



8 WEEK BODYWEIGHT STRENGTH PROGRAM FOR BASKETBALL PLAYERS

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Additional Resources

For additional basketball specific strength & conditioning resources, please visit:

- ➔ Stronger Team | Alan Stein's Blog: <http://Blog.StrongerTeam.com>
- ➔ Training Products, Guides, Workouts, Programs: <http://Shop.StrongerTeam.com>
- ➔ Stronger Team Information, Schedules, Articles, Services: <http://www.StrongerTeam.com>
- ➔ Free Training Videos: <http://www.youtube.com/StrongerTeamDotCom>

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Introduction

Congratulations on taking an important step in maximizing your potential for success on the basketball court. Your effort and dedication, combined with the information in this program, will help you implement a sound and productive strength program – ***without any equipment!***

The importance of strength is quite evident in the sport of basketball. The days of just playing pick-up at the gym are over. It is important to participate in a truly comprehensive strength training program in order to improve performance on the court. **Your strength program lays the foundation for your success.**

The central purpose of this training program is to decrease the occurrence of injury. Basketball is very physically demanding and is most certainly a contact sport. Making the muscles, ligaments, and tendons of the body stronger will lessen the chance and/or severity of an injury (such as a pulled groin or rolled ankle), and keep a player on the court where they belong. In addition, a properly implemented training program can improve overall performance. A player will be able to run faster, jump higher, and box out stronger! Therefore, they will be able to perform their basketball skills at a higher level, with more efficiency, and perform them for longer (without the onset of fatigue).

The goal of this program is to provide a day-by-day, safe, efficient, and productive pre-season training program for players and teams of all levels. Both male and female players, ages 13 and older, can utilize the principles and guidelines in this program.

Warm-up

Prior to beginning these workouts, it is important to go through a proper warm-up to reduce the chance of injury. Don't confuse warming up with stretching, as they are two completely separate activities. The warm-up will consist of low intensity movements that involve most of the muscles in the body. The goal of the warm-up is to raise the body's core temperature a few degrees in order to increase blood flow to the muscles and loosen up the joints. This will help prepare the body and mind for the workout to follow. The warm-up won't take very long, but is very important.

Dynamic Flexibility

Dynamic flexibility is the superior way to prepare, as it is more effective, focused, and productive than sitting and stretching. This dynamic flexibility exercises in this program will increase your active range of motion. There are several benefits to performing dynamic movements over a more traditional "sit and stretch" routine. First, by continuing to move, you ensure the body and muscles stay warm throughout this process. Many players will lose the 2-3 degree increase in core temperature by sitting and stretching for 10-15 minutes. Dynamic flexibility, when performed appropriately, prepares the muscles and joints in a more specific manner than static stretching. Given that the workout is going to consist of dynamic movements – it is important to prepare the body in a similar manner. These dynamic flexibility exercises also help with coordination, motor skills, and the ability to jumpstart the central nervous system. These traits are invaluable with younger athletes who are still learning how to control their bodies in space. For more in depth information on flexibility, we recommend the [Pre / Post Practice Stretches PDF](#) available at Shop.StrongerTeam.com.

Pre-Hab

Re-hab, or rehabilitation, is a series of exercises done after a player is injured, in an effort to get them back in playing condition. Therefore, pre-hab, is a term coined to describe a series of exercises done before a player may be injured, as a proactive means to reduce the risk and overall severity of an injury. This is done by strengthening specific muscle groups and joints. The ankle is the single most injured area for basketball players. Ankle sprains can happen from landing on another player's foot or having it roll over during a sharp cut. A severe ankle sprain can debilitate a player for several months. This program includes a series of pre-hab exercises to strengthen the ankle and foot.

Core Training

The core consists of everything from the armpits to the kneecaps. This includes the abdominals, low back, oblique's, hips, and glutes (butt). The core is the center of all movement, which means core training is extremely important for basketball players. A strong core may help prevent hip and lower back injuries (which are especially common among taller players), as well as enhance performance (such as improving a player's vertical jumping ability and lateral movement). We have selected core exercises that train the core in all 3 planes of motion as well as from a variety of angles. For more in depth information on core training, we recommend the [Medicine Ball Workouts](#) and [On Court Strength Workout](#) PDF's available at Shop.StrongerTeam.com.

Strength Training

Safety, time efficiency, and intensity are the backbone of this training program. Our main focus is to facilitate improvement in muscular strength and potential for power without the use of standard equipment. By making the tendons, ligaments, and muscles of the body stronger, you will decrease the likelihood of sustaining an injury. Further, you will improve performance on the court. The stronger a player is the more force they can produce. The more force they can produce, the higher they can jump and the faster they can run.

Our goal is to minimize risk within the training atmosphere. We have chosen the safest exercises available but still recommend that all workouts are properly supervised (we recommend the use of a spotter for a majority of the exercises). Players should always perfect technique to get the most out of each exercise. Additionally, players should perform every movement in a slow, controlled, and deliberate fashion, with special emphasis focused on the lower portion.

Time is a precious commodity. Therefore, the goal of this strength program is to get the best results possible in the shortest amount of time. Why should you spend ten hours per week strength training if you can attain equal results in just three hours per week? Those seven hours would be better invested in working on fundamentals! We have chosen to use a limited number of sets and exercises during each workout, while minimizing rest intervals to induce an overall conditioning effect. This will make each workout brief, but intense!

Intensity is the most important controllable factor in determining results. Below a certain level of intensity, strength training will have very little benefit. Intensity is the level of effort exerted by the player. If a player is capable of doing 10 pull-ups and they only do 8, the exercise was clearly not as intense as it could have been. Therefore, it is recommended each set is taken close to the point of momentary muscular fatigue; the point at which no additional reps can be safely completed because the exercise becomes so challenging.

