

Basketball Specific Exercise Progression

Name of Athlete: _____

Date symptom-free: _____

	EXERCISE	DATE	COMPLETED / COMMENTS	
Stage 1	<i>Goal is to reach 30-40% of maximum heart rate</i> Walking at 2.5 mph or riding a stationary bike for 20-30 minutes		YES NO	<i>Supervisor's initials</i>
Stage 2	<i>Goal is to reach 40-60% of maximum heart rate</i> Jogging (medium pace) for 20-30 minutes Sit-ups X 25; push-ups x 20; lunge walks 20		YES NO	<i>Supervisor's initials</i>
Stage 3	<i>Goal is to reach 60-80% of maximum heart rate</i> Running (fast pace) for 20-30 minutes Sit-ups X 50, Push-ups x 30, Lunge walks x 30. Ball handling skills (one and two balls) down length of court, free throw shooting x 10 minutes Agilities (high knees, butt kicks, carioca, defensive slides, monster walks, tin soldiers) x 10 minutes.		YES NO	<i>Supervisor's initials</i>
Stage 4	<i>Goal is to reach 80% of maximum heart rate</i> Running (fast pace) for 20 minutes Sprints @ 75% & 100% for length of court x 3 each. Defensive slides x length of court into sprint through half court x 5. Ball handling & FT shooting x 5 minutes. Agilities (same as Stage 3). Lay-ups 5-spot shooting Defense against dribbler x 2 lengths of court Dribbler against defense x lengths of court. Burpees w/ jump x 10.		YES NO	<i>Supervisor's initials</i>
	<i>Return for final office visit for clearance</i>			
Stage 5	<i>Goal is to reach full exertion.</i> Participate in full-contact practice.		YES NO	<i>Supervisor's initials</i>
Stage 6	<i>Goal is to reach & maintain full exertion.</i> Resume full participation in competition.		YES NO	<i>Supervisor's initials</i>