

WORKOUT OF THE MONTH

Leg Strength & Power for Basketball



WORKOUT BUILT BY:

Kevin CSEP, CPT
Certified Personal Trainer

City of Edmonton
**Recreation
centres**

Edmonton

This month's workout focuses on improving lower body strength.



1 Box Jump

- Begin with a slight countermovement and jump onto the box using your arms to assist.
- Land softly on top of the box then step down and repeat.
- You can start doing the exercise using a 6 inches (15cm) box unless specified otherwise. Progress over time by increasing the height of the box.

Complete (3 sets X 8-10 reps)



2 Dumbbell Squat

- Lower until your thighs are parallel to the ground by pushing your hips backward and flexing your knees.
- Keep your chest up and back neutral for the duration of the movement.
- Keep your heels planted on the ground and your knees aligned with your ankles.

Complete (3 sets X 4-6 reps)



3 Plank on Ball

- Put your elbows and forearms on a swiss ball with your body in a straight line.
- Brace the abdominals to hold the position without your lower back sagging (spine in neutral position)

Complete (3 sets X 30-60 sec per rep)



4 Split Squat Jump

- Start in a lunge position with the front leg bent 90° at the knee and hip and the back leg behind the midline of the body.
- Begin with a countermovement then explosively jump up to a maximum height using your arms to assist.
- Repeat with the other leg in front after a rest period.

Complete (3 sets X 8-10 reps per leg)



5 Elevated Split Squat

- Place the the back foot on a bench or box.
- Bend the back kneed bringing the back leg toward the ground.
- Keep the torso upright at all times.

Complete (3 sets X 4-6 reps per side)



6 Weighted Hip Thrust

- Sit down on the floor with your upper back on a bench as a pivot point.
- Place and hold a weight on your hips.
- Extend the hips up by squeezing the glutes so your thighs are in line with the torso.

Complete (3 sets X 8-10 reps per side)

Resistance Training Guide & Tracker



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With the NCAA's March Madness upon us this workout is designed to improve lower body power for jumping and lower body strength for finishing the game strong. Start with a 10 minute warm up on the bike. You should have a good sweat on before starting the workout.

This workout is composed of two tri sets (3 exercises in a row). Complete all 3 sets of the first tri set before moving on to the second tri set.

EXERCISE	DATE																							
	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT
Box Jump																								
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