

# **STRENGTH & CONDITIONING FOR YOUTH BASKETBALL PLAYERS**

**PRESTON SMITH**



**STRENGTH &  
CONDITIONING  
FOR YOUTH  
BASKETBALL  
PLAYERS**

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# DAY 1 ASSESSMENTS

**Q: Why? Because what gets measured gets managed. The following assessments align with testing that's done at the collegiate and professional level. \*See collegiate and professional tests below.**

- **10-yard sprint** (acceleration)
- **3/4 court sprint** (sport specific acceleration)
- **5-10-5** (measure lateral speed and agility)
- **7x30M Sprint Test** (repeat sprint ability)
- **Pro Lane Agility Drill** (how fast an athlete moves laterally around the key) \*Cooper Flagg, 10.83 at NBA combine
- **300-yard shuttle** (anaerobic endurance)
- **12-minute run** (aerobic endurance)

# Chapter 1

## DIVISION 1 MEN'S BASKETBALL TESTS

Lab 1: Anaerobic Capacity Testing-- 300 yd (274m) Shuttle Run

Lab 2: Aerobic Capacity Testing—1.5mi run and/or 12 min run

Lab 3: **Anthropometry and Body Composition—DEXA (<https://www.bodyspec.com/>)**

Lab 4: Muscular Strength & Power Testing—Vertical & Standing long jump, 1RM bench press, 1RM back squat

Lab 5: Speed and Agility Testing—T-test, Hexagon test, Pro Agility test, 40-yd Sprint

Lab 6: Muscular Endurance testing—push up test, YMCA bench press test, partial curl up

# NBA Combine Tests

- **Vertical Jump:** Players perform both a standing vertical jump and a maximum vertical jump with a running start.
- **Bench Press:** Players bench press 185 pounds for as many repetitions as possible.
- **Three-Quarter Court Sprint:** Measures speed and agility over a three-quarter length of the court.
- **Lane Agility Drill:** Evaluates quickness and change-of-direction ability.
- **Reactive Shuttle Run:** Tests responsiveness and agility in a short space.

## MEASUREMENTS

- **Height (with and without shoes):** Provides a baseline height measurement.
- **Weight:** Determines the player's mass.
- **Wingspan:** Measures the length from fingertip to fingertip with arms outstretched.
- **Standing Reach:** Indicates the maximum reach when standing flat-footed.
- **Body Fat:** Measures the percentage of body fat.
- **Hand Length and Width:** Provides hand measurements.

NAME: \_\_\_\_\_

AGE: \_\_\_\_\_

<b>10</b>	<b>20</b>	<b>40</b>

Notes: \_\_\_\_\_

<b>VJ</b>	<b>5 Hops</b>	<b>5/10/2005</b>

**BOYS**

**10 Yard Split**

Age/Rating:	9 to 11	12 to 14	15 to 17	18 to 19
Excellent	2.10	1.95	1.85	1.75
Good	2.15	2.00	1.90	1.85
Average	2.20	2.05	1.95	1.90
Below Average	2.30	2.15	2.10	2.05

**20 Yard Split**

Age/Rating:	9 to 11	12 to 14	15 to 17	18 to 19
Excellent	3.50	3.15	3.05	2.95
Good	3.60	3.30	3.15	3.10
Average	3.80	3.50	3.35	3.30
Below Average	4.10	3.80	3.70	3.60

**40 Yard Dash (hand timed)**

Age/Rating:	9 to 11	12 to 14	15 to 17	18 to 19
Excellent	5.8	5.3	4.8	4.7
Good	6.2	5.6	5.2	5.0
Average	6.6	5.9	5.6	5.3
Below Average	7.0	6.3	6.0	5.6

**Vertical Jump**

Age/Rating:	9 to 11	12 to 14	15 to 17	18 to 19
Excellent	16	21	25	28
Good	15	19	23	27
Average	13	17	21	25
Below Average	11	14	19	23

**5 Hop Test**

Age/Rating:	9 to 11	12 to 14	15 to 17	18 to 19
Excellent	32	36	43	46
Good	29	34	39	43
Average	26	31	35	39
Below Average	24	28	30	34

