

Perth Redbacks WABL Pre-Season Program

Strength, Power and Injury Prevention Programs

Beginner

- Click on the below link to access your bodyweight program that assists with strength, power and injury prevention for beginners.
- <https://library.theprehabguys.com/patient-portal/?playlist=MHS8EMAJ>

Intermediate

- Click on the below link to access your bodyweight program that assists with strength, power and injury prevention if you have some experience completing basic movements like; squatting, lunging, hopping and push ups.
- <https://library.theprehabguys.com/patient-portal/?playlist=XMEAV9AQ>

Advanced

- Click on the below link to access your bodyweight program that assists with strength, power and injury prevention if you are experienced at completing basic movements like; squatting, lunging, hopping and push ups, and have maybe even begun attending a gym.
- <https://library.theprehabguys.com/patient-portal/?playlist=IDTNZEB8>

Basketball Conditioning

Beginner to Intermediate

- Complete a 10 min warm up jog, incorporating some dynamic stretches (use this link for some stretch ideas <https://library.theprehabguys.com/patient-portal/?playlist=ZVF0L6IX>).
- Running Set 1: Sprint 30m (just over the length of a court), walk back and repeat 10 times
- Rest by shooting free throws and/or working on ball handling under fatigue
- Running Set 2: 20s walk, 20s jog, 20s stride x 10 (10 minutes in total)
- Rest by shooting free throws and/or working on ball handling under fatigue
- Stretch to wind down and recover <https://library.theprehabguys.com/patient-portal/?playlist=ZW93LVPA>

Intermediate to Advanced

- Complete a 10 min warm up jog, incorporating some dynamic stretches (use this link for some stretch ideas <https://library.theprehabguys.com/patient-portal/?playlist=ZVF0L6IX>).
- Running Set 1: Sprint 30m (just over the length of a court), walk back and repeat 10 times
- Rest by shooting free throws and/or working on ball handling under fatigue
- Running Set 2: sprint 30m out and back with a 30s recovery between repetitions x 5
- Rest by shooting free throws and/or working on ball handling under fatigue
- Running Set 3: 20s walk, 20s jog, 20s stride x 10 (10 minutes in total)
- Stretch to wind down and recover <https://library.theprehabguys.com/patient-portal/?playlist=ZW93LVPA>

