3	___ out of 3	REST DAY	___ out of 3
175 20 Floaters (10 Left, 10 Right) Dribble (GS)	___ out of 20	___ out of 20	___ out of 20	___ out of 20	___ out of 20	REST DAY	___ out of 20
180 10 Free Throws	___ out of 5	___ out of 5	___ out of 5	___ out of 5	___ out of 5	REST DAY	___ out of 5
200 20 Lay-ups from Every Angle, Two Dribbles (GS)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	REST DAY	<input type="checkbox"/>
210 10 Free Throws	___ out of 10	___ out of 10	___ out of 10	___ out of 10	___ out of 10	REST DAY	___ out of 10
230 20 Creative Time - Do any shot you want (GS)	___ out of 20	___ out of 20	___ out of 20	___ out of 20	___ out of 20	REST DAY	___ out of 20
240 10 Free Throws	___ out of 10	___ out of 10	___ out of 10	___ out of 10	___ out of 10	REST DAY	___ out of 10
260 20 Fadeaways (10 Left, 10 Right) (GS)	___ out of 20	___ out of 20	___ out of 20	___ out of 20	___ out of 20	REST DAY	___ out of 20
265 10 Free Throws	___ out of 5	___ out of 5	___ out of 5	___ out of 5	___ out of 5	REST DAY	___ out of 5
305 50 3 Pointers from the 5 Spots Catch and Shoot	___ out of 40	___ out of 40	___ out of 40	___ out of 40	___ out of 40	REST DAY	___ out of 40
310 10 Free Throws	___ out of 5	___ out of 5	___ out of 5	___ out of 5	___ out of 5	REST DAY	___ out of 5
350 50 3 Pointers from the 5 Spots Off Dribble (GS)	___ out of 40	___ out of 40	___ out of 40	___ out of 40	___ out of 40	REST DAY	___ out of 40
355 10 Free Throws	___ out of 5	___ out of 5	___ out of 5	___ out of 5	___ out of 5	REST DAY	___ out of 5
375 30 NBA 3 Pointers (6 each from 5 spots)	___ out of 20	___ out of 20	___ out of 20	___ out of 20	___ out of 20	REST DAY	___ out of 20
380 10 Free Throws	___ out of 5	___ out of 5	___ out of 5	___ out of 5	___ out of 5	REST DAY	___ out of 5
405 25 Soft Jumpers (Cool down)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	REST DAY	<input type="checkbox"/>
Number of jumpshots you made out the 145	___   %	___   %	___   %	___   %	___   %	n/a	___   %
Number of threes you made out of 100	___   %	___   %	___   %	___   %	___   %	n/a	___   %
Number of freethrows you made out of 65	___   %	___   %	___   %	___   %	___   %	n/a	___   %
Number of threes + jumpshots out of 245	___   %	___   %	___   %	___   %	___   %	n/a	___   %

**LOCK  
ARC  
SWISH**