

PLYMOUTH GIRLS BASKETBALL WEIGHT TRAINING ROUTINE

(DUMBBELL ROUTINE)

Equipment:

1. One set of dumbbells
 - Pick a weight that you can do 10-15 seated curls with as these will be the toughest to do.
2. Exercise Ball

Warm-Up

1. Jog in place for 30 sec.
2. Jumping Jacks for 30 sec.
3. Mountain climbers for 30 sec.

Repeat 2 more times

Routine:

- 1. Dumbbell Press (One Set of 10-15 Reps)**
 - Sit on the ball and perform these.
 - Start with the dumbbells at your chest with your palms facing towards you.
 - When you push the dumbbells over your head, rotate your hands so your palms are facing out.
- 2. Alternating Dumbbell Curls (One Set of 30 reps, 15 with each arm)**
 - Continue to sit on the ball
- 3. Dumbbell Flys (One set of 10-15 Reps)**
 - Lay on the ball for this one
- 4. Abdominal Work (One set of 25 Crunches)**
 - No dumbbells for this one
 - Sit on the ball as you do these. Hold in the flexed position for a count of 2 then down.
 - After you have performed the 25 reps, try to hold in the flexed position for 10-15 seconds to finish
- 5. Single Leg Front Lunges(One set of 20-30 Reps, 10 each leg)**
 - You might have to start out with no weight initially for this one. If you want to add weight, hold the dumbbells to your sides as you perform these.
 - Step forward with one foot and bring the opposite knee to the ground.
 - Concentrate on good form and watch that front knee. Do not let in cave in and out.
- 6. Dumbbell Squats (1 set, 10-15 Reps)**
 - Hold the dumbbells at your sides. Feet should width apart. Squat down until the dumbbells nearly touch the floor, then come up.
- 7. Calf Raises (1 Set, 10-15 Reps)**

Cool Down

- Stretch your upper and lower body. Hold each stretch for 15 sec.

** Do not rest in between each exercise. After you have completed all seven, Take a 1 minute break and do it again. Take another break and do it a third time.

** This routine can be performed every other day.

** You do not need an exercise ball to perform this routine. You could sit in a chair. Replace dumbbell flys with push-ups (as many as you can do). Crunches can be performed on the floor.

** If you are really motivated, you can add a set of pull-ups to the beginning of this routine. Do one set of as many as you can do.