



## Basketball

# Strength and Conditioning

**Day 1 – Legs** - Do each exercise either in 3 sets or as 3 rounds of exercises and record your weight and repetitions on the sheet below.

If you have any weights use them, if not fill a backpack with books or two backpacks and use for single arm exercises. Coles shopping bags filled with sand also work well. 2 litre soda bottles also can get heavy very quickly. In other words, look around your house and you will find things to use for weights.

| Body Part | Exercise                | Weight | Rep | Weight | Rep | Weight | Rep |
|-----------|-------------------------|--------|-----|--------|-----|--------|-----|
| Legs      | Squat                   |        | 15  |        |     |        |     |
|           | Lunge                   |        | 12  |        |     |        |     |
|           | Hops                    | BW     | 10  | BW     |     | BW     |     |
|           | Box Jumps               | BW     | 10  | BW     |     | BW     |     |
|           | Hip Bridge              | BW     | 25  | BW     |     | BW     |     |
|           | Single Leg Glute Bridge | BW     | 12  | BW     |     | BW     |     |

**Day 2 – Back/Chest** - Do each exercise either in 3 sets or as 3 rounds of exercises and record your weight and repetitions on the sheet below.

If you have any weights use them, if not fill a backpack with books or two backpacks and use for single arm exercises. Coles shopping bags filled with sand also work well. 2 litre soda bottles also can get heavy very quickly. In other words, look around your house and you will find things to use for weights.

| Body Part | Exercise                   | Weight | Rep | Weight | Rep | Weight | Rep |
|-----------|----------------------------|--------|-----|--------|-----|--------|-----|
| Back      | Pull Ups                   | BW     | max |        |     |        |     |
|           | Bent Over Row              |        | 15  |        |     |        |     |
|           | Good morning's             |        | 15  |        |     |        |     |
|           | Superman's                 | BW     | 20  | BW     |     | BW     |     |
|           | Superman with Breaststroke | BW     | 20  | BW     |     | BW     |     |
|           |                            |        |     |        |     |        |     |
| Chest     | Bench Press                |        | 15  |        |     |        |     |
|           | Push Ups                   | BW     | 25  | BW     |     | BW     |     |
|           | Fly's                      |        | 20  |        |     |        |     |
|           | Push Up's to a "T"         |        | 10  |        |     |        |     |

**Day 3 – Shoulders/Arm's** - Do each exercise either in 3 sets or as 3 rounds of exercises and record your weight and repetitions on the sheet below.

If you have any weights use them, if not fill a backpack with books or two backpacks and use for single arm exercises. Coles shopping bags filled with sand also work well. 2 litre soda bottles also can get heavy very quickly. In other words, look around your house and you will find things to use for weights.

| Body Part | Exercise           | Weight | Rep | Weight | Rep | Weight | Rep |
|-----------|--------------------|--------|-----|--------|-----|--------|-----|
| Shoulders | Shoulder Press     |        | 15  |        |     |        |     |
|           | Side Lateral Fly's |        | 15  |        |     |        |     |
|           | Front Fly's        |        | 15  |        |     |        |     |

|      |                            |    |    |    |  |    |  |
|------|----------------------------|----|----|----|--|----|--|
|      | Reverse Fly's              |    | 15 |    |  |    |  |
|      | Shoulder Shrugs            |    | 20 |    |  |    |  |
|      | Shoulder circles (front)   | BW | 25 | BW |  | BW |  |
|      | Shoulder circles (back)    | BW | 25 | BW |  | BW |  |
|      |                            |    |    |    |  |    |  |
| Arms | Dips                       | BW | 20 | BW |  | BW |  |
|      | Kickbacks                  |    | 15 |    |  |    |  |
|      | Triceps' Ext. (press down) |    | 15 |    |  |    |  |
|      | Overhead Ext.              |    | 15 |    |  |    |  |
|      | Bar Bicep Curl             |    | 15 |    |  |    |  |
|      | Single Arm Curl            |    | 15 |    |  |    |  |

**Day 4 – Core** - Do each exercise either in 3 sets or as 3 rounds of exercises and record your weight and repetitions on the sheet below.

If you have any weights use them, if not fill a backpack with books or two backpacks and use for single arm exercises. Coles shopping bags filled with sand also work well. 2 litre soda bottles also can get heavy very quickly. In other words, look around your house and you will find things to use for weights.

| Body Part | Exercise           | Weight | Rep | Weight | Rep | Weight | Rep |
|-----------|--------------------|--------|-----|--------|-----|--------|-----|
| Core      | Plank              | BW     | 1m  | BW     |     | BW     |     |
|           | Crunch             | BW     | 1m  | BW     |     | BW     |     |
|           | Flutter Kick       | BW     | 1m  | BW     |     | BW     |     |
|           | Scissors Kick      | BW     | 1m  | BW     |     | BW     |     |
|           | V-Up               | BW     | 1m  | BW     |     | BW     |     |
|           | Dead Bug           | BW     | 1m  | BW     |     | BW     |     |
|           | Butterfly Sit Up   | BW     | 1m  | BW     |     | BW     |     |
|           | High Boat/Low Boat | BW     | 1m  | BW     |     | BW     |     |
|           | Side Bend          | BW     | 1m  | BW     |     | BW     |     |
|           | Leg Raise's        | BW     | 1m  | BW     |     | BW     |     |

