



FIVE DAY BASKETBALL WEIGHT TRAINING PROGRAM

WITH CORE & SPEED TRAINING

This comprehensive 5-day routine is designed specifically for basketball athletes looking to increase power, explosive speed, and core strength while maintaining structural resilience across a demanding season. Follow the structured schedule combining upper/lower body lifts, plyometrics, targeted core circuits, and dedicated court-speed training.

DAY 1: UPPER BODY WEIGHT TRAINING & LOWER BODY PLYOMETRICS

UPPER BODY: 1-2 SETS X 10-12 REPS | PLYOMETRICS: 3 SETS X 10-12 JUMPS

CATEGORY	EXERCISE / MOVEMENTS
Upper Body Lifts	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 Plyometrics	Box Jumps, Depth Jumps, Lateral Bounds

DAY 2: LOWER BODY & CORE TRAINING

LOWER BODY: 1-2 SETS X 10-12 REPS | CORE: 3 X 30 SECONDS EACH

CATEGORY	EXERCISE / MOVEMENTS
Lower Body Lifts	Calf Raise, Dumbbell Squat, Band Hamstring Curl, Hip Adduction, Dumbbell Lunges, Lower Back Extension (Superman)
Core Exercises	Clamshells (each side), Fire Hydrant (each side), Plank, Side Plank, Russian Twists, Dead Bug

DAY 3: ACTIVE RECOVERY / OFF

REST DAY

Focus on recovery, stretching, mobility, and hydration.

DAY 4: UPPER BODY WEIGHT TRAINING & LOWER BODY PLYOMETRICS

UPPER BODY: 1-2 SETS X 10-12 REPS | PLYOMETRICS: 3 SETS X 10-12 JUMPS

CATEGORY	EXERCISE / MOVEMENTS
Upper Body Lifts	Shoulder Press, Incline Press, Band High Row, Dumbbell Bench Press, Band Row, Band Reverse Flies, Side Raises, Lat Pulldown, Overhead Tricep Press, Dumbbell Upright Row
Lower Body Plyometrics	Alternate Leg Bounding, Single Leg Hops, Step Ups

DAY 5: LOWER BODY WEIGHT TRAINING & CORE/HIP EXERCISES

LOWER BODY: 1-2 SETS X 10-12 REPS | CORE/HIP: 3 X 30 SECONDS EACH

CATEGORY	EXERCISE / MOVEMENTS
Lower Body Lifts	Dumbbell Lunge, Physioball Bridges, Hip Abduction, Physioball Hack Squat, Romanian Dead Lift, Split Squat
Core / Hip Exercises	Clamshells (each side), Fire Hydrants (each side), Plank, Side Plank, Russian Twists, Dead Bug

DAY 6 & 7: OFF / RECOVERY

REGENERATION DAYS

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

SPEED & AGILITY TRAINING

TRAIN FOR SPEED 3-4 TIMES PER WEEK

- **Court Sprints:** Baseline to foul line (decelerate and walk back to starting point): 8-10 sprints at 85% intensity, rest 30 seconds. (Modify sprints by adding lateral slides before sprinting).
- **17s (Sideline-to-Sideline Sprints):** 3-5 sprints, try to finish in 60 to 65 seconds, rest for 60 seconds.

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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.