



## Basketball Leistungszentrum | MOG Basketball

### Erreiche dein persönlich Bestes

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

body workout

workouts 2014 [2]

jumping jacks (move feet laterally)	30
jumping jacks (move feet back and forth)	30
mountain climbers	20
groiners	20
birddogs	20
quick high knees	20
stiff legs / dead lift	20 on each leg
body weight lunge steps	20
jump rope, double jumps	50
body weight two legs squats	20
body weight up&down (plank to push up)	20
1leg squats	15 on each leg
side plank with knee hug	20 on each side
squat jumps	20
jump rope, double jumps	50
dynamic push ups	10
jump rope, double jumps	50
burpees	10

3 rounds total

*Work hard, have fun!*