Age

A person's chronological age does not always mirror their physical and mental maturity. Some 12 year olds look 22 and some 22 year olds look 12! So regarding a specific players' individual readiness to participate in this comprehensive strength program, we recommend you get the approval of a qualified professional. However, for the most part, we are very confident this program is appropriate for a majority of players ages 13 and older.

Rest

We recommend you rest as long as you feel necessary in between each set and exercise. Initially this may be as much as 2-3 minutes, but over time, as you get in better basketball shape, you will be able to reduce your rest to :30-:45. Ideally you rest intervals will continue to get shorter as the season approaches. This "metabolic" conditioning will help you on the court!

IMPORTANT: This training program only addresses the strength portion of your program. Agility, conditioning, skill work (ball handling and shooting in particular) and organized, structured, and supervised pick-up games are the most important portion of player development. **No matter how strong a player is, if they can't shoot, dribble, pass, rebound or defend....they won't have much success on the court!**

Workout: Month 1 - Day 1

Activity		Week 1	<input checked="" type="checkbox"/>	Week 2	<input checked="" type="checkbox"/>	Week 3	<input checked="" type="checkbox"/>	Week 4	<input checked="" type="checkbox"/>	
Warm-Up	Dynamic Flexibility: Knee Hugs, Quad Stretch, Standing Groin Stretch, Horizontal Leg Swings, Inchworm, Overhead Forward Lunge, Over the Fence									
	Squat Series (Normal, Wide, Split, Narrow)	5 Reps Each Position	<input type="checkbox"/>	5 Reps Each Position	<input type="checkbox"/>	5 Reps Each Position	<input type="checkbox"/>	5 Reps Each Position	<input type="checkbox"/>	
	Pushup Series (Normal, Wide, Split, Narrow)	3 Reps Each Position	<input type="checkbox"/>	3 Reps Each Position	<input type="checkbox"/>	3 Reps Each Position	<input type="checkbox"/>	3 Reps Each Position	<input type="checkbox"/>	
	Crab Position Hip Raises	10 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>	
	Pushup Core (3 Moves)	5 Reps Each Hand	<input type="checkbox"/>	5 Reps Each Hand	<input type="checkbox"/>	5 Reps Each Hand	<input type="checkbox"/>	5 Reps Each Hand	<input type="checkbox"/>	
Weeks 1 and 2: Perform 3 Rounds of each exercise consecutively. Rest 30 seconds to 1 minute between exercises. Weeks 3 and 4: Perform 4 Rounds. Rest 15-30 seconds between exercises.										
Resistance Training	1A) Prisoner Squats	10 Reps	<input type="checkbox"/>	15 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>	15 Reps	<input type="checkbox"/>	
	1B) Pushups	10 Reps	<input type="checkbox"/>	15 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>	15 Reps	<input type="checkbox"/>	
	1C) Chin-ups (or Negatives)	5-10 Reps	<input type="checkbox"/>	Increase 1-2 Reps	<input type="checkbox"/>	Increase 1-2 Reps	<input type="checkbox"/>	Increase 1-2 Reps	<input type="checkbox"/>	
	Weeks 1 and 2: Perform 2 Rounds of each exercise consecutively. Rest 30 seconds to 1 minute between exercises. Weeks 3 and 4: Perform 3 Rounds. Rest 15-30 seconds between exercises.									
	2A) Lateral Step-ups (Each Leg)	10 Reps	<input type="checkbox"/>	15 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>	15 Reps	<input type="checkbox"/>	
	2B) Dips (or Negatives)	5-10 Reps	<input type="checkbox"/>	Increase 1-2 Reps	<input type="checkbox"/>	Increase 1-2 Reps	<input type="checkbox"/>	Increase 1-2 Reps	<input type="checkbox"/>	
	2C) Inverted Row	8-10 Reps	<input type="checkbox"/>	10-12 Reps	<input type="checkbox"/>	8-10 Reps	<input type="checkbox"/>	10-12 Reps	<input type="checkbox"/>	



