



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



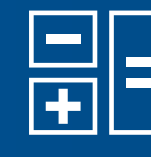
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BASKETBALL PERFORMANCE WORKOUT: BUILDING A BETTER BALLER

Train like a NBA pro with this baller workout that not only covers technical skills, but also helps to build solid muscle and increase strength!

Link to Workout: <https://www.muscleandstrength.com/workouts/basketball-performance-workout-to-build-a-better-baller>

Main Goal: Sports Performance

Training Level: Intermediate

Program Duration: 6 Weeks

Days Per Week: 4 Days

Time Per Workout: 60-75 Mins

Equipment: Bands, Barbell, Bodyweight, Cables, Dumbbells, Exercise Ball, Foam Roll, Other

Author: Mike Wines

Lower Push / Upper Pull

Exercise	Week 1	Week 2	Week 3	Week 4
Superset				
Front Squat	3 x 3	4 x 3	5 x 3	6 x 2
Depth Jump to Hurdle Hop*	3 x 5	4 x 4	5 x 3	6 x 2
Superset				
Reverse Lunge (Unilateral Load - 1DB)	3 x 8 / Leg	3 x 8 / Leg	3 x 10 / Leg	3 x 10 / Leg
Seated Cable Row	3 x 8 - 10	3 x 8 - 10	3 x 8 - 10	3 x 8 - 10
Superset				
Reverse Sled Drag	4 x 40 Yds	4 x 40 Yds	4 x 55 Yds	4 x 55 Yds
3 - D Band Pull Apart	4 x 15	4 x 15	4 x 15	4 x 15
*Use a 16 - 18 Inch box.				

Upper Push / Lower Pull

Exercise	Week 1	Week 2	Week 3	Week 4
Superset				
Dumbbell Bench	3 x 6	4 x 6	3 x 8	4 x 8
Bench T - Spine Mobilization	3 x 5	4 x 5	3 x 5	4 x 5
Superset				
Standing Landmine Press	3 x 8 / Arm	3 x 8 / Arm	3 x 8 / Arm	3 x 8 / Arm
Cable Pullthrough	3 x 12	3 x 12	3 x 12	3 x 12
Superset				
Tall Kneeling Vertical Pallof Press	4 x 8	4 x 8	4 x 8	4 x 8
Physioball Leg Curl	4 x 10	4 x 10	4 x 12	4 x 12

Lower Pull / Upper Push

Exercise	Week 1	Week 2	Week 3	Week 4
Superset				
Snatch Grip Deadlift	5 x 3	4 x 4	6 x 2	3 x 3
Rocking Ankle Mobilization (Gastroc & Soleus)	4 x 5 / Leg	4 x 5 / Leg	4 x 5 / Leg	3 x 5 / Leg
Superset				
Push Up w/ Chains	3 x 6 - 10	3 x 6 - 10	3 x 6 - 10	3 x 6 - 10
Face Pull	3 x 12 - 15	3 x 12 - 15	3 x 12 - 15	3 x 12 - 15
Superset				
Glute Ham Raise	4 x 5 - 8	4 x 5 - 8	4 x 5 - 8	4 x 5 - 8
Slide Plank w/ Rotation	4 x 5 / Side	4 x 5 / Side	4 x 5 / Side	4 x 5 / Side

Upper Pull / Lower Push

Exercise	Week 1	Week 2	Week 3	Week 4
Superset				
Weighted Hammer-Grip Chin Up	3 x 5	4 x 5	3 x 6	4 x 6
Lateral Tuck Jump w/ Stabilization	3 x 4 Each Direction	4 x 4 Each Direction	3 x 5 Each Direction	4 x 5 Each Direction
Superset				
BB Anterior Loaded Bulgarian Split Squat	3 x 6 / Leg	3 x 6 / Leg	3 x 7 / Leg	3 x 7 / Leg
Dumbbell Row	3 x 8 - 10	3 x 8 - 10	3 x 8 - 10	3 x 8 - 10
Superset				
Farmer's Walk	4 x 35 Yds	4 x 35 Yds	4 x 45 Yds	4 x 45 Yds
Half Kneeling Cable Chop	4 x 6 / Side	4 x 6 / Side	4 x 6 / Side	4 x 6 / Side