



Basketball Leistungszentrum | MOG Basketball

Erreiche dein persönlich Bestes

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

body workout

workouts 2014 [1]

jumping jacks	50
mountain climbers	20
groiners	20
birddogs	20
high knees / slowly	20
body weight two legs squats	20
stiff legs / dead lift	20 on each leg
body weight lunge steps	20
body weight up&down (plank to push up)	20
push up hold with alternating knee hug	20
squat jumps	20
quick high knees	40
dynamic push ups	20
burpees	20

3 rounds total

Work hard, have fun!