Workout: Month 1 - Day 2

	Activity	Week 1	<input checked="" type="checkbox"/>	Week 2	<input checked="" type="checkbox"/>	Week 3	<input checked="" type="checkbox"/>	Week 4	<input checked="" type="checkbox"/>	
Warm-Up	Dynamic Flexibility: Quad Stretch, Frankenstein March, Shin Grabs, Side to Side Lunges, Low Lunges, Hip Circles, Pointers									
	Squat Series (Normal, Wide, Split, Narrow)	5 Reps Each Position	<input type="checkbox"/>	5 Reps Each Position	<input type="checkbox"/>	5 Reps Each Position	<input type="checkbox"/>	5 Reps Each Position	<input type="checkbox"/>	
	Pushup Series (Normal, Wide, Split, Narrow)	3 Reps Each Position	<input type="checkbox"/>	3 Reps Each Position	<input type="checkbox"/>	3 Reps Each Position	<input type="checkbox"/>	3 Reps Each Position	<input type="checkbox"/>	
	Crab Position Hip Raises	10 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>	
	Pushup Core (3 Moves)	5 Reps Each Hand	<input type="checkbox"/>	5 Reps Each Hand	<input type="checkbox"/>	5 Reps Each Hand	<input type="checkbox"/>	5 Reps Each Hand	<input type="checkbox"/>	
Resistance Training	Weeks 1 and 2: Perform 2 Rounds of each exercise consecutively. Rest 30 seconds to 1 minute between exercises. Weeks 3 and 4: Perform 3 Rounds. Rest 15-30 seconds between exercises.									
	1A) Split Squats	8 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>	8 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>	
	1B) Pushup Wall Walk	1-3 Reps	<input type="checkbox"/>	Increase by 1 Rep	<input type="checkbox"/>	Increase by 1 Rep	<input type="checkbox"/>	Increase by 1 Rep	<input type="checkbox"/>	
	1C) Inverted Row	8-10 Reps	<input type="checkbox"/>	10-12 Reps	<input type="checkbox"/>	8-10 Reps	<input type="checkbox"/>	10-12 Reps	<input type="checkbox"/>	
	Weeks 1 and 2: Perform 2 Rounds of each exercise consecutively. Rest 30 seconds to 1 minute between exercises. Weeks 3 and 4: Perform 3 Rounds. Rest 15-30 seconds between exercises.									
	2A) Lateral Squats	8 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>	8 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>	
	2B) Pull-ups (or Negatives)	4-8 Reps	<input type="checkbox"/>	Increase by 1-2 Reps	<input type="checkbox"/>	4-8 Reps	<input type="checkbox"/>	Increase by 1-2 Reps	<input type="checkbox"/>	
	2C) Basketball Pushups (1 Ball)	10 Reps	<input type="checkbox"/>	12 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>	12 Reps	<input type="checkbox"/>	
	Weeks 1 and 2: Perform 2 Rounds of each exercise consecutively. Rest 30 seconds to 1 minute between exercises. Weeks 3 and 4: Perform 3 Rounds. Rest 15-30 seconds between exercises.									
	3A) 135 degree squats	8 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>	8 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>	
3B) Crawling (Forward and Backwards)	30 Seconds	<input type="checkbox"/>	45 Seconds	<input type="checkbox"/>	30 Seconds	<input type="checkbox"/>	45 Seconds	<input type="checkbox"/>		

Workout: Month 2- Day 1

	Activity	Week 1	<input checked="" type="checkbox"/>	Week 2	<input checked="" type="checkbox"/>	Week 3	<input checked="" type="checkbox"/>	Week 4	<input checked="" type="checkbox"/>	
Warm-Up	Dynamic Flexibility: Knee Hugs, Quad Stretch, Standing Groin Stretch, Horizontal Leg Swings, Inchworm, Overhead Forward Lunge, Over the Fence									
	Squat Series (Normal, Wide, Split, Narrow)	5 Reps Each Position	<input type="checkbox"/>	8 Reps Each Position	<input type="checkbox"/>	2 Sets of 5 Reps Each Position	<input type="checkbox"/>	2 Sets of 8 Reps Each Position	<input type="checkbox"/>	
	Pushup Series (Normal, Wide, Split, Narrow)	3 Reps Each Position	<input type="checkbox"/>	5 Reps Each Position	<input type="checkbox"/>	2 Sets of 3 Reps Each Position	<input type="checkbox"/>	2 Sets of 5 Reps Each Position	<input type="checkbox"/>	
	Crab Position Single Leg Hip Raises (Each Leg)	10 Reps	<input type="checkbox"/>	15 Reps	<input type="checkbox"/>	2 Sets of 10 Reps	<input type="checkbox"/>	2 Sets of 15 Reps	<input type="checkbox"/>	
	Pushup Core (3 Moves)	5 Reps Each Hand	<input type="checkbox"/>	8 Reps Each Hand	<input type="checkbox"/>	2 Sets of 5 Reps Each Hand	<input type="checkbox"/>	2 Sets of 8 Reps Each Hand	<input type="checkbox"/>	
Resistance Training	Weeks 1 and 2: Perform 3 Rounds of each exercise consecutively. Rest 30 seconds to 1 minute between exercises. Weeks 3 and 4: Perform 4 Rounds. Rest 15-30 seconds between exercises.									
	1A) Split Squat (Foot on Bench)	8 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>	8 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>	
	1B) Basketball Pushups (2 Ball)	10-15 Reps	<input type="checkbox"/>	15-20 Reps	<input type="checkbox"/>	10-15 Reps	<input type="checkbox"/>	15-20 Reps	<input type="checkbox"/>	
	1C) Neutral Grip Pull-ups (or Negatives)	5-10 Reps	<input type="checkbox"/>	Increase 1-2 Reps	<input type="checkbox"/>	Increase 1-2 Reps	<input type="checkbox"/>	Increase 1-2 Reps	<input type="checkbox"/>	
	Weeks 1 and 2: Perform 2 Rounds of each exercise consecutively. Rest 30 seconds to 1 minute between exercises. Weeks 3 and 4: Perform 3 Rounds. Rest 15-30 seconds between exercises.									
	2A) Crossover Step-ups (Each Leg)	10 Reps	<input type="checkbox"/>	15 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>	15 Reps	<input type="checkbox"/>	
	2B) Rotational Pushups (Each Side)	5-10 Reps	<input type="checkbox"/>	Increase 1-2 Reps	<input type="checkbox"/>	Increase 1-2 Reps	<input type="checkbox"/>	Increase 1-2 Reps	<input type="checkbox"/>	
	2C) Inverted Row	8-10 Reps	<input type="checkbox"/>	10-12 Reps	<input type="checkbox"/>	8-10 Reps	<input type="checkbox"/>	10-12 Reps	<input type="checkbox"/>	