**5/10/5 Agility Drill**

Age/Rating:	9 to 11	12 to 14	15 to 17	18 to 19
Excellent	5.2	5.0	4.7	4.5
Good	5.6	5.3	5.0	4.8
Average	6.1	5.8	5.4	5.2
Below Average	6.5	6.3	5.9	5.5

**GIRLS**

**10 Yard Split**

Age/Rating:	9 to 11	12 to 14	15 to 17	18 to 19
Excellent	2.10	1.98	1.90	1.85
Good	2.15	2.00	1.95	1.90
Average	2.20	2.05	2.00	1.95
Below Average	2.35	2.20	2.15	2.10

**20 Yard Split**

Age/Rating:	9 to 11	12 to 14	15 to 17	18 to 19
Excellent	3.5	3.3	3.2	3.1
Good	3.6	3.4	3.3	3.2
Average	3.8	3.6	3.5	3.4
Below Average	4.1	3.8	3.7	3.7

**40 Yard Dash (hand timed)**

Age/Rating:	9 to 11	12 to 14	15 to 17	18 to 19
Excellent	5.8	5.5	5.4	5.3
Good	6.2	5.9	5.7	5.6
Average	6.6	6.3	6.2	6.1
Below Average	7.0	6.7	6.6	6.5

**Vertical Jump**

Age/Rating:	9 to 11	12 to 14	15 to 17	18 to 19
Excellent	16	18	20	22
Good	15	16	17	19
Average	13	14	15	17
Below Average	11	13	14	16

**5 Hop Test**

Age/Rating:	9 to 11	12 to 14	15 to 17	18 to 19
Excellent	32	35	38	40
Good	29	33	35	36
Average	26	29	32	33
Below Average	24	25	26	28

**5/10/5 Agility Drill**

Age/Rating:	9 to 11	12 to 14	15 to 17	18 to 19
Excellent	5.2	5.0	4.9	4.7
Good	5.6	5.4	5.3	5.0
Average	6.1	5.9	5.8	5.4
Below Average	6.5	6.3	6.1	5.9

# DYNAMIC WARMUP

## FIRST LOOK THE DYNAMIC WARMUP

Learn these dynamic warmup moves and become familiar with them. You'll be performing them before every workout. It might look like a lot, but the process should eventually take you no longer than 7 to 10 minutes. Everything should happen under control, with good form, and with minimal rest between exercises.



**JUMPING JACK**  
10 reps



**GATE SWING**  
10 reps



**POGO HOP**  
20 reps



**SEAL JACK**  
10 reps



**BODYWEIGHT SQUAT**  
10 reps



**SIDE LUNGE**  
10 reps



**LUNGE AND ROTATE**  
10 reps / side



**REVERSE LUNGE AND REACH OVER TOP**  
5 reps / side



**CARIOCA**  
10 yards



**SKIPPING FORWARD**  
10 yards



**SKIPPING BACKWARD**  
10 yards



**FRANKENSTEIN WALK**  
10 yards



**FRANKENSTEIN SKIP**  
10 yards



**INCHWORM**  
5-10 reps



**HIP SWING**  
10 reps / leg

# CORE TRAINING PROGRAM

the goal of core training is to develop optimum levels of neuromuscular efficiency, stability (in the local and global systems), and in the movement system (NASM, 2019).

**(stabilization exercises)**

**Prone plank w/ hip extension**

**Prone plank w/ hip abduction**

**Side plank w/ hip abduction**

**Side plank w/ shoulder abduction**

## Plyometric Training & Balance

*\*Minimum of 2-3 days b/w plyometric workouts. Aerobic exercise may have a negative effect on force production, so perform plyos before aerobic endurance.*

### **Balance Drills**

SL standing for :30, Ice skaters, SL ¼ squat, SL ½ squat on ea leg for :30-1min



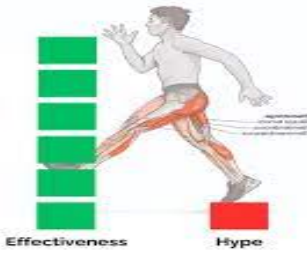


**Plyometric Training** utilizes the stretch shortening cycle (SSC) to generate maximum force output in a minimum amount of time (NASM, Essentials of Sports Performance, 2019). Improved muscle activation, enhanced neuromuscular efficiency, and increased strength can be achieved through plyometric training.

