



# Lower Body Strength Training

*using only 2 bodyweight exercises*



Name: \_\_\_\_\_

Start Date: \_\_\_\_\_

This training program should be completed 3x/week and can be done before or after Basketball practice or as a separate training session. It should take no longer than a total of 20 minutes to complete (including warm up). Of course you will do the entire program barefoot, no shoes, no socks!

Please direct any questions or comments to [michaelreid.ca@gmail.com](mailto:michaelreid.ca@gmail.com)

## WARM UP

- spend 5-8 minutes going through all the drills demonstrated in the video found at this link:

video link: <http://www.youtube.com/watch?v=iRjhDuak8Uw>

- Perform 1-3 sets of 5-10 reps of each drill with short rests (~20-30s).

## STRENGTH TRAINING PROGRAM – OUTLINE

- 2 exercises will be used: Single Leg Box Squats (SLBSQ) & Sliding Leg Curls (SLC)

- Strength program length is no longer than 12 minutes.

- perform the program 3x/week on non-consecutive days (e.g. M, W, F)

- There are 3 different programs to follow: Testing Day; Program A; Program B

- Perform the "Testing Day" as your first training session and then every 4-5 weeks after having 3-5 days rest from strength training.

- The rest of the time you will alternate your strength training sessions between Programs A & B.

## TESTING DAY

During this training session you test your max reps with the Single Leg Box Squat (SLBSq) and the Sliding Leg Curls (SLC).

For the SLBSq, set up a bench, chair or sturdy box that places your thighs at least parallel or slight lower to the ground. A standard weightlifting bench will probably be too high for many of you. The test is very simple, perform as many reps as you can with one leg then rest for 2-3 minutes and do the other leg. You want to use extremely strict form and not fall or bounce off of the box. If you can do 15+ reps then use a lower box or add load.

SLC you will do the same thing with both legs. Very important to keep your hips up at all times and do not let your hips flex. If you can do 20+ reps then do Single Leg SLC.

For both tests, record your results in the log below.

Date >>>				
1. Single Leg Box Squats	L= _____ R= _____	L= _____ R= _____	L= _____ R= _____	L= _____ R= _____
2. Sliding Leg Curls				

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**PROGRAM A – 40s ON/20s OFF**

- This is an interval based program of **40s on/20s off** so you will need a timer or stop watch of some kind. A free online timer is available and can be downloaded so you can use it offline (<http://www.speedbagforum.com/timer.html>)
- The program is very simple; do as many GOOD reps as you in the 30s of work. The reps do not have to be continuous and always record each set in the log provided.
- At the end of the session add up your total reps for each exercises. The next time you do this program, you want to try to beat that number by a few reps.
- Don't worry about going all out on the first set, it is actually best to pace yourself especially the 1st time through the program, come to a comfortable stop with each set. Then each time you perform this program beat your number.

The program will be performed in a circuit where you will do one set (i.e. 30s of work) of each exercises then repeat for a total of 4 cycles (12 minutes).

Date >>>				
1. SLBSQ - LEFT				
2. SLBSQ - RIGHT				
3. SLC				

Date >>>				
1. SLBSQ - LEFT				
2. SLBSQ - RIGHT				
3. SLC				

Date >>>				
1. SLBSQ - LEFT				
2. SLBSQ - RIGHT				
3. SLC				

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## **PROGRAM B – ECCENTRIC STRENGTH**

- This program you will do the same exercises but with a slightly different scheme. This different scheme is very slow eccentric phase with an extremely fast concentric phase. You will also perform straight sets x reps.
- Eccentric phase is the lowering portion of the exercise (SLBSQ is when you are going down to the bench; SLC is when you are straightening out your legs) while concentric is the opposite.
- Very slow down (5-10s) & very fast up (less than 1s).
- Perform 2 x 3-6 reps/exercise. Rest a good 60s between sets.
- Make the exercises harder by going the full 10s on the eccentric &/or adding load (e.g. holding weights in your hands for the SLBSQ or doing Single Leg SLC).
- Perform all the sets of SLBSQ first, then finishing off the session with 2 sets of SLC.
- You should be able to be complete this within 12 minutes.

<b>Date &gt;&gt;&gt;</b>				
1. SLBSQ - LEFT				
2. SLBSQ - RIGHT				
3. SLC				

<b>Date &gt;&gt;&gt;</b>				
1. SLBSQ - LEFT				
2. SLBSQ - RIGHT				
3. SLC				

<b>Date &gt;&gt;&gt;</b>				
1. SLBSQ - LEFT				
2. SLBSQ - RIGHT				
3. SLC				

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