**Basketball workouts**

**Workout 1 – do 2 x week with 1-2 days in between**

**Medium-heavy weights, fast tempo on the lift**

Warm-up – Choose 2 exercises (2 minutes total)

run, jump rope, dot drills, ladder drills I,Y,T,W with elastic bands

Jumping and Landing

Tuck Jumps 2 x 6

180° jumps x 4 each way

SL 90° jumps x 4 each way

Box Jumps – jump up 2 x 6

Box Jumps – step down plyometric jumps 2 x 6

Box Jumps – step down SL plyometric jumps 2 x 4 each leg

Choose 2 of the following exercises – 3 x 10

Hang Cleans

Jump squat with weight

Barbell hip thrusts

Squat or squat with overhead press

Single leg squat

Choose 1 exercise – 3 x 10

Pushups (any variation)

Cable chest press

Choose 2 exercises – 3 x 10

Pullups

Supine pullups

Reverse Flys

Choose 2 exercises – 3 x 10

Bicep curls, supination curls, hammer curls

Tricep extension, Tricep kick-back, Dips

Choose 4 ab/core exercises – 2 x 30-60 seconds

You can use the Core Stability Exercises or the Core Mobility Series on the bulletin board or make-up your own

Stability/Balance/Prevention

Toe/heel walks, single-leg balance on dynadisc, elastic band 4-way ankle pumps – 3 x 30 seconds each

**Basketball workouts**

**Workout 2 - do 2 x week with 1-2 days in between**

**Medium-heavy weights, fast tempo on the lift**

Warm-up – Choose 2 exercises (2 minutes total)

run, jump rope, dot drills, ladder drills I,Y,T,W with elastic bands

Jumping and Landing

Squat Jumps 2 x 6, Scissor jumps x 5 each leg, Side-to-side SL hops x 10 each way

Box Jumps – two box jump up 2 x 5

Box Jumps – two box lateral jumps 2 x 6

Diagonal bounds x 10 yards 2 x DL, 1 x SL each leg

Choose 2 exercises – 3 x 10

Stationary lunge

Bulgarian split squat

Deadlift – hex bar or straight bar

Step box – forward and sideways

Choose 1 exercise – 3 x 10

Bench Press – barbell or dumbbells

Incline bench press – barbell or dumbbells

Choose 2 exercises – 3 x 10

Lat pulls

Rows

Cable rows

Choose 2 exercises – 3 x 10

Overhead press

Dumbbell raises – front, 45°, side (thumbs up position)

Shrugs

Upright row

Choose 4 ab/core exercises – 2 x 30-60 seconds

You can use the Core Stability Exercises or the Core Mobility Series on the bulletin board or make-up your own

Stability/Balance/Prevention

Toe/heel walks, single-leg balance on dynadisc, elastic band 4-way ankle pumps – 3 x 30 seconds each