# Plyometric Warm-Up Drills

- Straight leg bounds/jogging
- Buttkicks
- Toe Jogging
- Skipping
- Footwork
- Lunging

**Straight-leg Bounds**



**Butt Kicks**

## Plyometric Exercises

Plyometric Volume Per Session	
Experience	Ground Contacts
Beginner	80 - 100
Intermediate	100 - 120
Advanced	120 - 140

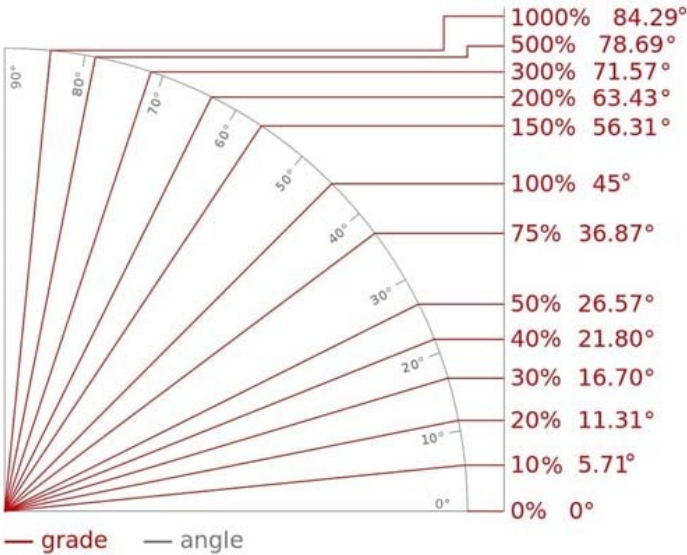
### Lower body (6)

- 1) Jumps in place
  - 2) Standing Jumps
  - 3) Multiple hops and jumps
  - 4) Bounds
  - 5) Box Drills
  - 6) Depth Jumps
- 
- A) Jump onto low box and freeze, jump off low box and freeze in sagittal, frontal and transverse plane (50)
  - B) Broad jumps, sagittal only (20)
  - C) Squat Jumps (20)

# Speed, Change of Direction and Agility

**Speed** is often used to describe “top speed” and it will not be covered in its entirety in this training block b/c rarely does one get to top speed in team sports. Instead, we will focus on **acceleration** which is used a great deal in basketball and is the initial phase of speed development.

Acceleration drills include: incline sprinting preferably on grass, but not too steep, sled push and resisted sprinting.

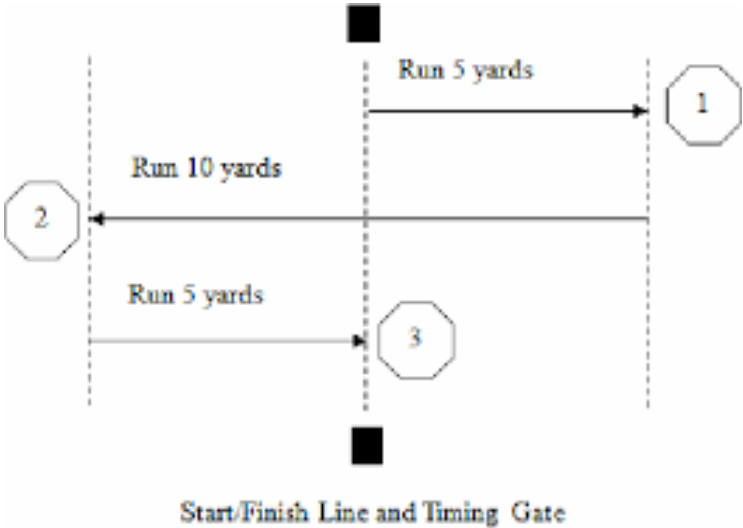
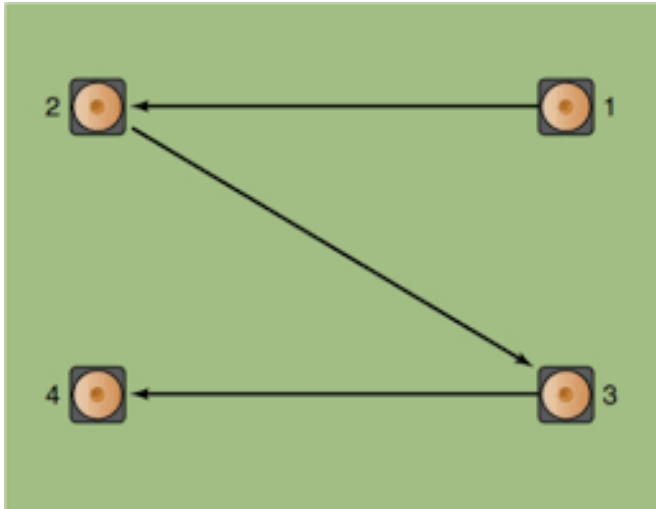


