

**Strong
Baller**



**Strength &
Speed At Home
*Free 4 Week Program***

**Travis Sawyer ASCA Strength &
Conditioning Coach**

www.StrongBaller.com

About



I'm Travis Sawyer and I'm a Personal Trainer and Strength & Conditioning Coach, and Basketball Player.

I specialize in Strength & Conditioning for basketball players and have been playing competitive basketball for over 20 years.

My passion for basketball is undying, and I love nothing more than to help the young players reach their potential. This is why I have finally written this program.

The Strong Baller program was created to fill the need for progressive strength training for young basketball players so they can go from never lifting weights to lifting heavy and with good form and massive carry over onto their court performance.

I have had great success in getting young guys bigger, stronger and faster, and seen rapid improvements in strength and especially increased confidence in all that I have trained.

Strong Baller will get you Bigger, Stronger, Faster and Jumping Higher in as little as 3 hours a week and help decrease your risk of injury, increase your flexibility and mobility, and show you how to eat for maximum performance so you can blast by your opponents.

Strong Baller will get you in the best shape of your life for next season and keep you strong during the current season.

Best of Luck
See you on the court!

Travis Sawyer
Basketball Strength & Conditioning Coach
www.StrongBaller.com

A handwritten signature in black ink, appearing to read "Travis Sawyer". The signature is fluid and cursive, with a slightly irregular style.

Disclaimer

You must get your general practitioner's approval before starting this exercise program. The recommendations in this book are for educational purposes only and not medical guidelines. If you have an illness or injury, make sure you see your general practitioner for his recommendations before starting this exercise program. This has been designed for healthy individuals ages 13 and over. They are starting on bodyweight progressions until they have a solid foundation of strength.

The information in this book is designed to supplement not replace proper exercise training. All forms of exercise have some degree of risk associated with them. With this in mind, we advise you know your limits and take full responsibility for your safety.

Ensure that your equipment is well maintained and do not take risks beyond your level of training experience and fitness level. If you are unfamiliar with certain exercises please talk to a personal trainer and have them demonstrate and teach you correct form for the exercise. The dietary guidelines, exercise programs and advice are not intended to replace any information given to you from your general practitioner or dietician, physiotherapist, etc.

Do not lift heavy weights if you are alone, inexperienced, injured or fatigued and take care to use proper form for each exercise. Always warm up before undertaking any strength or interval training routine.

If you are taking any medication you must see your general practitioner before beginning this exercise program. If you are feeling light headed, or have shortness of breath or dizziness during any exercise program, stop what you are doing and go and see your general practitioner.

If you have high cholesterol, high blood pressure, diabetes, are overweight or obese, are sedentary or over 30 years old, you must have a full physical examination. Talk to your general practitioner and or dietician about any nutritional changes you may want to make. If your general practitioner recommends you not use this program, please contact me and return this product for a full refund.

Introduction

This is a sample of the off-season strength programs for beginners and intermediates.

Do not attempt this workout if you are in the middle of your season. It is too intense and you may end up injured.

The workouts are intense and designed to be completed in the designated time with rest periods. If you take longer rest period you lose the intensity of the exercise, and your results will not be as good.

Make sure you warm up before the workout and stretch after you finish.

If you have not done the exercises before get a qualified personal trainer or strength coach to show you correct technique and don't push it to your max. This type of training is very intense and you may be more sore than normal because of the intensity of the program.

Make sure you drink plenty of water before and throughout the workout, as well as eating plenty of quality food for the day.

Do not go heavy if you are fatigued, inexperienced or stressed and do not attempt the intermediate program if you are a beginner or have never lifted weights before.

Always leave at least a day between workouts for maximum recovery.

The beginner Strong Baller program is for someone who has done little or no regular weight training or has less than one year of regular weight training.

The intermediate Strong Baller program is for the athlete who has done at least one year of consistent weight training and has a good knowledge of exercise technique and a solid base of strength.

Warm Up

Jump rope, skip, jog for 2-3 minutes.

