



CLC TIGER BOYS BASKETBALL

TENACITY. INTEGRITY. GANAS. EXECUTION. RESPECT. SOLIDARITY

Core Workouts

Routine #1

Pick one core exercise from each of the 3 areas below and perform 3 sets of each. Try to increase the rep number from workout to workout, or increase the weight.

Partner Leg Throwdowns
Dragon Flags
Hanging Leg Raises

Med Ball Situps
V-Sits
Throwing Med Ball Situps

Russian Twist
Med Ball Side Throws

Routine #2

Do a Super Set of these exercises, going from one to the other without resting until the last one. Do three Super Sets with a 1 minute rest between.

	Reps	Rest
Leg Lifts	10	0
Leg Lowers	10	0
V-Sits	10	0
Bicycles	10	0
Crunches	10	1

Routine #3

1. Crunches (20)
-Lay on back, knees bent, feet just off of floor, hands behind head, bring knees and elbows together
2. Bicycles (20)
-Lay on back, knees bent, bottom of feet pointing toward wall, touch elbow to opposite knee and alternate.
3. Penguins (20)
-Lay on back, knees bent, feet flat on floor, touch right hand to right foot then left hand to left foot keeping back flat on ground
4. Toe Touches (20)
-Lay on back, raise legs in air, extend arms toward toes, try to touch toes
5. Side Crunch (20 each side)
-Lay on back, knees together, twist to place knees on floor, lift torso straight up toward ceiling. Repeat both sides.

Repeat for a total of 3 sets.