Workout: Month 2 - Day 2

Activity		Week 1	<input checked="" type="checkbox"/>	Week 2	<input checked="" type="checkbox"/>	Week 3	<input checked="" type="checkbox"/>	Week 4	<input checked="" type="checkbox"/>	
Warm-Up	Dynamic Flexibility: Quad Stretch, Frankenstein March, Shin Grabs, Side to Side Lunges, Low Lunges, Hip Circles, Pointers									
	Squat Series (Normal, Wide, Split, Narrow)	5 Reps Each Position	<input type="checkbox"/>	8 Reps Each Position	<input type="checkbox"/>	2 Sets of 5 Reps Each Position	<input type="checkbox"/>	2 Sets of 8 Reps Each Position	<input type="checkbox"/>	
	Pushup Series (Normal, Wide, Split, Narrow)	3 Reps Each Position	<input type="checkbox"/>	5 Reps Each Position	<input type="checkbox"/>	2 Sets of 3 Reps Each Position	<input type="checkbox"/>	2 Sets of 5 Reps Each Position	<input type="checkbox"/>	
	Crab Position Single Leg Hip Raises (Each Leg)	10 Reps	<input type="checkbox"/>	15 Reps	<input type="checkbox"/>	2 Sets of 10 Reps	<input type="checkbox"/>	2 Sets of 15 Reps	<input type="checkbox"/>	
	Pushup Core (3 Moves)	5 Reps Each Hand	<input type="checkbox"/>	8 Reps Each Hand	<input type="checkbox"/>	2 Sets of 5 Reps Each Hand	<input type="checkbox"/>	2 Sets of 8 Reps Each Hand	<input type="checkbox"/>	
<p>Weeks 1 and 2: Perform 2 Rounds of each exercise consecutively. Rest 30 seconds to 1 minute between exercises. Weeks 3 and 4: Perform 3 Rounds. Rest 15-30 seconds between exercises.</p>										
Resistance Training	1A) Forward Lunges	8 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>	8 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>	
	1B) Pushup Wall Walk	1-3 Reps	<input type="checkbox"/>	Increase by 1 Rep	<input type="checkbox"/>	Increase by 1 Rep	<input type="checkbox"/>	Increase by 1 Rep	<input type="checkbox"/>	
	1C) Pull-ups (or Negatives)	4-8 Reps	<input type="checkbox"/>	Increase by 1-2 Reps	<input type="checkbox"/>	Increase by 1-2 Reps	<input type="checkbox"/>	Increase by 1-2 Reps	<input type="checkbox"/>	
	<p>Weeks 1 and 2: Perform 2 Rounds of each exercise consecutively. Rest 30 seconds to 1 minute between exercises. Weeks 3 and 4: Perform 3 Rounds. Rest 15-30 seconds between exercises.</p>									
	2A) Lateral Lunges	8 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>	8 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>	
	2B) Inverted Row	8-10 Reps	<input type="checkbox"/>	10-12 Reps	<input type="checkbox"/>	8-10 Reps	<input type="checkbox"/>	10-12 Reps	<input type="checkbox"/>	
	2C) Basketball Pushups (Feet on Ball)	8 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>	8 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>	
	<p>Weeks 1 and 2: Perform 2 Rounds of each exercise consecutively. Rest 30 seconds to 1 minute between exercises. Weeks 3 and 4: Perform 3 Rounds. Rest 15-30 seconds between exercises.</p>									
	3A) 135 Degree Lunges	8 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>	8 Reps	<input type="checkbox"/>	10 Reps	<input type="checkbox"/>	
	3B) Lateral Wall Sit	30 Seconds	<input type="checkbox"/>	45 Seconds	<input type="checkbox"/>	30 Seconds	<input type="checkbox"/>	45 Seconds	<input type="checkbox"/>	



Activity Descriptions (Ordered Alphabetically)**135 Degree Lunges**

Assume an athletic stance. While keeping your ankles, knees, hips and shoulders pointing straight ahead, take a diagonal step back behind your body (approximately 135 degrees from the starting point) while keeping your stationary foot facing forward and securely on the ground. Point your other foot in the direction you are lunging. Push yourself back to the starting position. Be sure to maintain good posture and balance throughout the exercise.

135 Degree Squats

Assume an athletic stance. While keeping your ankles, knees, hips and shoulders pointing straight ahead, take a diagonal step back behind your body (approximately 135 degrees from the starting point) while keeping your stationary foot facing forward and securely on the ground. Point your other foot in the direction you are lunging. Hold this position and squat up and down towards your back foot. Be sure to maintain good posture and balance throughout the exercise.

Basketball Pushups (1 Or 2)



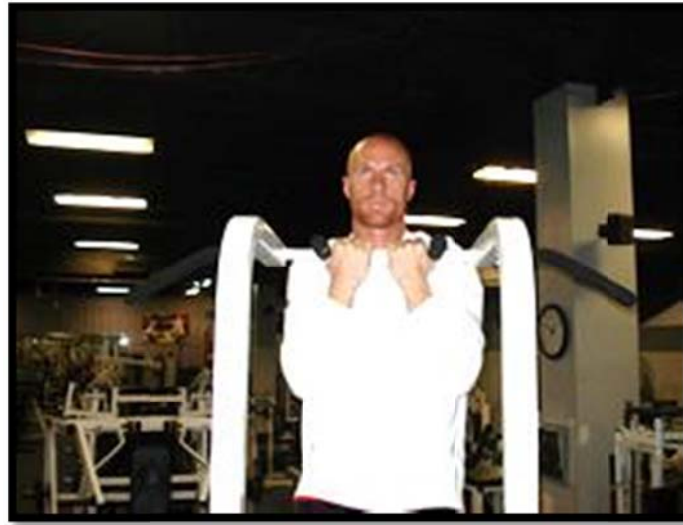
- ➔ **1 Basketball:** place one hand on the ground and the other hand on a basketball. Keep your ankles, knees, hips, and shoulders in a straight line. Lower your body until your chest is close to the ground, then press back up to the starting position. You can keep the ball in place for a number of repetitions or you can switch the ball between each repetition.
- ➔ **2 Basketballs:** same as above except place a ball under each hand.

