

# Bodyweight Exercises For Basketball Players

## No Weights Involved

1. 1-Leg Deadlift – This lower back, glute, and hamstring exercise is terrific for developing strength, balance, and stabilization.
2. Plank Up-Downs – A close relative to the push-up, plank up-downs help develop core and triceps strength.
3. Bear Crawls – A great full-body exercise that engages multiple muscle groups at once.
4. Broad Jumps – A basketball-specific exercise that can help increase the explosive power needed to “get off the floor.”
5. 1-Leg Hops – Builds unilateral leg strength and stability that assists in improving balance leaping off one leg.
6. Straight Leg Calf Jumps – Strengthens ankle and lower leg strength needed to help prevent ankle injuries and assists in increasing your vertical jump.
7. Leg Sequence (bodyweight squats, jump squats, alternating lunges, jump lunges) – An excellent group of exercises that trains explosive effort when fatigued; a common occurrence in the game of basketball.
8. Burpee with Vertical Jump – A fantastic full-body exercise that requires a maximal effort vertical jump.
9. Jump Squats – One of the most basketball-specific exercises known to man.
10. Push-ups – The gold standard for basketball training in that it strengthens the core and the entire upper body.

