










Canterbury Women's Basketball Pre-season Fitness Plan

- Start all movement in a neutral position: Shoulders back and down; core engaged; feet planted firmly on floor and hip width apart.
- Breathe through all the exercises, do not hold your breath.
- Always warm up with a light cardio workout for at least 5 minutes before beginning. Cool down afterwards with light cardio to ensure respiratory rate and heart rate have slowed. Static stretches can be performed after cool down.
- When selecting weights for your weights program, choose a weight that will mean you can only just complete your reps with proper form. If your reps for an exercise is 10 reps, then by 8, 9 and then the 10th rep, and you are only just managing to perform the exercise correctly, then you are using the right weight. When you get stronger and you could perform 12-15 reps with that weight for that exercise, it is time to increase it. This will mean your reps with proper form might drop back to 8 or even 6 while you build up your strength again.
- If you do not want to purchase exercise equipment or have access to a gym, you can make suitable equipment at home. Milk bottles filled with water or sand make good hand weights. Back packs can be weighted to make squats and step ups more challenging etc

Day 2: Lower Body Strength

Exercise	Muscles	Sets	Repetitions	Movement		Notes
Squats	Glutes, hamstrings, quadriceps	3	10	Sit back and down, keep chest and chin up; pause at bottom. To come up, keep knees solid and push up through your heels, keep lower back and core engaged. Try to squat down until hips are lower than knees		One foot on step, wide or narrow stance, weights between knees, over chest or over shoulders
Step ups	Glutes, hamstrings, quadriceps, gastrocnemius, soleus	3	12	Place foot of first leg on bench or knee high step and step up by pushing through heel of the elevated foot. Keep torso upright during movement and alternate legs		Holding weights at sides, stepping up laterally, isolating one leg (repeat all reps on one leg before switching)

Deadlift	Glutes, hamstrings, quadriceps, trapezius, core	3	10	Grip the bar with hands outside of knees, chest up and shoulders back, engage core and drive through the heels until standing straight, lower back down with control.			
Donkey kicks	Glutes, hamstrings	3	12	Anchor resistance band in middle of foot, engage core, drive heel backward and up then tuck knee into chest with control before repeating		Can perform on a leg abduction machine at gym	
Calf raises	Gastrocnemius, soleus	3	12	Stand on edge of a step with hand on wall for balance if needed, drop heels below the edge then press up onto toes		Holding weights, single leg	
Day 2: Upper Body Power							
Exercise	Muscles	Sets	Repetitions	Movement		Notes	
Rowing (machine)	Rhomboids, trapezius, triceps, biceps,	10	30sec:30sec	Warm up on light resistance for two minutes then adjust to light-medium resistance. Sprint for 30seconds, gentle row for 30seconds. Repeat for 10min			

	latissimus dorsi, core					
Ball slams	Biceps, triceps, deltoids, trapezius	3	10	Lift a weighted medicine ball overhead then slam into ground with force. If of the variety that bounces, catch and repeat, otherwise squat down to pick up and repeat.		
Wall balls	Triceps, deltoids, pectorials, trapezius	3	10	Assume athletic stance in front of a wall with a weighted medicine ball. Squat down with ball in front of chest, engage leg muscles and thrust upwards, using momentum to chest pass ball up high against wall. Drop down into squat when catching ball and repeat		Only do this against a solid wall, check with gym staff
Plyometric push ups	Triceps, pectorials	3	10	Assume the push up position with knees on ground, long straight body with no bend at waist. Lower chest towards ground between hands then explosively push upwards so that upper body and hands leave the floor. Absorb shock when hands reconnect with floor by dropping into the next repetition		Start on knees