

# EMPIRE VIRTUAL TRAINING WORKOUT - STRENGTH (WITH BALL)



OPEN YOUR CAMERA APP AND POINT IT AT EACH **QR CODE** TO WATCH COACH RAITI'S EXAMPLES!

COMPLETE EACH EXERCISE IN CIRCUIT FORM 3X  
FOR A FULL STRENGTH WORKOUT!

## 1. RIGHT HAND PUSH-UP



Knees on the ground, start with the ball under your **RIGHT** hand. While the ball is under your **RIGHT** hand, keep **LEFT** hand on ground. Lower down slowly, completing a push-up. Ball stays in **RIGHT** hand for the duration of exercise.

**Tip:** The slower you go on the way down, the more you will feel the burn!

**Duration:** 15 reps

## 2. LEFT HAND PUSH-UP



Knees on the ground, start with the ball under your **LEFT** hand. While the ball is under your **LEFT** hand, keep **RIGHT** hand on ground. Lower down slowly, completing a push-up. Ball stays in **LEFT** hand for the duration of exercise.

**Tip:** Keep your core tight, squeeze your abs!

**Duration:** 15 reps

## 3. ROLL PUSH-UP



Same starting position as 1. Knees on the ground, start with the ball in your **RIGHT** hand. Complete one push-up (same form as before), **WITHOUT** dropping your knees, roll the ball to the other hand. Complete one push-up and continue to alternate sides!

**Tip:** Go at your own pace, this is not a race!

**Duration:** 20 reps (10 each side)

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## 4. PUSH-UP LEFT LIFT



Start with knees on the ground and the ball under your **RIGHT** hand. Lift up into a push-up position, now **HOLD** the position. Lift your **LEFT** leg up to the sky and hold this position.

**Tip:** Keep your abs tight and squeeze your glutes. All movements in basketball start with core strength!

**Duration:** Hold lift for 30 seconds.

## 5. PUSH-UP RIGHT LIFT



Start with both knees on the ground and the ball under your **LEFT** hand. Lift up into a push-up position, now **HOLD** the position. Lift your **RIGHT** leg up to the sky and hold this position.

**Tip:** Work on staying low!

**Duration:** Hold lift for 30 seconds

## 6. BALL PLANK



Start with both knees on the ground and place the ball on the ground, between your shoulder blades (in line with your head). Slowly and carefully, place your **RIGHT** hand on the basketball. Place your **LEFT** hand on the basketball as well. Simultaneously, enter a **PLANK** position, while **BOTH** hands are on the basketball. Hold this position.

For a challenge, add on 30 seconds, and lower your **ARMS** half way down. (Try not to lower your hips, **ONLY** your arms)!

**Tip:** Your body should create a straight line, not a V shape. Keep your back, your head, and your legs aligned!

**Duration:** 30 seconds (30 seconds extra for challenge)

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## 7. BALL SIT-UP



Sit on the ground and hold the basketball with **TWO** hands. Your knees should be slightly wider than shoulder width apart. Hold the ball straight out. Lean back, lowering your back towards the ground, crunch up, and extend the ball through your knees!

**Tip:** For more of a challenge, extend the ball straight **above your head**, rather than forward, past your knees!

**Duration:** 30 reps

## 8. LINE JUMPS



Hold the ball directly **above your head!** Choose **any** line. With **BOTH** feet, jump back and forth, over the line. Make sure both feet land on **BOTH** sides of the line.

**Tip:** When you start to feel comfortable, speed it up!

**Duration:** 30 seconds

## 9. BALL SQUATS



Spread your feet slightly wider than shoulder width. Lower down into a squat position, while holding the ball locked-out straight in front of your body. Keep your arms locked for the duration of the exercise. Rise up and repeat exercise.

**Tip:** Try to keep your back straight, this is a similar position to a **defensive stance!**

**Duration:** 25 reps

## 10. BALL SQUAT HOLD



Lower down into the same squat as 9. Instead of rising, **HOLD** the position with the ball locked out in front.

**Tip:** Push through the burn!

**Duration:** 1 minute

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## 11. BALL SQUAT PULSE



Lower down into the same squat as 9 again. Hold the position with the ball locked out in front. From here, squat down 2-3 inches (**mini-pulse**). Continue your mini-pulses for the duration of the exercise. Do not release tension in your legs!

**Tip:** You're almost there!

**Duration:** 30 seconds

\*If opening on cell phone device, use the following link to view videos\*

<https://www.youtube.com/playlist?list=PLHLMdr4RrEQOf6AC038znewoMnWicTpoa>

**“You cannot accept the responsibility of tomorrow, by evading it today”**