10 spidermans

10 prisoner squats

6-8 push ups/kneeling push ups

(do circuit twice)

Make sure you do one warm up set of 50% of your working weight for your first upper body and lower body exercise before you do them.

Push Ups (or kneeling pushups)

Keep abs braced and body in a straight line

Place hands on floor slightly wider than shoulder width

Lower yourself under control until you're close to the ground

Push up using your chest, triceps and shoulders keeping body straight throughout the exercise



Prisoner Squat

Stand with your feet shoulder width apart or slightly greater and hands behind your head.

Keep your back flat, bent from your knees and as you squat push your hips back and push your bodyweight through your heels as if you are sitting down onto a chair.

Your knees should go over the top of your feet.

Squat down till your thighs are parallel with the ground, then slowly return to the start position.



Spiderman Climbs

Start with your body in a pushup position.

Bring one leg forward until your knee touches the outside of your elbow and toe touches the ground, then take it back to the start position.

Repeat with the other leg. One repetition is one leg movement.



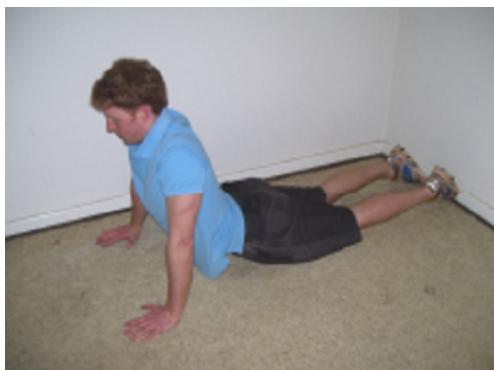
Post Workout Static Stretches

You should perform stretches on your tight muscle groups after workouts and after basketball or any conditioning. This will help increase your flexibility and promote muscle recovery.

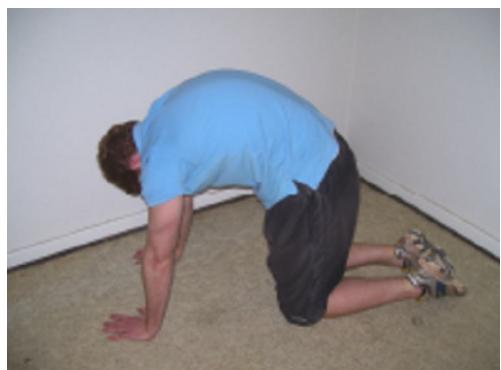
Hold stretches for 20-30 seconds.

Hold stretches only to the point of tension (you should not feel pain).

