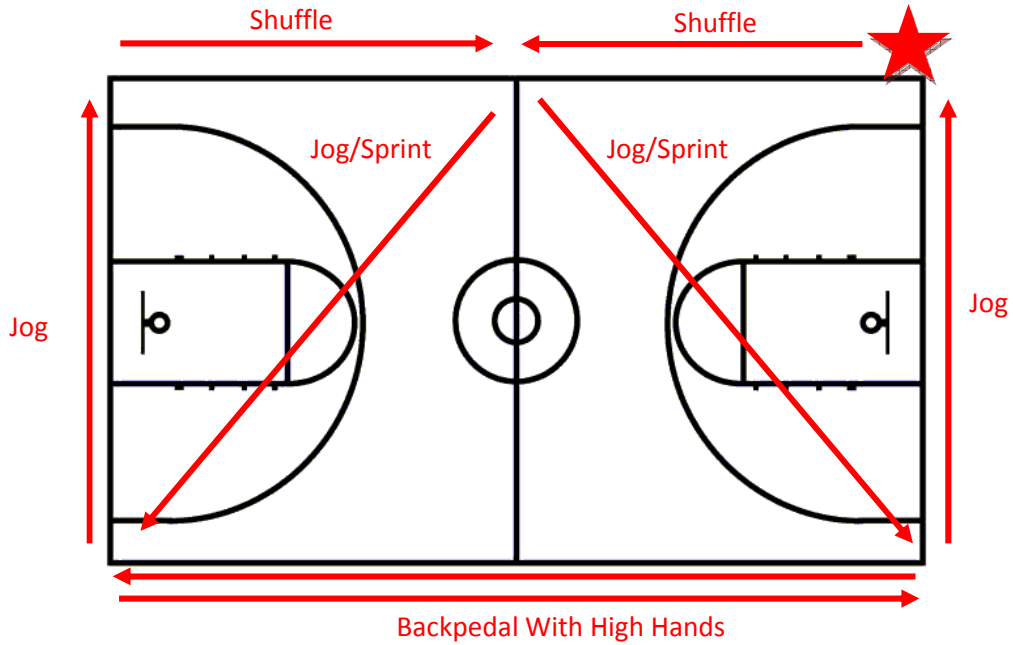




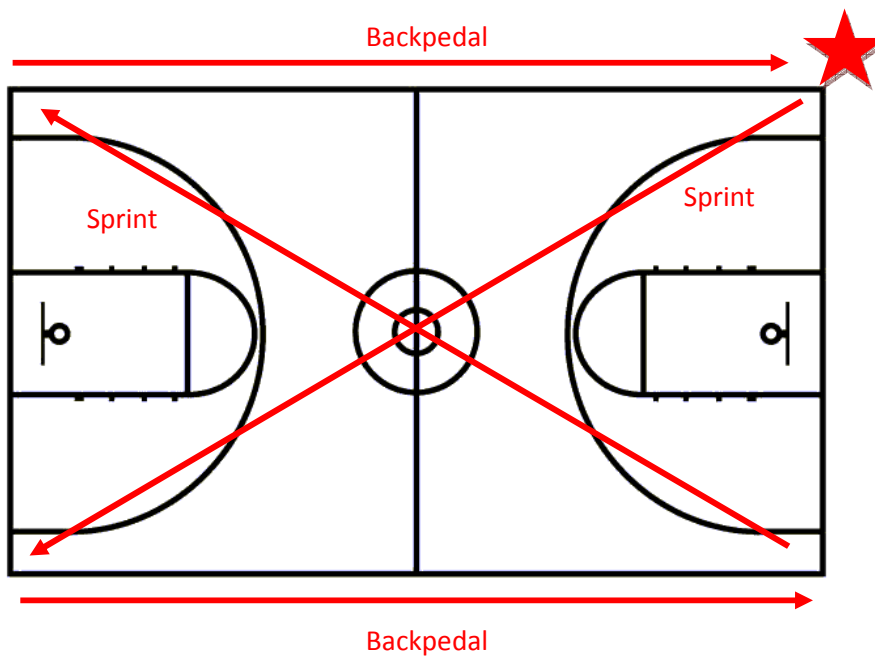
Active Warm-Up & Core Training  
For Basketball Player  
Alan Stein (DVD)

Court Warm-Up

1. Follow The Leader
  - i. Done at about 60% effort



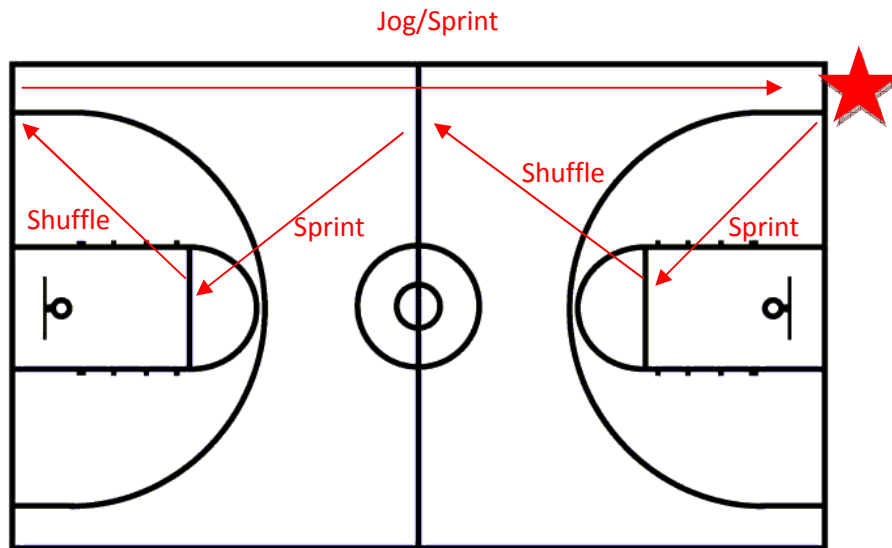
2. Full Court X





3. both halves of court

Zig-Zag- Can do on



#### Dynamic Flexibility

1. Toe walks
2. Heel walks
3. Frankensteins
4. Knee hugs (up & out)
5. Toe touches (2 hands)
6. Butt kicks (reach up w/opposite hand)
7. Eagles (ground stretch facing both directions)
8. Over the fence (backwards)
9. Low lunge (2 hands on floor)

#### Core Training-Plank Series (1 min. or 30 secs.)

1. Plank w/ball
2. Plank w/ball w/knee touches to ball
3. Reverse plank w/feet on ball
4. Reverse plank walk ball to hands and back out
5. Reverse plank w/1 foot only, bring knee to opposite elbow
6. Supine plank w/hands on ball
7. Woodchoppers (quick & hard)



8. Toe touches (heels to sky)
9. Twists (20)
10. Figures 8's with ball; legs off floor (20)
11. Bicycle; body straight, feet off ground, ball to shoes
12. Behind the back twists (feet off the ground)
13. Toe touches w/body flat on the ground
14. Partner pass: on butt w/feet off the ground. Throw away from body's mid-line. Smack ball on catch and chin it.
15. Get ups: get up from floor as fast as you can while keeping both hands on the ball.
16. Wall sit w/ball pinched between legs. Coach can try to knock ball out (30 sec.)
17. Wall sit w/foot on ball (30 sec)
18. Partner sissy squat.
19. Uneven push-ups w/ball
20. 2 ball push-ups
21. Do 5 or 6 core & stability exercises per day.