

BulletProof Program

Phase One

This program introduces 4 exercises to make sure when we return to sport and our sporting load increases, we come back safe and strong!

This program includes everything a basketballer needs to bulletproof their body, especially knees for their return to the game!

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Warm Up Reverse Running 90 seconds

Turn feet 5/10% outwards

Push and drive through toes

Stay under control

Use arm swing

Tips - Reverse running is proven to make knees stronger and helps in improving forward speed.



Glute Bridges

5 Reps

Feet flat on the ground

Explode hips on the way up with speed, control on the way down

Glute activation

Tips - Help us activate our glutes and ready our hips for impact.



Bridge Kicks 5 Reps

Extend knee out and hold for 1 second at the top

Tips - Help us activate our glutes and ready our hips for impact



Crab Walk – Backwards 20 Reps

Pushing while knee is behind ankle

Tips - Is a knee essential that safely warms up our knees when force is applied at different angles and situations that we face when we play



Crab Walk – Forwards 20 Reps

Pushing while knee is in front of toes

Tips - Is a knee essential that safely warms up our knees when force is applied at different angles and situations that we face when we play



Push & Punch Jump 5 Reps on each side

First foot heel hits first

Second foot toes hits ground and
then jump

Tips - Focuses on the technique of
safely knowing how to push off the
ground that will lower our risk of
injury

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Round 1 -20% effort, nice and slow, getting warm.

Round 2 - pick it up to about 40% effort.

Round 3 - work it up to 70% effort.

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