

BASKETBALL CONDITIONING WORKOUT

1. BASKETBALL SQUAT JUMPS



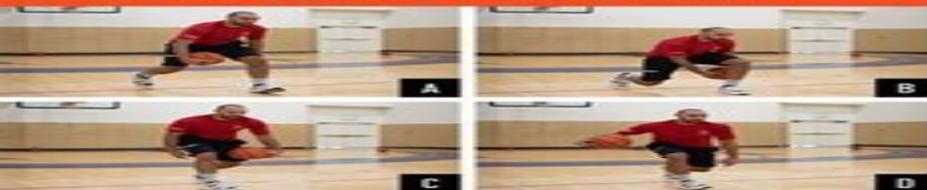
3 sets of 10-15 reps

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

Conditioning For Basketball

Michal Rosen-Zvi



Conditioning For Basketball:

Unveiling the Power of Verbal Art: An Mental Sojourn through **Conditioning For Basketball**

In a world inundated with screens and the cacophony of instantaneous communication, the profound power and emotional resonance of verbal art frequently disappear in to obscurity, eclipsed by the constant onslaught of sound and distractions. Yet, set within the lyrical pages of **Conditioning For Basketball**, a charming function of literary splendor that pulses with raw thoughts, lies an remarkable journey waiting to be embarked upon. Published by a virtuoso wordsmith, that enchanting opus manuals readers on a mental odyssey, softly exposing the latent potential and profound affect embedded within the complicated web of language. Within the heart-wrenching expanse of this evocative analysis, we shall embark upon an introspective exploration of the book is key themes, dissect its captivating writing model, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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