

THE COLLEGE BASKETBALL CORE WORKOUT



SIDE UPS – 20 each side

LEG HUGS – 10

ROCKIES – 20

LEG LIFTS – 10

TOE TOUCHES – 10

TRUNK TWISTS – 10 each side

MINI CRUNCHES – 20

WEIGHTED SITUPS – 20

BYCICLES – 10 each side

**Complete this workout 4 times a week
for 8 weeks and you will see great results**

**BALLER
[BOOT CAMP]**

