



The Healthy Body Company

'6 week Strength and Conditioning Program For Basketball Athletes'

[The Healthy Body Company](#) is a group of physiotherapists who have clinics in Caringbah, Jordan Springs and Penrith. They have used this interrupted time to put together a 6 week pre-season conditioning program for athletes.

The program is designed to help coaches and parents help their athletes and children return to training in a safe way. Our regular weekly sporting routine and workload has declined immensely over the past 11 weeks, so recognising the importance of a gradual increase to our training load whilst looking after our bodies over the coming weeks before returning to the court is very important.

The team at The Healthy Body Company are committed to supporting the basketball community. If you have any questions, feel free to reach out their team via their website.

Week 1

www.youtube.com/watch?v=pfsiGjyvt08&feature=youtu.be

Week 2

www.youtube.com/watch?v=UoNFNdLim8s

Week 3

www.youtube.com/watch?v=3wQkxAc6V88&feature=youtu.be

Week 4

Week 5

Week 6

Thank you to [The Healthy Body Company](#) physiotherapists for putting these programs together.