



Basketball Leistungszentrum | MOG Basketball

Erreiche dein persönlich Bestes

Training | Events | Analyse | Organisation & Planung für Vereine, Verbände und Schulen

body workout

workouts 2014 [3]

jumping jacks	100
mountain climbers	30
groiners	30
birddogs	30
crunches	50
body weight two legs squats	30
leg lifts	25 on each side
body weight lunge steps	30
body weight up&down (plank to push up)	30
butt lifts	50
squat jumps	20
quick high knees	40
twist crunches	50
dynamic push ups	20
burpees	20

3 rounds total

Work hard, have fun!