



Basketball

Strength and Conditioning

Monday

5k run (timed).

Then measure out the length of a basketball court if you do not have access to one (28 metres). Lay face down at one end and time yourself how long it takes to get up and sprint to the other end of court. Do 10 times and write your times down

Tuesday

10 to 1 Workout (Start by doing 10 reps of each exercise, then 9 reps, then 8 reps... you get the idea. Once you finish your last set of 1 rep, you're done. That's 275 total reps, if you weren't counting).

Squats

Jump Squats

Push Up

Lunges

Dips

Crunches

Wednesday

1k run followed by below exercises and finish with another 1k run (timed)

Bounding (Start with your feet together, push off your left foot and jump out and forward as far as you can land on your right foot. Now push off your right foot and do the same thing. Continue this motion for 15 repetitions each leg).

Rim Touches (*Take one small step going off one foot and jump and try to touch the rim and come back down. Take again only one small step and touch again for 10 repetitions).*
pick a height that is challenging to touch

Box Jumps (*Keep your chest up and core tight as you slightly bend your knees. Explosively leap from the ground and land completely on the box. You can choose to step down or lightly jump back into the starting position. Make sure you vary the height of the boxes during the workout, challenging yourself to increase the height, 15 repetitions).*

Tuck Knee Jump (*Stand tall with your chest up and feet at shoulder-width apart. Similar to the jump squat, you'll start by bending slightly at the knees and driving your hips back only a little bit. Then, jump straight up into the air and bring your knees up towards your chest. Reverse the motion and land softly, 10 repetitions).*

Cone Taps (*Set up two cones 10m or more apart from one another. Begin in the middle of the cones. If you're using walls, stand between two walls. Sprint to your right as fast as you can, tap the cone or wall, then immediately change direction and do the same on the other side. You can vary the distances for each set that you do. If you're using cones, you can also add a second or third pair in a ladder-like arrangement, where you'll have to sprint in a zig-zag fashion from side to side. Tap each cone or wall 10 times each.*

Thursday

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				

Friday

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. 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	