



## **Strength Training Recommendations for Basketball Players**

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### **Exercise Guidelines**

Strength training should be: **Safe, Time Efficient, and Productive.**

#### Safety:

- Perfect exercise technique and form prior to utilizing additional resistance.
- Perform **every** movement in a slow, controlled, and deliberate fashion with special emphasis focused on the eccentric (negative) phase of each lift.
- Work within an appropriate repetition range (6-25 reps/set for most adults).

#### Time Efficiency:

- Use a limited number of sets and exercises each workout (brief yet intense workouts).
- Minimize rest intervals (“circuit”) to induce an overall conditioning effect.

#### Productivity:

- Train the entire body equally (include **all** muscle groups) to ensure muscle balance.
- **Train at a high level of intensity (as close to muscular fatigue as possible).**
- Utilize a predetermined method of progression.
- Record all pertinent workout data.

### **Program Design**

Training Frequency: 2-3 workouts per week

Training Duration: 40-60 minutes per workout

Training Volume: 1-3 sets per exercise, 10-15 total exercises per workout

Training Intensity: Perform each set to a point that no other “quality” repetitions are possible (muscle failure/muscle fatigue)

Repetition Ranges: 8-20 repetitions per set (reaching muscle fatigue prior to 6 repetitions means the resistance is “too heavy” and increases orthopedic stress)

Equipment: Utilize what is available - free weights, machines, manual resistance, etc.

## **10 Strength Training Guidelines**

1. Perform perfect repetitions every time you strength train.
  - *Perform slow and controlled reps with no bouncing!*
2. Strength train at high level of intensity.
  - *Take every set to the point at which no further reps can be completed.*
3. Strength train progressively.
  - *You must consistently increase the weight in order to get stronger.*
4. Strength train within a predetermined rep range.
  - *Aim for 8-12 reps for your upper body and 12-15 for your lower body.*
5. Strength train the entire body equally.
  - *Muscular balance is important for injury prevention.*
6. Strength train using a limited volume of sets and exercises.
  - *It's not how much you do; it's how hard you do it!*
7. Strength train larger muscle groups first.
  - *Hit your largest muscle groups early while you are fresh.*
8. Allow for adequate recovery between strength training sessions.
  - *Do not over train!*
9. Keep accurate records of all strength training sessions.
  - *Accountability is crucial for success.*
10. Use advanced strength training techniques appropriately.
  - *Limit overuse of assisted reps and breakdown sets.*

## Sample Strength Training Routines

Sets: 1-2 sets per exercise

Reps: Reach muscular fatigue between 8-12 reps

Rest: Rest 1:00-2:00 minutes between exercises

### ***Upper body workout #1***

Chest fly  
Bench press  
Pullover  
Pull-ups  
Lateral raise  
Shoulder press  
Rear delt raise  
Seated row  
Tricep extension  
Bicep curl

### ***Upper body workout #2***

Pulldown  
Shoulder press  
High row  
Incline press  
Seated row  
Chest press  
Low row  
Decline press  
Upright row  
Dip

### ***Lower body workout #1***

Squat  
Leg curl  
Walking lunge  
Hip adduction (groin)  
Low back extension  
Calf raise  
Abs

### ***Lower body workout #2***

Leg press  
Straight leg deadlift  
Step-ups  
Hip abduction  
Wall sit  
Calf raise  
Abs