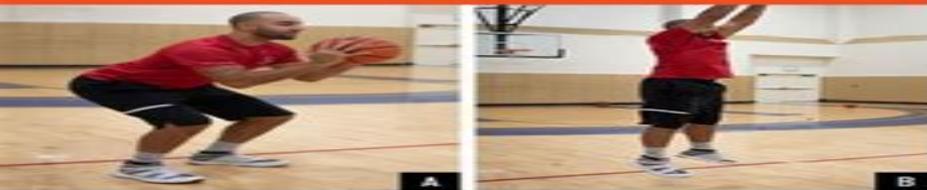


# BASKETBALL CONDITIONING WORKOUT

## 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



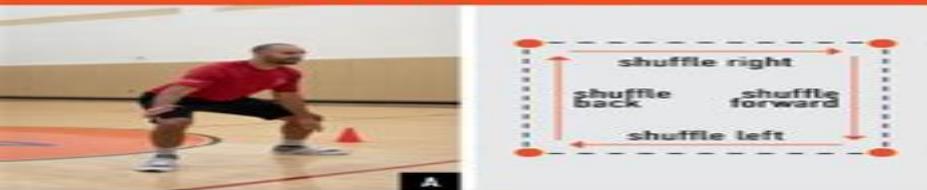
3 sets of 30 seconds

## 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

**J Dewey**



## **Complete Conditioning For Basketball:**

## Enjoying the Song of Phrase: An Emotional Symphony within **Complete Conditioning For Basketball**

In a world eaten by displays and the ceaseless chatter of fast interaction, the melodic beauty and emotional symphony developed by the prepared term often diminish into the back ground, eclipsed by the persistent noise and disruptions that permeate our lives. But, nestled within the pages of **Complete Conditioning For Basketball** an enchanting literary value brimming with organic thoughts, lies an immersive symphony waiting to be embraced. Constructed by an elegant composer of language, that charming masterpiece conducts visitors on an emotional trip, skillfully unraveling the hidden tunes and profound affect resonating within each cautiously constructed phrase. Within the depths of the emotional review, we shall examine the book is central harmonies, analyze its enthralling publishing style, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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