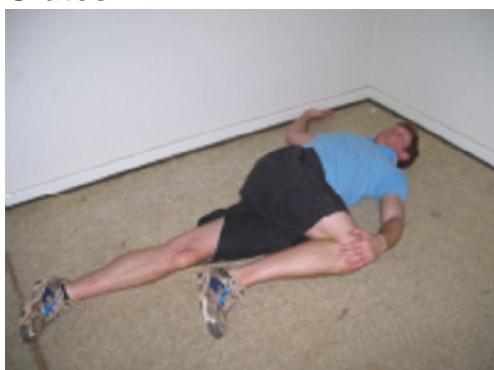
Abs



Mid Back



Glutes



Upper Back



Chest



Shoulders



Triceps



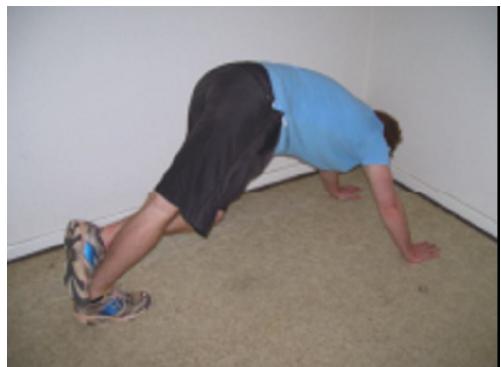
Quads



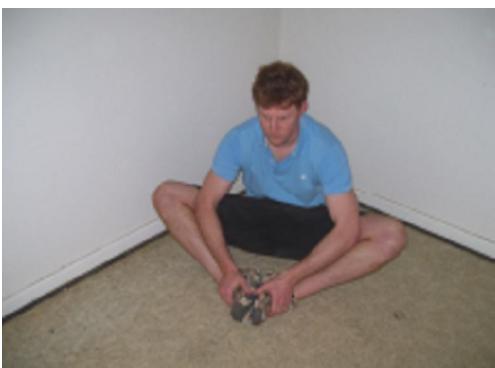
Deep Glutes



Calves



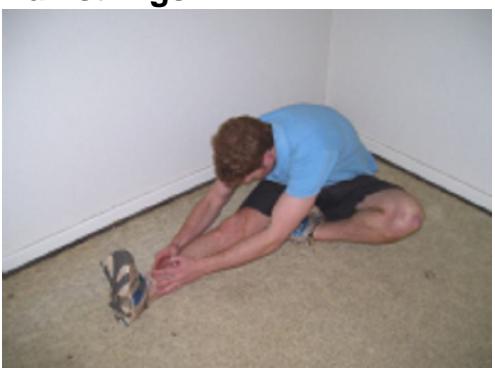
Groin



Hip Flexors



Hamstrings



Sample Program

Workout A

Exercise	Sets	Reps	Rest (seconds)
Chin Ups	3	MAX	0
Decline Push Ups	3	MAX	120
Superset			
Bench/Box Jumps	3	10-20	120
Dish	3	MAX	0
Oblique Twist	3	10-15	0
Front Bridge	3	MAX	60
Circuit			

- Chin-ups and Decline Push-ups are done back to back with no rest until both are complete. Then rest 2 minutes before repeating. If you can do less than 5 chin-ups, I want you to do 5 sets instead of 3 so you get more intensity. The same applies for push-ups.
- Bench or Box Jumps should be done with strict technique and if it gets bad after 8 reps, stop and rest. That would complete your first set. Quality is more important than quantity.
- Perform the Dish, Oblique Twist and Front Bridge one after the other with no rest. Once complete rest 1 minute before starting the circuit again.

Speed

Warm Up (as above)

Run 3-4 short sprints at 60-80% increasing speed each time

Speed Drills

- 10 m Sprints x 6 with 1 minute rest between sets.
- Half court sprint lay-ups x 5 each hand with 1 minute rest between sets.
- Sprint from baseline to 3-point line, then shuffle to the left sideline. Repeat on both sides for a total of 3 x each side with 1 minute rest between sets.

Cool Down
Stretch

Workout B

Exercise	Sets	Reps	Rest (seconds)
Flat Dumbbell Bench Press	4	6-8	0
1 Arm Row Elbow In	4	6-8	120
Superset			
Dumbbell Squat	4	6-8	120
Dish	2	MAX	0
Oblique Twist	2	10-15	0
Front Bridge	2	MAX	60
Circuit			

- Chin-ups and Decline Push-ups are done back to back with no rest until both are complete. Then rest 2 minutes before repeating. If you can do less than 5 chin-ups, I want you to do 5 sets instead of 3 so you get more intensity. The same applies for push-ups.
- Dumbbell Squats should also be done with strict technique and if it gets bad after 5 reps, stop and rest. That would complete your first set. If you can only do 3 reps the weight is too heavy and you should get a lighter weight.
- Perform the Dish, Oblique Twist and Front Bridge one after the other with no rest. Once complete rest 1 minute before starting the circuit again.

Conditioning

Warm Up (as above)

Run 3-4 short sprints at 60-80% increasing speed each time

Intervals – 25 minutes

- Run, ride a bike, or do any form of cardio intervals in the following manner.
- 1 minute hard
- 1 minute moderate to recover
- Repeat for a total of 20 minutes

- 30 seconds hard
- 30 seconds moderate
- Repeat for a total of 5 minutes

If you would prefer to be on the court doing your conditioning run, you can do the same thing as above running suicides. Use the 1 minute moderate recovery time to practice your shooting, then when the time is up run hard for the next minute.

