



Basketball Performance Training

Training will improve athletes overall athletic ability including:

- **Increased Muscle Mass and Strength** – Dominate in the paint
- **Improved Speed and Quickness** – Improve defensive skills
- **Increased Vertical Jump** – Incorporating strength, power, and plyometric exercises
- **Improved Fitness & Conditioning** – Maintain speed and quickness in the forth quarter
- **Increased Functional Strength and Power**
 - Lower body – enhance vertical jump and explosiveness
 - Core – improve stability and balance
 - Upper body – more effective in the post
- **Improved Functional flexibility** to help prevent injuries and improve strength/power



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