



Body Weight
Basketball
Strength and Conditioning Series



Phase 1 Building Strength

Workout 1

Mobility, Activation and Balance

2 sets of each

Tib Raise x 20

Calf Raise x 20

Monster Walk x 10 steps each direction

Glute Bridge x 20

Shoulder roll x 20

Bird dog x 10 each side

Back extension x 20

Yoga Push up x 10

Strength and Power

3 sets of each

Push up x Sub Max

Squats x 20

Dips x Sub Max

Lunges x 20

Core

2 sets of each

Hollow body hold x up to 1 minute

Plank x up to 1 minute



Workout 2

Mobility, Activation and Balance

2 sets of each

Tib Raise x 20

Calf Raise x 20

Monster Walk x 10 steps each direction

Glute Bridge x 20

2 sets of each

Shoulder roll x 20

Bird dog x 10 each side

Back extension x 20

Yoga Push up x 10

Strength and Power

3 sets of each

Inverted row x Sub Max

Squats x 20

Chin up (hold) 5 x Sub Max

Bulgarian split squats x 10 each leg

Core

2 sets of each

Hollow body hold x up to 1 minute

Plank x up to 1 minute



Workout 3

Mobility, Activation and Balance

2 sets of each

Penguin walks x 10m up and back

Bent knee calf raise x 20

Monster Walk x 10m up and back

Single leg reach x 10 each side

2 sets of each

Scap push up x 10

Bird dog x 10 each side

Back extension x 20

Yoga Push up x 10

Strength and Power

4 sets of each

Push up x Max

Jump Squats x 20

Inverted row x Max

Runners Lunge x 15 each leg

Core

2 sets of each

Russian twists x up to 1 minute

Mountain climbers x up to 1 minute



Workout 4

Mobility, Activation and Balance

2 sets of each

Penguin walks x 10m up and back

Bent knee calf raise x 20

Monster walks x 10m up and back

Single leg reach x 10 each side

2 sets of each

Scap push up x 10

Bird dog x 10 each side

Back extension x 20

Yoga Push up x 10

Strength and Power

4 sets of each

Dips x Max

Single leg squats x 15 each side

Chin ups (or 5 holds) x Max

Walking lunges with twist x 15 each leg

Core

2 sets of each

Side plank x up to 1 minute each side

Hollow body hold pulses x up to 1 minute



Phase 2 Building Power

Workout 1

Mobility, Activation and Balance

2 sets of each

Penguin walks x 10m up and back

Bent knee calf raise x 20

Monster Walk x 10m up and back

Single leg reach x 10 each side

Cyclist Squats x 12 (slow)

Single leg RDL x 12

Strength and Power

4 sets of each

Lateral jumps x 12 each way

Broad jumps x 8

Single leg squats x 12 each side

Jump squats x 20

Core

2 sets of each

Side plank x up to 1 minute each side

Hollow body hold pulses x up to 1 minute



Workout 2

Mobility, Activation and Balance

2 sets of each

Tib raise x 20

Calf raise x 20

Ski jumps x 10m up and back

Single leg reach x 10 each side

Cyclist Squats x 12 (slow)

Single leg RDL x 12

Strength and Power

4 sets of each

Lunge jumps x 16 each way

Broad jumps x 10

Single leg squats jumps x 12 each side

Core

2 sets of each

Super man planks (alternating) x up to 1 minute each side

Hollow body hold x up to 1 minute



Workout 3

Mobility, Activation and Balance

2 sets of each

Yoga push ups

Bird dogs

Scap push ups

Back extensions

Strength and Power

4 sets of each

Push ups x sub max

Dips x sub max

Inverted rows x sub max

Chin ups x sub max

Core

2 sets of each

Mountain climbers x up to 1 minute each side

Russian twists x up to 1 minute