

# INVICTUS

SPORTS PERFORMANCE AND FITNESS

## Four Day Basketball Workout Program

### Day 1: Legs

- Squats: 3 sets of 8-12 repetitions
- Deadlifts: 3 sets of 5-8 repetitions
- Leg press: 3 sets of 10-12 repetitions
- Hamstring curls: 3 sets of 10-12 repetitions
- Calf raises: 3 sets of 15-20 repetitions

### Day 2: Chest and triceps

- Bench press: 3 sets of 8-12 repetitions
- Incline dumbbell press: 3 sets of 10-12 repetitions
- Dumbbell flies: 3 sets of 10-12 repetitions
- Triceps pushdowns: 3 sets of 10-12 repetitions
- Overhead triceps extensions: 3 sets of 10-12 repetitions

### Day 3: Back and biceps

- Pull-ups: 3 sets to failure
- Barbell rows: 3 sets of 8-12 repetitions
- Seated cable rows: 3 sets of 10-12 repetitions
- Bicep curls: 3 sets of 10-12 repetitions
- Hammer curls: 3 sets of 10-12 repetitions

### Day 4: Shoulders and core

- Overhead press: 3 sets of 8-12 repetitions
- Lateral raises: 3 sets of 10-12 repetitions
- Front raises: 3 sets of 10-12 repetitions
- Bent-over rows: 3 sets of 10-12 repetitions
- Plank: 3 sets of 30-60 seconds
- Crunches: 3 sets of 15-20 repetitions
- Leg raises: 3 sets of 15-20 repetitions