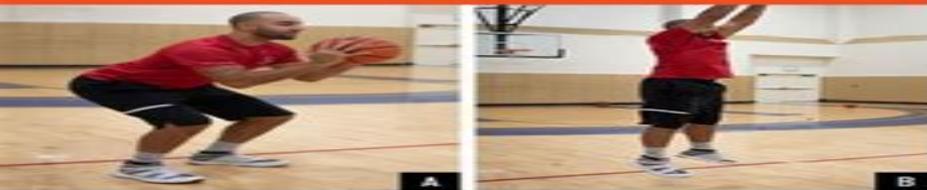


# BASKETBALL CONDITIONING WORKOUT

## 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



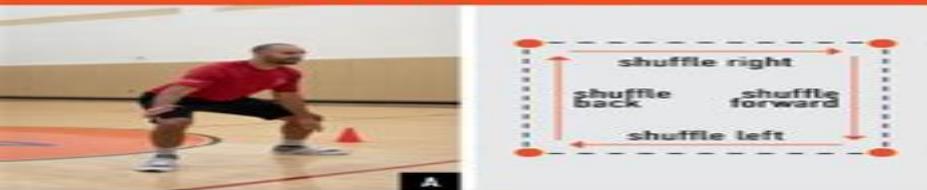
3 sets of 30 seconds

## 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

**Sabine Zange**



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web apr 27 2017 it begins with a warm up and includes preparation to race prior to the main usrpt set the session focuses on the 50 frontcrawl event it begins with a warm up and includes preparation to race prior to the main usrpt set example 50m fc race time 28 5 seconds 15m pace time 28 5 10 2 85 per 5m 15m pace time 2 85 x 3 8 55

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