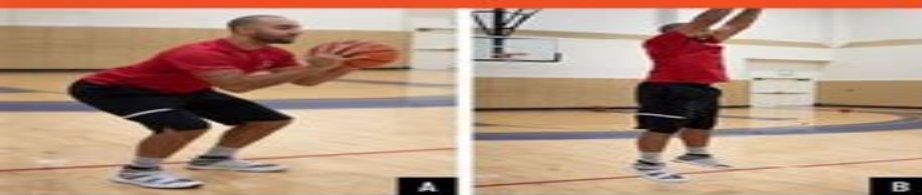


# BASKETBALL CONDITIONING WORKOUT

## 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

**JG Myers**



## **Complete Conditioning For Basketball:**

This book delves into Complete Conditioning For Basketball. Complete Conditioning For Basketball is a vital topic that must be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Complete Conditioning For Basketball, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
  - Chapter 1: Introduction to Complete Conditioning For Basketball
  - Chapter 2: Essential Elements of Complete Conditioning For Basketball
  - Chapter 3: Complete Conditioning For Basketball in Everyday Life
  - Chapter 4: Complete Conditioning For Basketball in Specific Contexts
  - Chapter 5: Conclusion
2. In chapter 1, this book will provide an overview of Complete Conditioning For Basketball. This chapter will explore what Complete Conditioning For Basketball is, why Complete Conditioning For Basketball is vital, and how to effectively learn about Complete Conditioning For Basketball.
3. In chapter 2, this book will delve into the foundational concepts of Complete Conditioning For Basketball. This chapter will elucidate the essential principles that must be understood to grasp Complete Conditioning For Basketball in its entirety.
4. In chapter 3, the author will examine the practical applications of Complete Conditioning For Basketball in daily life. The third chapter will showcase real-world examples of how Complete Conditioning For Basketball can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Complete Conditioning For Basketball in specific contexts. The fourth chapter will explore how Complete Conditioning For Basketball is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about Complete Conditioning For Basketball. This chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Complete Conditioning For Basketball.

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