

BASKETBALL & FULL BODY STRENGTH WORKOUT #1

ACCESS TO A GYM AND OR DUMBBELLS NECESSARY

PERFORM IN CIRCUIT STYLE

**10 SEC BTWN EXERCISES
2 MIN BTWN ROUNDS.**

CIRCUIT #1

**PLANK SHOULDER TAPS 3X20
LATERAL RAISES 3X15
DUMBBELL ROWS 3X12**

CIRCUIT #2 - 3X12 FOR ALL

- STANDING SHOULDER PRESS**
- DUMBBELL GOBLET SQUAT**
- DUMBBELL RUSSIAN TWISTS**

CIRCUIT #3

**DUMBBELL FLOOR PRESS 3X12
DUMBBELL SLDL OR RDLS 3X12
PUSHUPS 3X 8 - 10
TOE TOUCHES W/ DUMBBELL 3X15**

**BASKETBALL WORKOUT
MIKAN DRILL 20 MAKES
REVERSE MIKAN 20 MAKES
SIDE ARM MIKAN 20 MAKES
FLOATERS 10 MAKES (R/L)
RUNNERS 10 MAKES (R/L)
REVERSE PIVOT ELBOW DRIVES
1 DRIBBLE GET TO RIM - 10 MAKES**

SHOOTING

**5 MAKES AT 5 SPOTS AROUND THE PERIMETER
MID RANGE & THEN REPEAT FOR 3S. TIME YOURSELF
AND WRITE IT DOWN TO COMPARE FOR NEXT TIME!**

**SHOOTING OFF THE DRIBBLE - 10 MAKES EACH SPOT
START ON WING (R/L) - 1 DRIBBLE PULL UPS
BASELINE & MIDDLE
TOP OF THE KEY - 2 DRIBBLES RIGHT, 2 DRIBBLES
LEFT
CORNER - SHOT FAKE, 1 DRIBBLE MIDDLE, COUNTER
MOVE PULL UP**

BACKYARD BUCKETS