**PE BASKETBALL – UPPER BODY WORKOUT**

STATIONS – COMPLETE **ALL** STATIONS!

WARMUP –

* Foam rolling/tennis ball/basketball rolling – roll the following about 5 times each
	+ Quads
	+ IT band
	+ Front of calf
	+ Calf
* Dynamic warmup – do each one
	+ 20 skips – with arm swings
	+ 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 shoulder opener twist (each side)
	+ 10 large arm circles (forwards then backwards)
	+ 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 and 20 power jacks
* 20 mountain climbers
* 10 burpees
* 10 pushups
* 10 tricep pushups

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

* 15 BOSU pushup tilt \_\_\_\_ \_\_\_\_\_ \_\_\_\_\_
* 15 chest press crunch \_\_\_\_ \_\_\_\_\_ \_\_\_\_\_
* 20 alternating bicep curls \_\_\_\_ \_\_\_\_\_ \_\_\_\_\_
* Chin-ups – as many as you can do \_\_\_\_ \_\_\_\_\_ \_\_\_\_\_
* 50 Russian twists with med ball \_\_\_\_ \_\_\_\_\_ \_\_\_\_\_
* 10 Ball pushups \_\_\_\_ \_\_\_\_\_ \_\_\_\_\_
* 30 dips on the bench or jump box \_\_\_\_ \_\_\_\_\_ \_\_\_\_\_
* 1 minute hold plank on forearms \_\_\_\_ \_\_\_\_\_ \_\_\_\_
* 20 plank rows \_\_\_\_ \_\_\_\_\_ \_\_\_\_\_
* 15 partner shoulder presses \_\_\_\_ \_\_\_\_\_ \_\_\_\_\_
* 20 partner pinny pull rows \_\_\_\_ \_\_\_\_\_ \_\_\_\_\_
* Bicep 21s \_\_\_\_ \_\_\_\_\_ \_\_\_\_\_

COOLDOWN AND STRETCH