Cool Down
Stretch

Chin Up

- Using an underhand grip on a bar, hold your body in a complete hang
- Use your back muscles and biceps to pull your chin up to the bar
- Squeeze your back muscles at the top of the chin up
- Slowly lower your body under control to a full hang and repeat



Decline Push Up

- Keep abs braced and body in a straight line
- Place hands on floor slightly wider than shoulder width and feet are on a bench or step.
- Lower yourself under control until you're close to the ground
- Push up using your chest, triceps and shoulders keeping body straight



Bench/Box Jumps

- Set up a bench or box starting at 12 inches high.
- Stand with your feet slightly wider than shoulder width apart.
- Hold arms directly in front of the body and squat down to a quarter squat position.
- Throw your arms down to the hips and immediately up to help throw the body up to land on the box/bench while landing softly.
- Land by bending your knees to absorb the landing.
- Step down back to the start position, then repeat for required repetitions.
- As you get stronger the height can increase gradually.



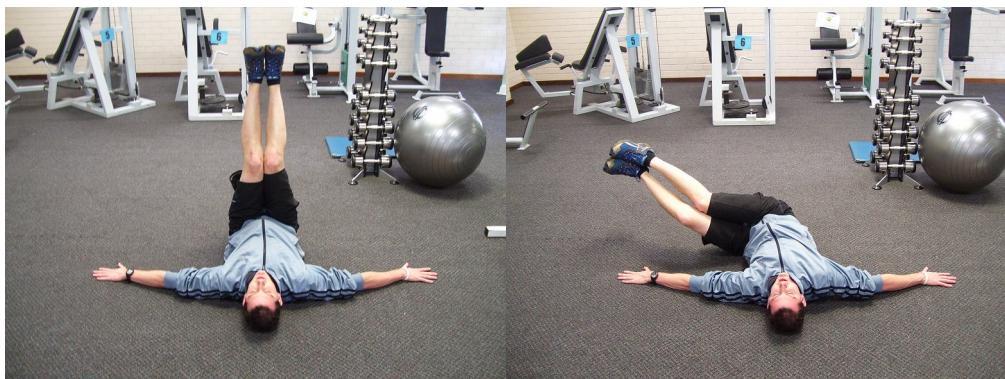
Dish

- With palms up pull your shoulder blades together and lift your chest off the ground
- Squeeze your lower back and butt muscles and lift your legs off the ground
- Hold the position as long as possible



Oblique Twist

- Lie on your back with legs together and straight up, and your arms out to the side for support.
- Your legs should be at 90 degrees to your body and are rotated from one side to the other.
- You can make the exercise easier by bending the knees



Front Bridge

- Support your weight on your toes and forearms creating a straight bridge with your body.
- Draw in your abdominals toward your spine and hold this throughout the exercise for the required time.



Dumbbell Bench Press (Flat)

- Grab two dumbbells and lie on a flat bench.
- Hold body like Barbell Bench Press. Remember to squeeze shoulder blades tight and grip dumbbells tight.
- Lower dumbbells to lower pecs and press to top position.



1 Arm Row – Elbow In

- Rest left hand and left knee on a flat bench, lean over slightly keeping back flat
- Hold dumbbell in right hand in full extension with elbow pointing backwards
- Pull up to side of abs, hold for a second, and return to start position
- Do not round lower back



Dumbbell Squats

- Stand with your feet shoulder width apart or slightly greater.
- Hold the Dumbbells by your side throughout the squat.
- Keep your back flat, bent from your knees and as you squat push your hips back and push your bodyweight through your heels as if you are sitting down onto a chair.
- Your knees should go over the top of your feet.
- Squat down till your thighs are parallel with the ground, and then slowly return to the start position.



If you are enjoying the workouts and the great results they are producing for you and your team, download the entire program at www.StrongBaller.com now. And please let me know about your results with the program as I would love to share it with others.

Yours in Good Strength

Travis Sawyer
ASCA Strength & Conditioning Coach
Author Strong Baller - www.StrongBaller.com

A handwritten signature in black ink that reads "Travis Sawyer". The signature is fluid and cursive, with "Travis" on the top line and "Sawyer" on the bottom line.