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On-Court Dynamic Warm Up For Basketball

1) Jogging With Arm Circles

Forward End Line to Half Court



2) Jogging with Cross Over Step

Forward Half Court to End Line



3) Shuffle Cross Arm Swing

End Line to Half Court



4) Skiping Backward Flaring Knees

Backward Half Court to End Line



5) Carioca High Knee

Face Left End Line To Half Court

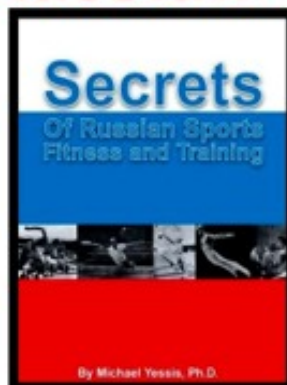


6) Carioca High Knee

Face Right Half Court to End Line



Secrets Of Russian Training



Methods
Of A
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7) Walking Lunge with Twist

End Line to Half Court



8) Reverse Walking w/ Toe Touch Hold

Half Court to End Line



9) Walking Ankle Grab

End Line to Half Court



10) Frankenstein

Half Court to End Line



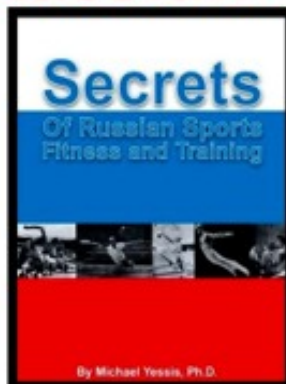
11) Shuffle Bent-Over Arm Swing

Face Left End Line to Half Court

Face Right Half Court to End Line



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12) Messier Squats

5 Reps Each Way



13) Neck Rolls

10 reps



14) Trunk Rolls

5 Each Direction



15) Trunk Twist

5 Each Direction



16) Spread Eagle Leg Swings

5 Side to Side Each Leg



17) Scorpion

5 Times Each Side Leg To Hand

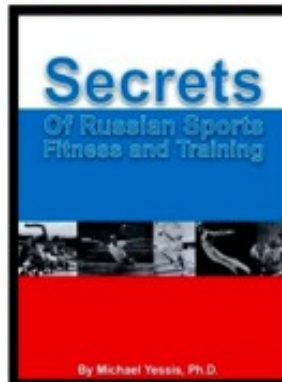


18) Cat Cows on All Fours

5 Times Up and Down



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