

Girls Basketball Off Season Workout

Monday and Friday

Abs workout - Twisting sit-up, Hanging leg raise.

Bench press (8-6-4) Shoulders, chest triceps.

Lat pull down (3 x 8) - Latissimus dorsi, biceps, and brachioradialis.

Bicep curls - Biceps and forearms.

Bar dips (3 x max) - Chest, shoulders, and arms.

Squats/Leg press (10-8-6) Hips, hamstrings, quadriceps, groin, and lower back.

Hang Cleans (8-6-4) Legs, hips, lower back, upper back, and shoulders.

Calf raises (3 x 20) - Ankles, and calves.

Wrist curls (3 x 25) - Forearm flexors.

Wednesday

Abs workout - Legs in the air sit-ups, bench crunch, side sit-ups.

Incline bench press (8-6-4) - Shoulders, chest, triceps, and upper back.

Seated lat row (3 x 8) - Latissimus dorsi, biceps, and brachioradialis.

Lateral DB raises (8-6-4) - Deltoid and trapezius.

Triceps press downs (3 x 8) - Triceps.

Dumbbell curls (3 x 8) - Biceps, and forearms.

Squats/ Leg press (10-8-6) - Hips, hamstrings, quadriceps, groin, and lower back.

High pull downs (8-6-4) - Legs, hips, lower back, upper back, and shoulders.

Calve raises (3 x 25) - Ankles and calves.

Tuesday and Thursday

Walk for 2 min. @ 3 mile an hour pace.

Run for 3 min. @ 6 mile an hour pace.

Walk for 2 min. @ 3 mile an hour pace.

Run for 3 min. @ 6 mile an hour pace.

Do this for 30 min.

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Extra's

Bunny Hops - Perform 2- foot hops forward along a line (20 feet).

Single leg bunny hops - Perform 1- foot hops forward along a line, alternate legs (20 feet).

Side to side bunny hops - 2- foot hops moving forward and jumping side to side over a line (20 feet).

Side to side single leg bunny hops - 1- foot hops moving forward and jumping side to side over a line. Alternating legs (20 feet).

Lateral front back hops - Move down a line facing sideways. Jump back and forth over the line as you move laterally down the line (20 feet).

Lateral single leg front back hops - Same as above, perform with one leg at a time, do both legs (20 feet).

Jump rope - Fast as they can (2 min.), high as they can (4 min.)