Basketball Pushups (Feet on Ball)



Start in plank position with your arms extended (hands directly under your shoulders) and your feet balanced on a basketball. Your ankles, knees, hips, and shoulders should be in a straight line. Lower your body under control by drawing your shoulder blades back and keeping your elbows approximately 45 degrees from your shoulder. Keep your head still and lower yourself into you are about 3 inches above the ground. Immediately push your body back to the starting position and repeat.

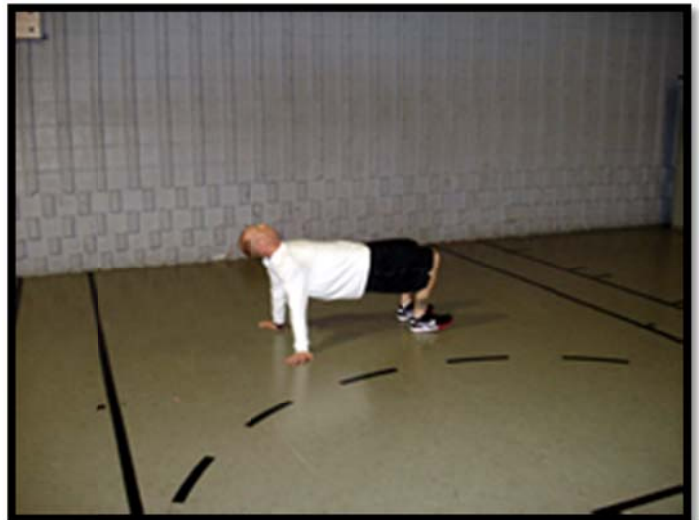
Chin-ups



Assume an underhand grip on a pull-up bar. Hang until your arms are fully extended. Pull your chin above the bar (eliminating as much momentum as possible). Slowly lower yourself to the starting position.

If bodyweight chin-ups are too difficult, you can perform “**negatives**” (which means you will only be doing the lowering portion of the exercise). Assume an underhand grip on a pull-up bar. Use a step or a partner’s assistance and get your chin above the bar (the top position of a chin-up). Slowly lower yourself until your arms are fully extended (the slower the better). Then “climb” back up to the top position and repeat.

Crab Position Hip Raises



Balance on your hands and feet, facing up. Push your hips up, pause briefly at the top, and then slowly lower your hips (without your backside touching the ground).

Crab Position Single Leg Hip Raises



Balance on your hands and one foot, facing up. Push your hips up, pause briefly at the top, and then slowly lower your hips (without your backside touching the ground). Make sure to work both legs equally.

Crawling (Forwards and Backwards)



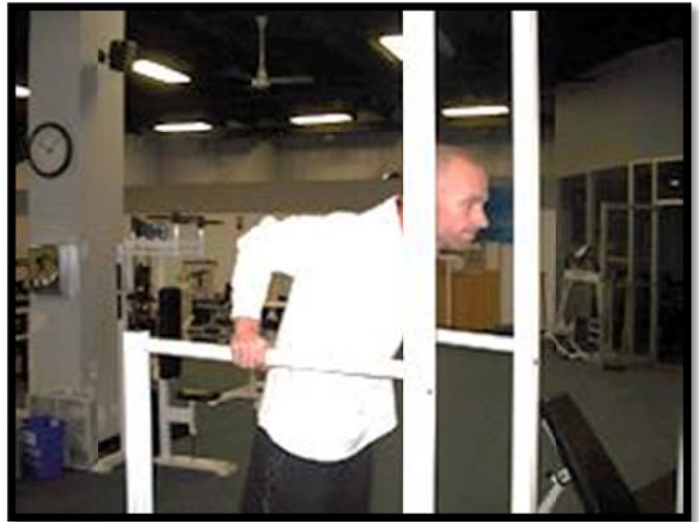
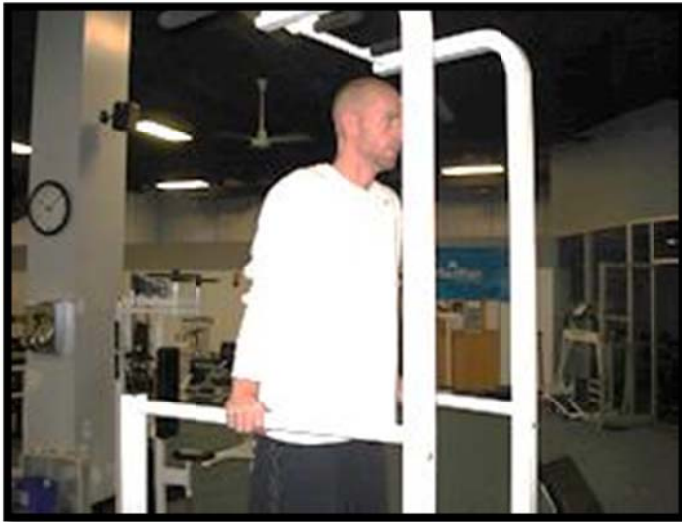
Assume a position on all fours by balancing on your hands and feet with your knees and elbows slightly bent. Walk your body forward and backwards through the prescribed distance and repetitions.

