

INVICTUS

SPORTS PERFORMANCE AND FITNESS

Three Day Basketball Workout Program

Day 1:

- Warm-up: 5-10 minutes of light cardio, followed by dynamic stretches.
- Lower body:
 - Squats: 3 sets of 8-12 repetitions
 - Deadlifts: 3 sets of 5-8 repetitions
 - Lunges: 3 sets of 10-12 repetitions (per leg)
 - 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:

- Warm-up: 5-10 minutes of light cardio, followed by dynamic stretches.
- Upper body:
 - Bench press: 3 sets of 8-12 repetitions
 - Overhead press: 3 sets of 8-12 repetitions
 - Pull-ups: 3 sets of as many repetitions as possible
 - Rows: 3 sets of 10-12 repetitions
 - Bicep curls: 3 sets of 10-12 repetitions
 - Triceps extensions: 3 sets of 10-12 repetitions

Day 3:

- Warm-up: 5-10 minutes of light cardio, followed by dynamic stretches.
- Core:
 - Plank: 3 sets of 1 minute
 - Side planks: 3 sets of 30 seconds (per side)
 - Crunches: 3 sets of 15-20 repetitions
 - Leg raises: 3 sets of 15-20 repetitions
 - Russian twists: 3 sets of 15-20 repetitions