

Basketball Leistungszentrum | MOG Basketball

Erreiche dein persönlich Bestes

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

MOG-Basketball workouts 2016 [1]

jumping jacks	20
seal jacks	20
mountain climbers	20
burpees	05
quick high knees	20
birddogs	20
body weight two legs squats	20
body weight alternating lunge steps	20
push ups	10
tuck jumps	05
side plank with knee hug	15 each side
squat jumps	05
dead bugs	20
jumping lunges	10

3 rounds total/1 minute rest

Work hard, have fun!
Hard work pays off.