



THREE DAY BASKETBALL WORKOUT PROGRAM

STRENGTH & CORE CONDITIONING

This 3-day basketball workout program focuses on lower-body power, upper-body strength, and core stability to maximize athletic performance on the court. Complete a 5-10 minute light cardio warm-up followed by dynamic stretches before each session.

DAY 1: LOWER BODY

WARM-UP: 5-10 MIN LIGHT CARDIO + DYNAMIC STRETCHES | FOCUS: POWER & STRENGTH

EXERCISE	SETS & REPS
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: UPPER BODY

WARM-UP: 5-10 MIN LIGHT CARDIO + DYNAMIC STRETCHES | FOCUS: UPPER BODY POWER

EXERCISE	SETS & REPS
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
Triceps extensions	3 sets of 10-12 repetitions
Rows	3 sets of 10-12 repetitions
Bicep curls	3 sets of 10-12 repetitions

DAY 3: CORE

WARM-UP: 5-10 MIN LIGHT CARDIO + DYNAMIC STRETCHES | FOCUS: CORE STABILITY

EXERCISE	SETS & REPS
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

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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.