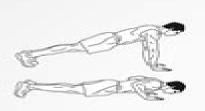
# BASKETBALL

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes









10combos: 1 push-up + 10 high knees

10 side-to-side jumps



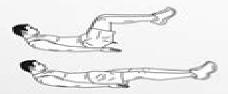




10-count squat hold



10 jump squats



20 crunch kicks



20 sitting twists

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**Michael Volkmar** 

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Summer Workout for High School Players Gary U Petrin, 2020-01-17 Need a great workout program for the off season to prepare for your upcoming season or are you preparing yourself to play in college Summer Workout for High School Players eBook is exactly what you need This Interactive eBook is a must for any player wanting to make the most out of their off season Lots of Links to Video Clips and Handouts The Off season and Summer months are the most important times of the basketball season and critical to the skill development of players who are hoping to play at the college level someday There is way too much competition out there and to make it you must work hard This eBook has a designed program that will get players going in the right direction to further their basketball development Packed with pictures diagrams video clips and helpful forms Read the information in the booklet then View the demonstrations on the Video Clips using the links An excellent Interactive instructional tool resource and reference for youth basketball players and coaches

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