



# MOG Basketball

## Erreiche dein persönlich Bestes

private summer workout 2013

*Work hard, have fun!*

running 2x wöchentlich: 5x 400m unter 75sec (2min Pause dazwischen)  
1x wöchentlich: 45 Minuten Dauerlauf in lockerem Tempo

rope 3x wöchentlich: 10x 50 Sprünge

☺ an die frische Luft gehen ☺ viel barfuss laufen ☺ andere Sportarten ☺ viele Würfe ☺ lesen

strength, mobility, power 3x wöchentlich: 3 Runden

### warm up

ankle stability 4x 20 reps each leg

standing kicks 2x 5 each leg

egg rolls 10

body weight two leg squats 10

mountain climbers 10

groiners 10

backward plank with knee hug 20

side bridge with knee hug 10 each side

birddogs 14

high knees/stiff legs 10/2-2 5 repetitions

### workout 3 rounds total (2 mins break)

jumping two legs squat 15

sit ups & superman each 20

jumping lunges 20

push ups 10 regular

quick high knees 30

prones [jumps, knee hug] each 30

crawl touches 30

reverse plank with knee hug 30

burpees 10

skaters 30

squats 10

push ups 5 dynamic