

BASKETBALL CONDITIONING WORKOUT

1. BASKETBALL SQUAT JUMPS



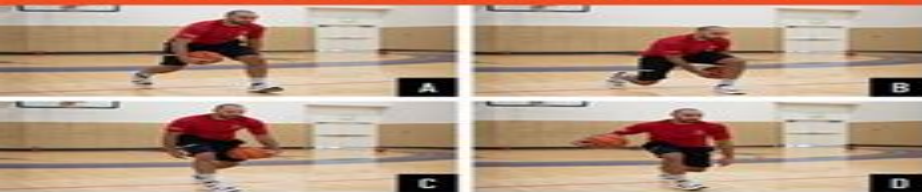
3 sets of 10-15 reps

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

**National Basketball Conditioning
Coaches Association**



Complete Conditioning For Basketball:

Decoding **Complete Conditioning For Basketball**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Complete Conditioning For Basketball**," a mesmerizing literary creation penned by a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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