Crossover Step-ups



Start by standing with a box or bench to your left (12-24" in height). Take a crossover step and place your right foot on the box (keeping your hips and shoulders facing forward). Push through your right foot, fully extending your leg and driving your left knee up. Return to the starting position and repeat.

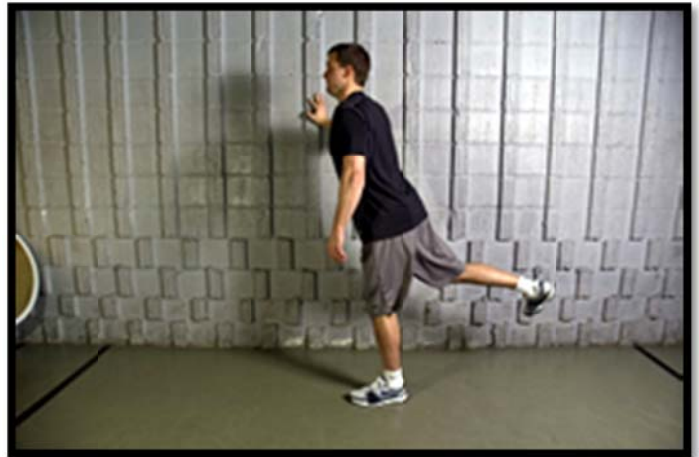
Dips



Start with your arms fully extended holding onto the dip bars. Slowly lower yourself until your arms reach a 90 degree angle. Push your body back up to the start then repeat.

If bodyweight dips are too difficult, you can perform "**negatives**" (which means you will only be doing the lowering portion of the exercise). Assume the top position of a dip. Slowly lower yourself until your upper arms are parallel to the ground (the slower the better). Then "climb" back up to the top position and repeat.

Forward Leg Swings



Stand near a wall (for balance purposes) and swing your leg forward and backward. Keep your opposite foot flat on the ground with minimal movement and be sure to maintain good posture through the entire exercise.

Forward Lunges



Assume an athletic stance. Take a big step forward and keep your ankles, knees, hips, and shoulders facing forward. Keep your front lower leg perpendicular to the ground. Drop your back knee close to the ground and push your body back to the start.

Frankenstein March



While walking forward and keeping your right leg straight, kick your right leg up in front of you as high as you can and try to touch your opposite hand's finger tips, then repeat with the left leg.

Hip Circles



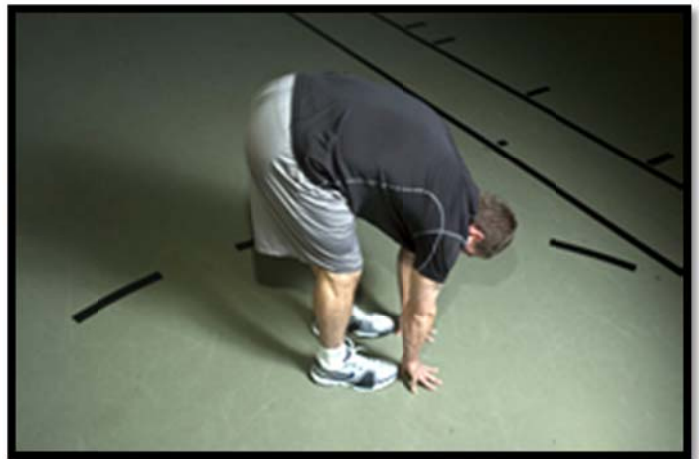
Stand 2 feet off of a sturdy wall (arms extended, palms on the wall). While keeping your bottom foot as flat as possible and perpendicular to the wall, make a big circle with your other leg.

Horizontal Leg Swings



Stand 2 feet off of a sturdy wall (arms extended, palms on the wall). While keeping your bottom foot as flat as possible and perpendicular to the wall, swing your other leg across your body reaching in both directions in a sweeping motion.

Inchworm



Starting in pushup position, and keeping your legs as straight as possible, walk your feet towards your hands until you feel a stretch. Maintain good posture during the entire exercise. Try to keep your heels down during each step to stretch your Achilles. Once you have walked your feet in as far as possible, walk your hands back out to the original pushup position.

Inverted Row



Set a bar so that it is approximately waist height. Position yourself underneath the bar and hold with an overhand grip. Pull your chest towards the bar and pause briefly. Return to the starting position and repeat.

NOTE: this exercise can be made more challenging by raising your feet and placing them on a bench or stability ball.

Knee Hugs



While walking forward, hug your right leg into your chest, then step and do the same thing with your left leg (then repeat again with your right).

Lateral Lunges



Assume an athletic stance. While keeping your ankles, knees, hips and shoulders pointing straight ahead, step laterally and lower your outside hip towards the ground (keeping the opposing leg straight). Push back up to the starting position. Upon the descent, focus on driving your hips back and keeping the heel flat. Be sure to maintain good posture and balance throughout the exercise.

Lateral Squats



Assume a wide stance. Drop your hips and lean to one side of your body. Keep your hips, knees, and ankles facing forward. Stand up to return to your starting position.

