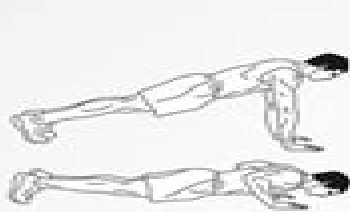


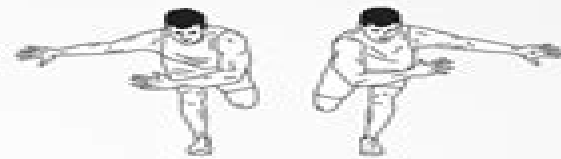
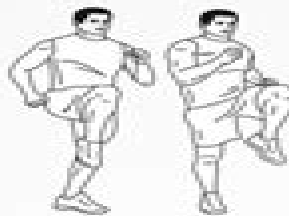
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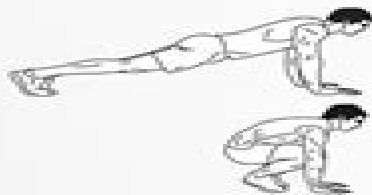
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10combos: 1 push-up + 10 high knees



10 side-to-side jumps



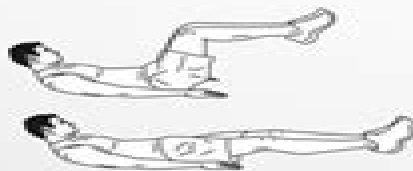
10 plank jump-ins



10-count squat hold



10 jump squats



20 crunch kicks



20 sitting twists

Basketball Workout Template

Michael Volkmar

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The Complete Strength Training Workout Program for Basketball Joseph Correa (Professional Athlete and Coach),2015-11-11 The Complete Strength Training Workout Program for Basketball Develop more flexibility power speed agility and resistance through strength training and proper nutrition This training workout program will change how you look and how you feel If you follow the program you should see great results fast Both a NORMAL and an INTENSE version of this training program are included to make sure you are challenged enough to make a significant change to your body The recipes included are specific to each time of the day but you can and should add a meal here and there depending on what your body needs This training program comes with a warm session and exercise routine so make sure you don t skip the first to stay injury free to be able to complete the program Additionally this training program solves the eating dilemma by giving many options in terms of nutrition It comes with delicious breakfast lunch dinner and dessert recipes so you can satisfy hunger and still eat healthy An entire chapter in this book is dedicated to muscle shake recipes to help you fully absorb as much protein as possible in a healthy way but make sure to drink plenty of water to help your body digest all this protein adequately Anyone can get fitter leaner and stronger it just takes discipline and a great training program to get you exercising and eating right People who begin this training plan will see the following Increased muscle growth Enhanced strength mobility and muscle reaction Better capacity to train for long periods of time Lower muscle fatigue Faster recovery times after competing or training Increased energy throughout the day More confidence in yourself A better attitude towards exercise and nutrition

The Micro-Workout Plan Tom Holland,2021-08-03 Ditch the gym It s not about how long you exercise or where but about the type of moves you do Bowflex Fitness Advisor Tom Holland introduces micro workouts for optimal health that will help

you achieve the body you want Does the prospect of spending long hours at the gym deter you from exercising Tom Holland has a much better approach excessive moderation utilizing manageable micro workouts that provide maximum long term results by engaging your full body elevating your heart rate accelerating physical conditioning and increasing circulation and energy They re perfect for the busy people who don t have time for the gym and want to exercise when where and for however long they want In The Micro Workout Plan Tom shares the knowledge he s gained from 30 years in the fitness industry debunks myths explains why micro workouts succeed and offers a motivating manageable method for fitness well being He provides actionable steps with 30 5 minute mix and match micro workout routines just two to four 5 minute micro workouts a day done whenever and wherever you want will target your whole body and help you achieve the daily activity required for optimal health Plus there s a step by step photographic section of 80 exercises teaching proper form With this book in hand you can ditch the gym and get the same experience at home *Strength Training for Basketball* Bruno Pauletto,1994 A practical workout manual that shows players how to increase their strength with a ready to use program designed specifically for the physical challenges they face on the court Photos and illustrations throughout **The High School Athlete: Basketball** Michael Volkmar,2019-12-10 Get fit for basketball season A specialized fitness program and workout collection for young athletes Developed by best selling fitness author and strength and conditioning expert Mike Volkmar The High School Athlete Basketball is the essential program for any student who wants to train and play basketball in high school The second book in The High School Athlete series this unique program features training fundamentals for different levels of player development from pre freshman all the way to varsity level getting ready to play in college With over 100 workouts The High School Athlete Basketball also contains information geared towards a young athlete s goals and includes information on player development motivation and nutrition **Basketball Fitness and Conditioning Log** Way of Life Logbooks,2019-11-26 This training journal is perfect for any basketball fan Use it to keep a record of strength training sessions and cardio workouts Keeping a record is vital in order to track progress and maintain motivation levels Each numbered pages has sections to record exercises weights and reps as well as duration pace heart rate zones and calories burned during cardio workouts Use for note taking each day Details 121 Log numbered pages sections includes date week weight exercise cardio workout Soft Glossy Paper Cover Finish Perfect size 6x9 inches and paperback Buy One Today Plan out your daily exercise This will also make a great gift for friends and family *The Road to the NBA* Curtis Carter,2005-07-01 THE ROAD TO THE NBA is a book about heart drive and internal motivation when going the standard route is unavailable It captures and conveys the experiences of one man s unwavering ability to pursue his dream of playing in the NBA despite being faced with adversity and disappointment both on and off the court THE ROAD TO THE NBA is captivating informative and heart wrenching It encourages the reader to never give up on their own dreams whatever they may be The example of how to get back up and brush yourself off each and every time you re knocked down disappointed

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