



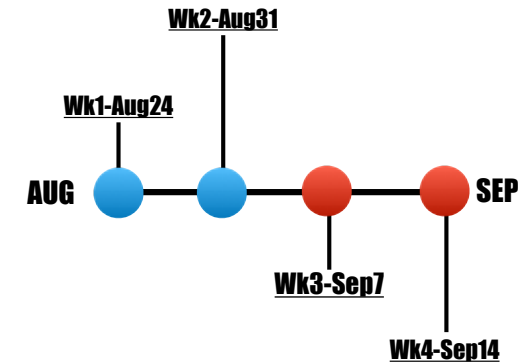
Suggested 2020-21 Maidstone Warriors Basketball Club PreSeason Physical Fitness Programme

Prepared: Aug 23rd 2020

4 weeks, 20 Fitness Sessions, 500mins spanning Aug-Sep 2020 - FIVE Sessions/week

- = Daily 20min Fitness Sessions
- = Daily 30min Fitness Sessions

A short Programme to help our players improve muscular & cardiovascular endurance



Warm-up Stretching (5 minutes)

START Upper-Body

Daily Physical Fitness Routine

Lower-Body

Flexibility Sit & Reach/Squats

Press-Ups Chest & Shoulders

<https://youtu.be/i9sTjhN4Z3M>

Wall-push Squats

Mountain Climber

3-sets of 10



3-sets of 20



Agility Knee-high jumps

3-sets of 10



3-sets of 10

