

BMB WORKOUT TRACKER – LEVEL 1 (BEGINNER–INTERMEDIATE Testing)

1. RULES

- Game speed only
- Count ALL makes
- Track your score honestly
- No shortcuts

Goal: Beat your last score

PART 1 – BALL HANDLING (5–8 mins)

Stationary Series

- Pounds R/L – 50 each
- Crossovers – 50
- Between legs – 30
- Behind back – 30

Moving (full court or space, up and down drive)

- Right hand down & back x2
- Left hand down & back x2
- Crossover every 2 dribbles x2


Score:

- Complete = 10 points
 - Extra focus (no mistakes) = +5
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PART 2 – SHOOTING (CORE WORK)

Form Shooting (Close)

- 10 makes each spot (3 spots)

 Total target = 30

Mikan Drill

- Make 20
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Mid-Range (5 spots)

- Make 5 each = 25 total
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Free Throws

- Make 10
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✅ SCORING:

- 1 point per make
- Form = 30
- Mikan = 20
- Midrange = 25
- Free throws = 10

👉 Max = 85 points

BONUS:

- +5 = complete full workout
 - +10 = beat personal best
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🏀 PART 3 – FINISHING (GAME SKILLS)

Layups

- 10 Right
- 10 Left

Weak Hand Only

- 10 makes

👉 Total target = 30

✅ Scoring:

- 1 point per make
 - 👉 Max = 30
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PART 4 – S&C (HOME OR COURT)

From your program

Do:

- Push ups x max
- Squats x 20
- Lunges x 20
- Plank x 1 min

 **Scoring:**

- Complete = 20 points
 - Extra effort = +10
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TOTAL SCORE SYSTEM

Section	Max Points
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Ball Handling	15
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Shooting	85
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Finishing	30
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S&C	20
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TOTAL	150
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 With bonus: **175 possible**