**PE BASKETBALL – LEGS AND CORE WORKOUT**

STATIONS – COMPLETE **ALL** STATIONS!

WARMUP –

* Foam rolling/tennis ball rolling – roll the following about 5 times each
	+ Quads
	+ IT band
	+ Front of calf
	+ Calf
* Dynamic warmup – do each one
	+ 50 skips
	+ 10 leg swings front to back (each leg)
	+ 10 leg swings side to side (each leg)
	+ 10 hip opener leg swings (each leg)
	+ 50 high knees
	+ 50 butt kicks
	+ 10 one foot hops (each foot)
	+ 10 square hops (each foot)
	+ 20 lunges with twist
	+ 20 sumo walk squats

CARDIO WARMUP –

* 2 minutes spin at a medium tension and fast pace
* 2 minutes skipping rope – double unders if possible
* 20 jumping jacks
* 20 mountain climbers
* 10 burpees
* 10 pushups

STATIONS – **Complete each station 3 times!**

* 20 walking lunges with heavy ball or med ball and a twist \_\_\_\_ \_\_\_\_\_ \_\_\_\_\_
* 10 Knee pullups on chinup bar \_\_\_\_ \_\_\_\_\_ \_\_\_\_\_
* 10 (each arm) pushups- one arm out to side, palm on ball \_\_\_\_ \_\_\_\_\_ \_\_\_\_\_
* 10 (each arm) pushups- one arm out front, palm on ball \_\_\_\_ \_\_\_\_\_ \_\_\_\_\_
* 50 Russian twists with med ball \_\_\_\_ \_\_\_\_\_ \_\_\_\_\_
* 10 (each side) heavy ball backwards lunges with bounce \_\_\_\_ \_\_\_\_\_ \_\_\_\_\_
* 10 (each leg) one leg squat with other heel resting on bball \_\_\_\_ \_\_\_\_\_ \_\_\_\_\_
* 10 (each leg) hip lifts with elbows on bench, leg straight out \_\_\_\_ \_\_\_\_\_ \_\_\_\_
* 10 (each leg) T form deadlifts with basketball \_\_\_\_ \_\_\_\_\_ \_\_\_\_\_
* 12 side plank taps (each side) \_\_\_\_ \_\_\_\_\_ \_\_\_\_\_
* 10 (each leg) one leg squat on the box \_\_\_\_ \_\_\_\_\_ \_\_\_\_\_

COOLDOWN AND STRETCH