Week	Number of Sprint Repeats	Hill Sprint Duration (secs)	Rest Between Sprints
1	8	5-6	130-140 bpm or 1 min
2	9	5-6	130-140 bpm or 1 min
3	10	5-6	130-140 bpm or 1 min
4	12	5-6	130-140 bpm or 1 min
5	14	5-6	130-140 bpm or 1 min
6	16	5-6	130-140 bpm or 1 min
7	18	5-6	130-140 bpm or 1 min
8	20	5-6	130-140 bpm or 1 min



**Change of direction** will be covered using beginner change of direction drills such as the Z-drill and 5-10-5. Side shuffle

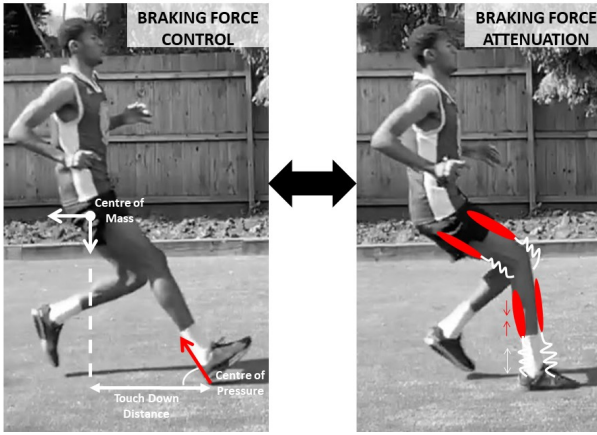
from cone 1 to cone 2. Sprint to cone 3. Side shuffle to cone 4. Backpedal to cone 2 and repeat in opposite direction.



Change of direction often requires deceleration or “braking” before a change of direction. **A** is an example of deceleration while moving forward.

A)

