

Sitting Workout

or

Standing

DIRECTIONS:

WATCH A SCENE FROM SPACE JAM.

PERFORM AN EXERCISE OR SKILL FROM THE SCENE FOR 30 SECONDS.

IF YOU HAVE A BASKETBALL/BALL, USE IT TO PRACTICE!

YOU WILL THEN HAVE 10 SECONDS TO REST.

LET'S WORK TOGETHER TO BEAT THE MONSTARS!

TIME TO WARM UP!





Bottom Kickers

4

Arm Circles



FRONT ARM RAISES

00:29



SEATED



STANDING

5:00

WATER BREAK!



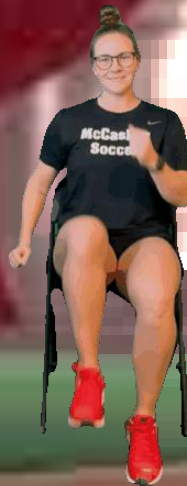


RUNNING ARMS/HIGH KNEES

00:29



SEATED



STANDING



5:00

WATER BREAK!



NECK STRETCH

00:29



SEATED



STANDING



5:00

WATER BREAK!

JUMP BALL

00:29



SEATED



STANDING



5:00

WATER BREAK!





DRIBBLE LEFT & RIGHT

00:29

SEATED

STANDING



5:00

WATER BREAK!



JUMP SHOT

00:29



SEATED



STANDING



5:00

WATER BREAK!



PROTECT THE BASKETBALL

00:29



SEATED



STANDING



5:00

WATER BREAK!



SIDE TWISTS

00:29



SEATED



STANDING

5:00

WATER BREAK!



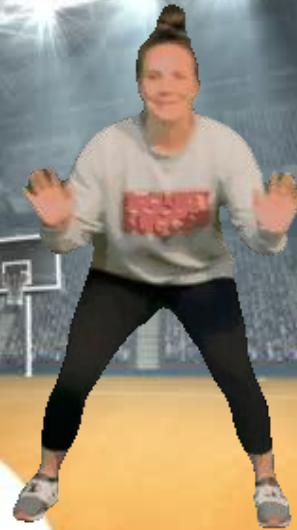
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DEFENSIVE SLIDING

00:29



SEATED



STANDING

5:00

WATER BREAK!



LAY-UP

00:29



SEATED

STANDING

5:00

WATER BREAK!



DEFENSE

00:29

SEATED



STANDING



5:00

WATER BREAK!



TOE TOUCHES/SQUATS

00:29



SEATED



STANDING

5:00

WATER BREAK!



CHEST PASS

00:29



SEATED

STANDING

5:00

WATER BREAK!



TRICEPS EXTENSION

00:29

SEATED



STANDING



5:00

WATER BREAK!



REBOUNDING

00:29



SEATED



STANDING

5:00

WATER BREAK!



SWIMMING ARMS

00:29



SEATED



STANDING

5:00

WATER BREAK!

MONSTERS



7 7 7 8

00:00

PERIOD: 1 2 3 4

OVERHEAD PUNCHES

00:29



SEATED



STANDING

5:00

WATER BREAK!



SHOULDER PRESS

00:29



SEATED



STANDING

*TIME
TO
COOL DOWN*



Arm Stretch Left



10



