

BASKETBALL CONDITIONING WORKOUT

1. BASKETBALL SQUAT JUMPS



3 sets of 10-15 reps

2. ALTERNATING BASKETBALL PUSH-UPS



3 sets of 10-12 reps

3. PLYO LUNGES WITH BASKETBALL FIGURE 8'S



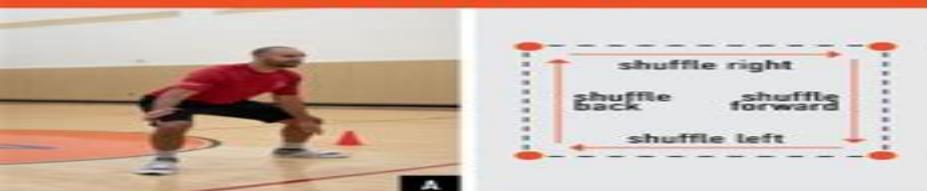
3 sets of 30 seconds

4. BASKETBALL PLANK



3 sets of 30-90 seconds

5. 4-CONE BOX SHUFFLE



3 sets of 3 times around

6. RESISTANCE BAND DEFENSIVE SLIDES



3 sets of 10-15 slides in both directions

7. BASKETBALL HURDLE HOPS



3-5 sets of hurdle hops

8. STABILITY BALL TOE TAPS



3 sets of 30-60 seconds

Complete Conditioning For Basketball

S Ashworth



Complete Conditioning For Basketball:

Whispering the Strategies of Language: An Mental Quest through **Complete Conditioning For Basketball**

In a digitally-driven earth where monitors reign supreme and quick conversation drowns out the subtleties of language, the profound secrets and mental nuances concealed within phrases often move unheard. However, located within the pages of **Complete Conditioning For Basketball** a interesting fictional treasure pulsating with fresh thoughts, lies a fantastic journey waiting to be undertaken. Published by a talented wordsmith, that charming opus invites visitors on an introspective journey, gently unraveling the veiled truths and profound influence resonating within ab muscles material of each word. Within the emotional depths with this poignant review, we shall embark upon a genuine exploration of the book is core themes, dissect its fascinating publishing design, and yield to the strong resonance it evokes heavy within the recesses of readers hearts.

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