

Beast

Hoops



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*How to get strong and jacked
without jacking up your shot!*

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RULES OF THE GAME

We aren't bodybuilders...

We aren't powerlifters...

We aren't strongmen...

...And we definitely aren't pretty-boy fitness models.

*We are **ballers**.*

***N**ot only do we need size and strength, we need function to run circles around everyone else on the court. We need to not only look bad-ace, but to **BE** bad-ace. (hahaha)*

So there are specific rules of the game we need to follow, to make sure that we continue to train like athletes as opposed to bodybuilders or nancy-boy cover models.

There are specific lifts that are better for us than for others, and there are specific training strategies that are better for us than for others.

With that said, here are the “rules of the game” – the foundational principles that we need to follow in the weight room as basketball players:

1.) Train first for performance, not for aesthetics

Remember, our goal is to be able to perform on the court. Yes, we will gain strength and muscle and as a result we will look great, but that’s not the primary goal.

2.) Favor compound movements

Train with compound, multi-joint movements that work multiple muscle groups. For example, a compound movement for the shoulders would be an overhead press, while an isolation movement would be a lateral raise. You will get WAY more muscle and size gains from compound, multi-joint movements.

3.) Work on explosive movements before heavy movements, and heavy movements before lighter “volume” movements.

Our workout progression looks like this: explosive -> heavy -> volume. An example of an explosive movement would be a medicine

ball throw, a heavy movement might be a push press or chin up, and a volume movement might be a dumbbell press.

4.) Dial in your post-workout nutrition (important!)

Remember, you break down a ton of muscle tissue during your training– we need to supply our body with the nutrients necessary to come back bigger and stronger.

Muscle gains happen during the recovery, NOT in the gym.

Later in this manual, we will teach you exactly how to do just that

THE TRAINING TEMPLATE

Each workout we do for our upper body will look like this:

1.) Dynamic Warmup

Here we do various mobility and activation drills to get our body fired up and running smoothly.

2.) Explosive Movement

The purpose here is to get our nervous system fired up to train. This will help our lifting later on in the workout.

3.) Upper Body Lifting

This is our main lifting workout, described later on in this manual. We will do various movements selected from our training template, as well as some specific abdominal work.

4.) Post-Workout Nutrition

Later in this manual we will explain exactly how to fine-tune your post-workout nutrition for maximum results.

So, without wasting any time, here is the first step in our sequence

YOUR DYNAMIC WARMUP

Even when you're training upper body, it's important to warm up your full body and get your joints mobile and ready for action.

There are specific muscles that need to be mobilized:

- Ankles*
- Hips*
- Shoulders*
- Thoracic Spine (Upper back)*

... There are specific muscles that need to be stabilized:

- Knees*
- Lumbar Spine (low back)*
- Cervical Spine (neck)*
- Shoulders (yes, we need mobility AND stability)*

... And there are specific muscles that need to be activated:

- Glutes*
- Lower Traps*
- Psoas*

So with that said, we've put together a full "bulletproof" warmup for basketball players that will run through an entire sequence that you can bang out in 10-15 minutes before each of your workouts.

When you finish this sequence, you will be fully warmed up, but also moving a LOT more smoothly around the court.

Feel free to also perform this full warmup before your games and practices.

Here's the video of that warmup, PLUS an explanation of why we do it the way we do:

>> <http://www.youtube.com/watch?v=ybCg0MVNimY> <<

And here's the full rundown of the step-by-step warmup:

***NOTE: If you're a <http://www.ProlificBasketballShooting.com> member, DO NOT use this sequence. Use the warmup that was given to you in that program. It's very similar, works just as well, and is SPECIFIC for that program.**

JumpManual.com users can add the foam rolling and stiffen portions as well as exercises seen here that are not part of the JM warm up.

Also note that the sequence in the video demonstrations (freakin' video editors!) is out of order. The mobilize and activate sections are reversed. You know the correct order, so just bare with me.

1.) Foam Roll

Feet

Calves

IT Band

Quads

Hamstrings

IT Band

Lats

Upper Back

Hip Capsule

Shoulder Capsule

2.) Stretch

Hip Flexor Stretch

Quads

Calves

Hip Rotators

3.) Mobilize

Squat-to-stand

Cradle Walks

Lateral Squats

Inchworms

Reverse Lunges

Reverse Lunges w/ Twist

4.) Activate

Psoas Hold 5 x 5 seconds per leg

Superdog 2 x 12 per leg

Wall Slides

5.) Stiffen

Jump Rope 3-5 minutes

Line Hop Complex (20 reps per movement in the video per leg)

... And that's it! Super simple, supereasy, and super effective.

