

# 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]

