



MOG Basketball

Erreiche dein persönlich Bestes

legs workout

warm up

body weight two legs squats	10
body weight lunges	20
stiff legs / dead lift	10 on each leg
high knees	20

workout

jumping barbell two legs squat	15
jumping barbell lunges	15 on each leg
stiff one legged deadlift	10 on each leg
barbell high knees	40
one leg squats	5 on each leg

3 rounds total

Work hard, have fun!