Lateral Step-ups



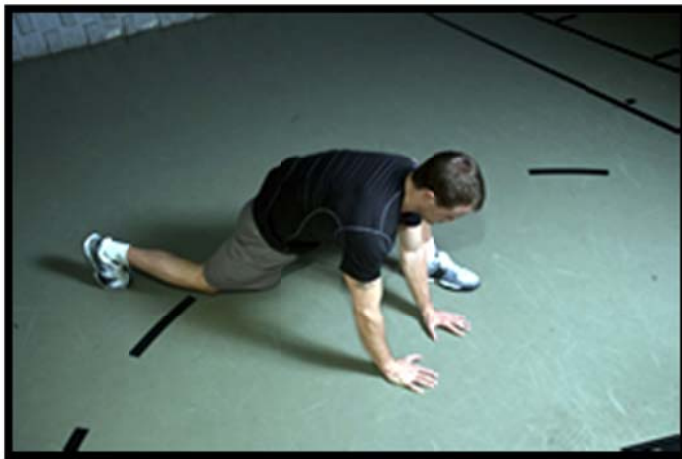
Start by standing with a box or bench to your right (12-24" in height). Place your right foot on the box (approximately knee height). Push through your right foot, fully extending your leg and driving your left knee up. Return to the starting position and repeat.

Lateral Wall Sit



Start by standing with your shoulder just a few feet from a wall. Lean against the wall with your shoulder, hip, and knee while your opposite leg is straight and at an angle supporting your body.

Low Lunge



Step forward with your right leg into a lunge position (ankles, knees, hips and shoulders square to where you are facing and keeping your torso upright). Try and place your right elbow on the ground as close to your right heel as possible. Bring your feet together and repeat with the left side.

Neutral Grip Pull-ups



Assume a neutral grip (palms facing each other) on a pull-up bar. Hang until your arms are fully extended. Pull your chin above the bar (eliminating as much momentum as possible). Slowly lower yourself to the starting position.

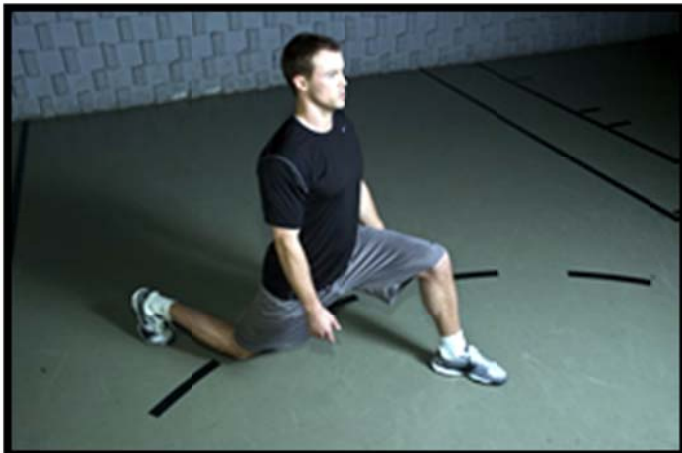
If bodyweight pull-ups are too difficult, you can perform “**negatives**” (which means you will only be doing the lowering portion of the exercise). Assume a neutral grip on a pull-up bar. Use a step or a partner’s assistance and get your chin above the bar (the top position of a pull-up). Slowly lower yourself until your arms are fully extended (the slower the better). Then “climb” back up to the top position and repeat.

Over The Fence



Facing laterally to the direction you are going, raise your right knee up as high as you can and rotate it forward as if you were trying to step over an imaginary fence. Then do the same thing with the left leg (alternating each leg). Keep your shoulders and torso facing straight ahead.

Overhead Forward Lunge



Step forward and drop into a lunge position. At the bottom of the lunge, extend your arms overhead. Step forward bringing both feet together and repeat on the other leg.

Pointers



While walking forward and keeping your right leg straight (left leg bent) and right foot pointed upwards, reach down with your left hand and try to touch your right toe. Next, take a step and repeat with the other side.

Prisoner Squats



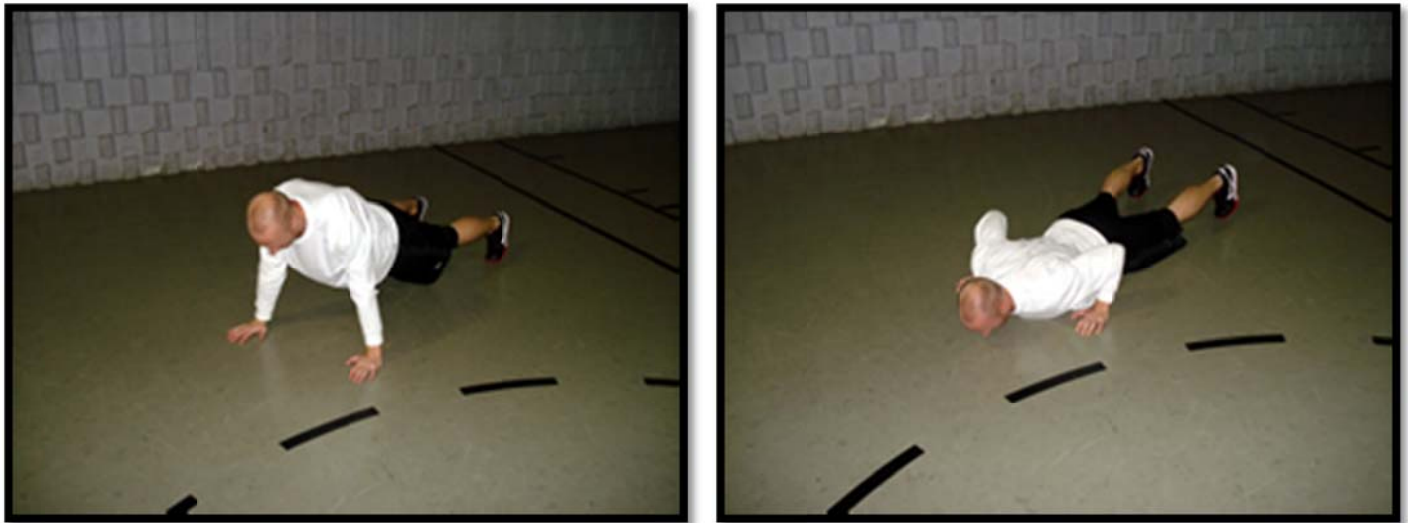
Place your hands behind your head and drop your hips toward the ground in a squatting position. Lower yourself until your thighs are parallel to the ground then push back up to the start. Keep the heels flat and be sure to maintain good upper body posture.

