



THE UN GUARDABLES



UNGUARDABLE QUICKNESS
5 MUST-HAVE
STRENGTH EXERCISES FOR GUARDS

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Strength Training For Guards - 5 Must-Use Exercises

If you want to maximize your potential as a basketball player you need to start strength training. Gone are the days when you can simply show up to the court with nice handles and a solid jumper. With the speed of the game increasing every year, and the physical nature of play increasing, there's never been a more important time to lift weights and train properly.

Most young players (just like yourself) want to compete at the highest level. In order to do this you *must* get stronger. I'm here to tell you that a great deal of your basketball goals can be attained by improving your strength. Improving your strength will help all aspects of your game: quickness, vertical, agility, and speed.

As you get stronger your ability to create force and control force, your athletic movement improves. This means your game gets taken to the next level. Start preparing your body by improving your strength today with the following 5 exercises:

Split Squats - One of the most important movements all of my basketball players learn is the split squat. This staggered stance position is one of the most common positions a basketball player is in. Picture yourself driving in the lane by a defender (this is a split stance); picture yourself harassing the other teams point guard crossing over. Your total body stability in this position is a major determinant of success on the court. It forces everything from your stabilizers in your feet and hips to fire, while working your entire lower body and even up into the core, upper back, and shoulders.

SLRDL - The single leg romanian deadlift (SLRDL) is a staple in all of the workouts that I write. Very similar to the split squats, it forces your hips to both stabilize and balance while adding strength to the glutes, hamstrings, and entire posterior chain. The SLRDL is one of the hardest lifts to learn to do correctly, but it is well worth your time to do so. Improve your strength in this lift will help improve your vertical, speed, and first step explosiveness.

SL DA DB Row - A lot of my favorite upper body movements for basketball players are performed in a manner that forces the entire body to function. The single leg, double arm, dumbbell row is no different. It challenges the stability of the down leg, while also forces everything from the waist up to also function. Improvement in this lift will help not only your upper body rowing strength (which is very important for shoulder health and function), but it will improve your balance, strengthen your core, and improve your overall athleticism.

Lateral Goblet Squats - I love lateral squats and lunges because they work to improve a player's ability to move in the frontal plane (side to side). As a basketball player you do a great deal of moving in multiple directions and motions; among those movements is the side to side pushing maneuver. This movement will help improve the function of the hips by making them more flexible (through your groin/adductors) while also adding stability to the muscles around your hip and knee. You'll develop functional strength that will transfer almost immediately to the court!

SA DB Chest Press - While the single arm dumbbell chest press is performed on your back, it's still very much a total body movement. In order to bench press (with dumbbells or a barbell) you must stabilize the entire body from the feet (stabilizing on the floor) to the upper back stabilizing on the bench. If you haven't done a single arm bench press before you're in for a treat! The single DB will force the core to stabilize and prevent the rotation of the upper body. This means that your core will be firing while you are performing this movement.

Exercise - Weeks 1 - 4	Sets/Reps	Tempo
A. Split Squats - each leg	3 x 8	101
A. SL DA DB Row - 2 sets on weak leg, 1 on strong	3 x 8	211
B. SLRDL - each leg	3 x 8	211
B. SA DB Chest Press - each arm	3 x 8	101
C. Lateral Goblet Squats - each way	3 x 8	101

Exercise - Weeks 5 - 8	Sets/Reps	Tempo
A. Split Squats - each leg	3 x 5	101
A. SL DA DB Row - 2 sets each leg	3 x 5	211
B. SLRDL - each leg	3 x 5	211
B. SA DB Chest Press - each arm	3 x 5	101
C. Lateral Goblet Squats - each way	3 x 5	101

Exercise - Weeks 9 - 12	Sets/Reps	Tempo
A. Split Squats - each leg	5 x 5	101
A. SL DA DB Row - 3 sets on weak leg	5 x 5	211
B. SLRDL - each leg	5 x 5	211
B. SA DB Chest Press - each arm	5 x 5	101
C. Lateral Goblet Squats - each way	5 x 5	101