
Leg Workout NEED HELP

Posted by Knicks - 2008/05/20 22:12

One of my goals for this program is to jump higher for basketball season. I want to dunk on a rim and I feel like the workouts here are not enough to do so. I have this other program called Air Alert and I really want to add it to this program. Is it okay to do so because if it is going to hurt my recovery and risk poor muscle memory, im not going to do it. Its basically the same thing as plyometrics but instead its three times a day and one of the days is squat hops which are squat.

=====

Re:Leg Workout NEED HELP

Posted by Joey West - 2008/05/21 20:49

As a former division I basketball coach and i currently have 10 guys i coached in the league...I would recommend to add more to your Plyo workouts! Add jump rop...fast tweak muscles brother! Add weights to your legs workouts: ie calf raises (have lbs in your hands) I would also add lifting on your quads on legs day.

=====

Re:Leg Workout NEED HELP

Posted by Knicks - 2008/05/21 20:59

great info thanks a lot...also i want to make sure when i can do the squat hops, which is to squat and hold a ball for balance and hop, cause i heard dats a great workout but i have to do legs n back for p90x which has a lot of workouts like the wall squat n so on n i dont want it to have poor muscle recovery

=====