



FOUR DAY BASKETBALL WORKOUT PROGRAM

STRENGTH & POWER DEVELOPMENT

This 4-day basketball workout program is engineered to build lower-body power, upper-body strength, and core stability essential for dominating on the basketball court. Maintain proper form and optimal rest periods across all training sessions [cite: 13].

DAY 1: LEGS

LOWER BODY STRENGTH & POWER FOCUS

EXERCISE	SETS & REPS
Squats	3 sets of 8-12 repetitions [cite: 13]
Deadlifts	3 sets of 5-8 repetitions [cite: 13]
Leg press	3 sets of 10-12 repetitions [cite: 13]
Hamstring curls	3 sets of 10-12 repetitions [cite: 13]
Calf raises	3 sets of 15-20 repetitions [cite: 13]

DAY 2: CHEST AND TRICEPS

PUSH FOCUS

EXERCISE	SETS & REPS
Bench press	3 sets of 8-12 repetitions [cite: 13]

EXERCISE	SETS & REPS
Incline dumbbell press	3 sets of 10-12 repetitions [cite: 13]
Dumbbell flyes	3 sets of 10-12 repetitions [cite: 13]
Triceps pushdowns	3 sets of 10-12 repetitions [cite: 13]
Overhead triceps extensions	3 sets of 10-12 repetitions [cite: 13]

DAY 3: BACK AND BICEPS

PULL FOCUS

EXERCISE	SETS & REPS
Pull-ups	3 sets to failure [cite: 13]
Barbell rows	3 sets of 8-12 repetitions [cite: 13]
Seated cable rows	3 sets of 10-12 repetitions [cite: 13]
Bicep curls	3 sets of 10-12 repetitions [cite: 13]
Hammer curls	3 sets of 10-12 repetitions [cite: 13]

DAY 4: SHOULDERS AND CORE

FOUNDATION + STABILITY FOCUS

EXERCISE	SETS & REPS
Overhead press	3 sets of 8-12 repetitions [cite: 13]
Lateral raises	3 sets of 10-12 repetitions [cite: 13]
Front raises	3 sets of 10-12 repetitions [cite: 13]
Bent-over rows	3 sets of 10-12 repetitions [cite: 13]
Plank	3 sets of 30-60 seconds [cite: 13]
Crunches	3 sets of 15-20 repetitions [cite: 13]

EXERCISE	SETS & REPS
Leg raises	3 sets of 15-20 repetitions [cite: 13]

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This program is for educational purposes. Consult a physician before beginning any new exercise program. Stop if you experience pain. Results vary based on individual effort, nutrition, and consistency.