

# Plymouth Girls Basketball Body Weight Work-Out

Equipment: Pull-Up Bar, Chairs, Tabata Timer App. or timer on your phone

## Warm-Up

1. Jog in place for 30 seconds
2. Jumping Jacks for 30 seconds
3. Mountain Climbers for 30 second

Repeat 2 More times

## The Work-Out

### 1. Pull-Ups

- As many as you can do in 30 seconds. If you need to come down off the bar and rest that is OK but get back up and do some more in the time allowed.
- No chair or chair assist.

### 2. Push-Ups

- As many as you can do in 30 seconds
- In plank position or on your knees

### 3. Chair Dips

- As many as you can do in 30 seconds
- Feet on the floor or up on another chair

### 4. Pike Press

- In a plank position, get up on your tip toes and get your butt in the air. Bend your elbows so that the top of your head touches the floor between your hands and push-up.

5. Hold an elbow plank for 1 minute

6. Calf Raise Squats

- Feet shoulder width apart and going down so your knees are parallel with your knees. When you come up, raise up on your toes.
- As many as you can do in 30 seconds

7. Single Leg Step Back Lunge

- Alternating legs for 30 seconds

8. Side to Side Lunges

- Alternating legs for 30 seconds

9. Wall Squats

- 1 Minute 30 Sec.
- Start a little higher than 90 degrees. After 15 seconds move to 90 degrees. Switch every 15 seconds.

10. Hold an elbow plank for 1 minute Repeat 1-10 Two More Times

Repeat 1-10 Two More Times

Cool Down

- Stretch your arm and your legs. Hold each stretch for 15 seconds.

This routine should be done 3 times per week,