INVICTUS
SPORTS PERFORMANCE AND FITNESS

Five Day Basketball Weight Training with Core and Speed Training

Day 1

- **Upper Body Weight Training** (1-2 sets x 10-12 reps)
    - Bench Press
    - Bicep Curl
    - Chest Fly
    - Front Lat Raise
    - Overhead Press
    - Skull Crusher
    - Band Rear Delt
    - One Arm Row
    - Tricep Pull Down
    - Lat Pulls
- **Lower Body Plyometric** (3 sets x 10-12 jumps)
    - Box Jumps
    - Depth Jumps
    - Lateral Bounds

Day 2

- **Lower Body Weight Training** (1-2 sets x 10-12 reps)
    - Calf Raise
    - Dumbbell Squat
    - Band Hamstring Curl
    - Hip Adduction
    - Dumbbell Lunges
    - Lower Back Extension (Superman)
- **Core Exercises** (3 x 30 seconds each)
    - Clamsheels (each side)
    - Fire Hydrant (each side)
    - Plank
    - Side Plank
    - Russian Twists
    - Dead Bug

Day 3: Off

Day 4

- **Upper Body Weight Training** (1-2 sets x 10-12 reps)
    - Shoulder Press
    - Incline Press
    - Band High Row

- o Dumbbell Bench Press
- o Band Row
- o Band Reverse Flies
- o Side Raises
- o Lat Pulldown
- o Overhead Tricep Press
- o Dumbbell Upright Row
- **Lower Body Plyometric** (3 sets x 10-12 jumps)
  - o Alternate Leg Bounding
  - o Single Leg Hops
  - o Step Ups

Day 5

- **Lower Body Weight Training** (1-2 sets x 10-12 reps)
  - o Dumbbell Lunge
  - o Physioball Bridges
  - o Hip Abduction
  - o Physioball Hack Squat
  - o Romanian Dead Lift
  - o Split Squat
- **Core/Hip Exercises** (3 x 30 seconds each)
  - o Clamshells (each side)
  - o Fire Hydrants (each side)
  - o Plank
  - o Side Plank
  - o Russian Twists
  - o Dead Bug

Day 6 & 7: Off

For off days, consider recovery and regeneration activities, injury prevention, hip mobility and core strength and stability.

Sprint Training

Train for speed 3-4 times per week.
- ¾ court sprints (baseline to foul line, decelerate and walk back to the starting point): 8-10 sprints x at 85% intensity, rest thirty seconds.
- Modify sprints by adding lateral slides before sprinting
- 17s (17 sideline-to-sideline sprints): 3-5 spring try to finish in sixty to sixty-five seconds, rest for sixty seconds.