This is one of the best warmup sequences on the planet – use it. It will make you a better athlete pretty much immediately.

YOUR LIFTING

You are going to train your upper body twice per week, with two different workouts.

On day one we are going to focus on building strength primarily, and on day two we will do some more explosive work as well as volume work for extra muscle gains.

IMPORTANT:

For each exercise, you will get a designated sets and reps scheme to follow. We have given a range for you to work within (ie. 8-12, etc) so that you can make improvements each time. For example, one workout you may only be able to do 100 lbs for 8 reps. The next workout, you might get 100 lbs for 9 reps. Once you hit 100 lbs for 12 reps, bump the weight up and continue progressing from there. The

big purpose is to simply increase in weight and/or reps on every exercise, every workout.

Here is the program template:

NOTE: 1A and 1B (and 2A, 2B, etc.) denotes a superset. For a superset, simply alternate between the two movements. Perform 1 set of 1A, and then one set of 1B, then back to 1A, and so on.

Also, each workout is made up of categories of lifts (heavy horizontal press, heavy vertical pull, etc). Before you begin your training program, simply choose one lift from each category, and **STICK WITH THAT MOVEMENT** for the entire 3 week training cycle (you can even keep it for the next cycle as well if you'd like to continue improving on that specific lift).

Day 1 (Monday or Tuesday)

Dynamic Warmup

Explosive Movement (Perform 4-5 sets of 5 reps)

Choose one of the following movements:

Plyometric Push-Ups (explode off your hands up into the air as high as you can with each pushup)

Medicine Ball Chest Throws

1A. Heavy Horizontal Press (Work up to 3 heavy sets of 4-6 reps)

Choose one of the following exercises:

Barbell Bench Press

Barbell Floor Press

Incline Barbell Bench Press

Barbell Close-Grip Bench Press

1B. Heavy Vertical Pull (Work up to 3 heavy sets of 4-6 reps)

Choose one of the following exercises:

Chinups

Pullups

Neutral Grip Pullups

Lat Pulldowns (ONLY if you cannot do pullups, and they will NOT be nearly as effective)

2A. Volume Pushing Movement (3-4 sets of 6-10 reps)

Choose one of the following exercises:

Flat Dumbbell Press

Weighted Pushups (Use a backpack to hold the weights)

Weighted Blast Strap Pushups

Incline Dumbbell Press

2B. Volume Pulling Movement (4 sets of 8-12 reps)

Choose one of the following exercises:

Seated Cable Rows

Chest Supported Rows

3A. Isolation Triceps Movement (2-3 sets of 10-15 reps)

Choose one of the following exercises:

Cable Pushdowns (various bars and grips – pick one and stick with it)

Band Pushdowns

Dumbbell Skull Crushers

3B. Isolation Biceps Movement (2-3 sets of 8-12 reps)

Choose one of the following exercises:

Barbell Curls

Dumbbell Curls

EZ Bar Curls

3C. Front Abdominal Movement (3 sets of 10 – 15 reps)

Choose one of the following exercises:

Front Plank (instead of repetitions, do sets of 45-60 seconds)

Ab Wheel Rollouts

Hanging Leg Raises

Post-Workout Nutrition

Day 2 (Thursday or Friday)

Dynamic Warmup

Explosive Movement (Perform 4-5 sets of 5 reps)

Choose one of the following movements:

1 Arm Medicine Ball Shot-Puts (5 reps each arm)

Side-to-Side Explosive Pushups on blocks

1. Explosive Overhead Press (Perform 6 sets of 3 reps, with a weight that is roughly 60% of your max)

Choose one of the following movements:

Push Press

Push Jerk

2A. One Arm Horizontal Pull (Perform 2 sets of 8-12 reps with each arm)

Choose one of the following movements:

1 Arm Dumbbell Rows

One Arm Cable Rows (DON'T let your body twist, stay upright and solid)

2B. One Arm Horizontal Press (Perform 2 sets of 8-12 reps per arm)

Choose one of the following movements:

One Arm Flat Dumbbell Presses

One Arm Incline Dumbbell Presses

3A. Heavy Tricep Movement (3-4 sets of 6-10 reps)

Choose one of the following movements:

Rack Lockouts

Decline Close Grip Bench Presses

Weighted Dips

3B. Rear Delt/Upper Back Movement (3 sets of 10-15 reps)

