



Basketball Leistungszentrum | MOG Basketball

Erreiche dein persönlich Bestes

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

bodyworkout

MOG-Basketball workouts 2015 [1]

jumping jacks	50
jump rope	100
mountain climbers	20
groiners	20
lunge step matrix reach to press	2x 8
quick high knees	50
birddogs	20
body weight two legs squats	20
prones with knee hug	30
body weight alternating lunge steps	30
body weight up and down	30
squat jumps	20
russian twist with heavy ball	20
dynamic push ups	10
burpees	10

3 rounds total

Work hard, have fun! Hard work pays off.