



# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



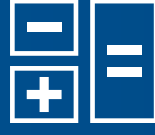
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## BASKETBALL WORKOUTS: IN-SEASON WORKOUT ROUTINE FOR PLAYERS

Improve your in-season basketball performance by maintaining all the athletic gains you made in the off-season using this 2 day full body workout.

Link to Workout: <https://www.muscleandstrength.com/workouts/in-season-workout-routine-for-basketball-players>

**Main Goal:** Sports Performance

**Equipment:** Bands, Bodyweight, Cables, Dumbbells, Exercise Ball, Machines, Medicine Ball

**Training Level:** Beginner

**Program Duration:** 20 Weeks

**Days Per Week:** 2 Day

**Target Gender:** Male & Female

**Time Per Workout:** 30 Mins

**Author:** [Josh England](#)

### Day 1: In-Season Full Body Basketball Workout

Exercise	Sets	Reps
<a href="#">Dumbbell Split Squat</a>	2	15
<a href="#">(Assisted) Nordic Hamstring Curls</a>	2	12 - 15
<a href="#">Lateral Lunges</a>	2	12 - 15
<a href="#">Pull Ups</a>	2	AMRAP
<a href="#">Push Ups</a>	2	AMRAP
<a href="#">Banded Rear Delt Fly</a>	2	15 - 20
<a href="#">Banded Lateral Raise</a>	2	15 - 20
<a href="#">Plate Pinch</a>	2	30 Secs
<a href="#">Dead Bug</a>	2	12 - 20 Each
<a href="#">Plank</a>	2	Timed Failure

### Day 2: In-Season Full Body Basketball Workout

Exercise	Sets	Reps
<a href="#">Goblet Squat</a>	2	15
<a href="#">Exercise Ball Leg Curl</a>	2	12 - 15
One Leg Dumbbell Calf Raise	2	15 - 20
<a href="#">Hip Adduction</a>	2	15 - 20
<a href="#">Cable Row</a>	2	15
<a href="#">Standing Dumbbell Press</a>	2	15
<a href="#">Dips</a>	2	AMRAP
<a href="#">Plank</a>	2	Timed Failure
<a href="#">Dead Bug</a>	2	12 - 20 Each
Med Ball Woodchoppers	2	15 - 20 Each