Choose one of the following movements:

Rear Delt Raises

Face Pulls

4A. Neutral Grip Biceps Isolation Movement (3 sets of 10-15 reps)

Choose one of the following movements:

Dumbbell Hammer Curls

Cable Rope Curls (use the triceps rope for cable curls)

4B. Side Abdominal Movement (3 sets of 15 each side)

Choose one of the following movements:

Landmines

Side Planks (perform 3 sets of 45-60 seconds per side)

Anti-Rotation Pallof Presses (with a cable or bands)

Get a post workout hormone release:

Boosting hormones is a great way to get your body into an anabolic state. 1 easy way to do this is to sprint for a solid 50 seconds at all out sprint at the end of your workout. Only do this once.

If you don't have room to run you can do "max jumps" (See Jump Manual) for 50 seconds.

This type of full body all-out effort will increase your insulin like growth factor and lead to greater super compensatory affects.

Many of you are not gaining muscle because of one thing... Nutrition.

POST-WORKOUT NUTRITION

The post-workout “window” is a period of time where your body will partition nutrients more favorably. This period of time lasts roughly one hour. This means that whatever nutrients you put in your body will be more likely to be stored as muscle than fat. Take advantage of this and eat a solid meal post-workout. This can be a shake or a whole foods meal. It really doesn’t make a difference, no matter what the supplement companies may tell you.

The carbohydrate content for the post – workout meal should be 20% higher than usual for your meals.

A good rule for carbohydrates is roughly 40-60 grams total.

The best sources of carbohydrate during the post workout meal are high glycemic carbohydrates. Specific foods I’d recommend include bananas, potatoes of all varieties, dates, figs, and rice.

Here is a simple post workout shake you can easily make after your workout:

30-60 grams protein powder

Mixed frozen berries

2 bananas

2 – 3 dates

1 Tbsp Nut butter or Coconut oil

Several handfuls of spinach (sounds gross, but you can't taste it at all)

If you struggle keeping your bodyfat down, take out one of the bananas and also the nut butter/coconut oil.

Personally, after my workouts I just have another solid-food meal post-workout of maybe some meat, brown rice, beans and veggies, then I add raw organic honey to that meal for the extra carbs.

Also, if you are going to cheat and eat junk food, try to do it around the post– workout window, because insulin sensitivity is higher post-workout. This means that any junk calories will be more likely stored in muscle tissue instead of fat tissue.

Another easy “take with you” post workout meal:

Orange juice

Bannana

Granola bar

Protein shake (choose a shake with high carbs)

THE COMPLETE PACKAGE

We all know that there is more to becoming a player than simply getting big, strong and jacked.

These workouts are designed with athletes in mind, so that you can become the best basketball player you can possibly be.

You will find yourself simply dominating most of the defenders you go up against because you’re flat out bigger and stronger than they are.

This means more rebounds, more tenacious defense, and more recruiting offers for YOU.

It also means more attention from the ladies or your wife 😊

With that said, becoming strong and jacked is obviously not the only key to becoming a complete player – there are tons of other aspects to your training you need to focus on:

- Vertical Leap*
- Shooting*
- Ball Handling*
- Mental Toughness*
- Speed and Quickness*

...And much more.

This is just the tip of the iceberg for becoming a great player.

So with that in mind, we'd like to give a shameless plug to a few resources that we have created that you might find helpful.

*First off, Jacob has an awesome jumping program called *The Jump Manual*. You can grab it at:*

<http://www.JumpManual.com>

Taylor is the creator of Prolific Shooting, a step by step basketball shooting system. You can find it here:

<http://www.ProlificBasketballShooting.com>

And for those of you who need to increase your handles, we both highly recommend.

[Effective Ball Handling](#)

... And that's the end of our sales pitch 😊

These three resources will help you out a ton, we hope you enjoy them thoroughly and that they take your game to the next level and beyond.

Use this upper body workout in combination with your lower body workouts and vertical jump training, as well as your skills training and mental toughness work.

Train with a vengeance and don't take no for an answer. You will soon be a freaky explosive, unstoppable basketball player.

To your success,

A handwritten signature in black ink that reads "Taylor Allan". The signature is written in a cursive, flowing style.

Taylor Allan

[Prolific Shooting](#)

A handwritten signature in black ink that reads "Jacob W. Hiller". The signature is written in a cursive, flowing style.

Jacob Hiller

[The Jump Manual](#)