Pull-ups



Pull-ups Take an overhand grip on a pull-up bar. Let your body hang so the arms are fully extended. Pull your chin above the bar (eliminating as much momentum as possible). Slowly lower yourself to the starting position.

Pushups



Start in plank position with your arms extended (hands directly under your shoulders). Your ankles, knees, hips, and shoulders should be in a straight line. Lower your body under control by drawing your shoulder blades back and keeping your elbows approximately 45 degrees from your shoulder. Keep your head still and lower yourself into you are about 3 inches above the ground. Immediately push your body back to the starting position and repeat.

Pushup Core

Balance yourself in the top position of a push-up (plank position). Your hands should be directly under your shoulders and your arms should be fully extended. Your feet should be hip width apart. Keep your ankles, knees, hips and shoulders in a straight line. Alternate arms each repetition and attempt to keep your body still (minimal hip movement) during each exercise.



Hand to Shoulder: balance on one arm, and with the other arm, lightly touch your opposite shoulder



Arm Extension: balance on one arm and reach your other arm straight out in front of your head



Reach Through: balance on one arm and reach underneath your body with your opposite arm

Pushup Series



Normal: Assume a plank position with your arms extended (hands directly under your shoulders). Your ankles, knees, hips, and shoulders should be in a straight line. Lower your body under control by drawing your shoulder blades back and keeping your elbows approximately 45 degrees from your shoulders. Keep your head still (and neutral) and lower yourself until you are 3 inches above the ground. Immediately push your body back to the starting position and repeat.



Split: Assume a normal push-up position but place one hand slightly in front of one shoulder and the other hand slightly below the other shoulder (“staggered stance”).



Wide: Assume a normal push-up position but place your hands 6 inches wider than your shoulder width.



Narrow: Assume a normal push-up position but place your hands just a few inches from each other.

Pushup Wall Walk



Assume a push-up position with your feet on the wall and hands shoulder width apart. Slowly push your body back towards the wall with your feet moving up the wall and then “walk” back to the starting position.

Quad Walk



While walking forward, pull your left heel into your backside, then step and do the same thing with your right heel (alternating each leg).

Rotational Pushups



Assume a plank position with your arms extended (hands directly under your shoulders). Your ankles, knees, hips, and shoulders should be in a straight line. Lower your body under control by drawing your shoulder blades back and keeping your elbows approximately 45 degrees from your shoulder. Keep your head still and lower yourself until you are 3 inches above the ground. Immediately push your body back to the starting position. Rotate your hips and shoulders and reach your hand toward the ceiling. Return to the starting position, perform a push-up, and then repeat on the other side.

Shin Grab



While walking forward, grab your ankle and knee and pull towards your chest. Hold for 2 seconds then switch legs.

Side To Side Lunges



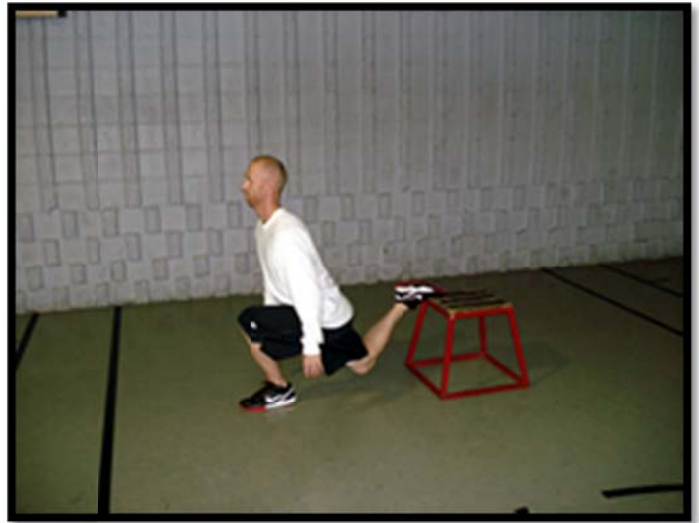
Step laterally to your right with your right leg and assume a side lunge position (ankles, knees, hips, and shoulders facing perpendicular to the direction you are moving and keeping your torso upright). Allow your bodyweight to shift over your right foot. Bring your feet together and repeat. Make sure to do both sides.

Split Squats



Assume a lunge position with your ankles, knees, hips, and shoulders facing forward. While keeping an upright posture, drop your hips until your back knee is close to the ground and your front thigh is parallel with the ground.

Split Squats (Foot on Bench)



Assume a standard lunge position with your back foot on a bench. While keeping an upright posture, drop your hips until your back knee is close to the ground and your front thigh is parallel with the ground.

Squat Series



1. **Regular stance:** assume a hip width stance. Drop your hips toward the ground in a squatting position. Lower yourself until your thighs are parallel to the ground then push back up to the start. Keep the heels flat and be sure to maintain good upper body posture.
2. **Staggered stance:** feet are staggered, one foot in front of the other about shoulder width apart.
3. **Wide stance:** feet are double hip width apart.
4. **Narrow stance:** feet are together, ankles touching.

Standing Groin Stretch



Start by standing in a wide stance. Drop down into a squat position and while at the bottom position, use your elbows to push your knees away from each other. Hold for 2 seconds then stand back up.