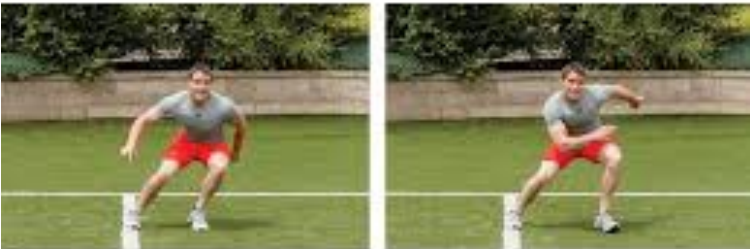
## HORIZONTAL DECELERATION ABILITY



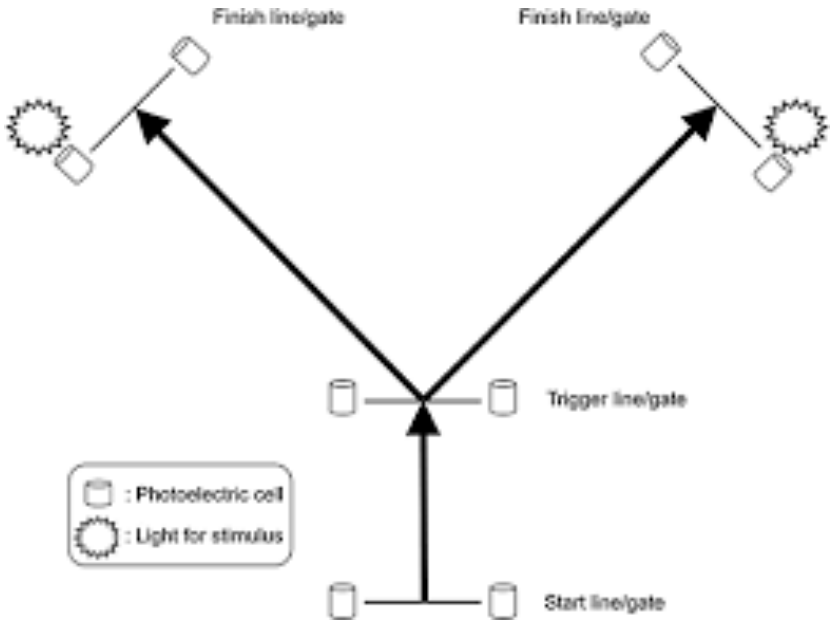
**B** is an example of braking while side shuffling or moving laterally.

B)

## Lateral Deceleration Drill



**Agility** is like change of direction (COD) but different in that agility includes COD and a reactionary cue such as an **audible** (coach's voice command), **visual** (coach pointing backward, forward, left and right in a defensive slide drill) or tactile. The Y-Test below is an example of an agility drill that includes lights, horns, other players and balls.



**Aerobic Endurance** Training is used to improve V02 max or maximal aerobic capacity. Repeated sprint ability (RSA) is a mandatory skill for basketball players, and it is built on a solid aerobic base.

**LSD**-long, slow distance, 30-120 mins, (slow refers to slower than race pace)

**Pace/Tempo** (same pace as LSD but for 20-30 mins, e.g., running lake merriitt)

**Interval Training**, 3-5 minutes, 800-1600 meters run, battle rope, rower, treadmill

**HIIT**, *aerobic* equals 30-90 seconds, e.g. 200-400m run, rower, and HIIT, *anaerobic* is up to 15 seconds, e.g., 100m sprints,

## Anaerobic Endurance

The anaerobic system has high power and a limited capacity. Stored glucose in the muscle and liver is used as an energy source.

**100 M Sprints** (true anaerobic is up to 15 seconds)

**300-yd shuttle run**

**HIIT**, *anaerobic endurance* equals 30-90s (e.g. 200-400m run, seated row, battle rope) anaerobic equals up to 15 seconds, e.g., 100m sprints

# TRAINING DAY 1

MIDDLE SCHOOL BASKETBALL PLAYER

DATE: 8/5/25

## PHASE 1: GENERAL PREPARATORY, OFF-SEASON

### WARM-UP

Exercise	Sets	Duration	Coaching Tip
Peanut for feet, Rock mat	1	30 s	
TD Dynamic Warm Up, 15	1	30s	
Mobility-frog rock, hip swing, glute bridge, SL glute bridge, frog bridge, fire hydrant,			Don't take mobility for granted. Kids get sore too.

### CORE/BALANCE/

Exercise	Se	Re	Temp	Re	Coaching Tip
Plank w/ shoulder taps	1	12			Stable at waist and
Cable exercises, elevated pallof &	3	30 s			Both exercises challenged the boys
Box jumps, rapid style (Preston was challenged)	3	10			"Land softly" on the box like a cat to maintain better stability & balance.
Broad jumps (6 jumps per 10-yd) (great effort by both)	5	6			

### SPEED, COD, & AGILITY

Exercise	Se	Re	Temp	Re	Coaching Tip
7x30M sprint	2		AFAP-		2 <sup>nd</sup> wk, 2 sets

Z-Drill	2-				Review this drill
5-yd side shuffle	2-				Both just under 18 s

### RESISTANCE

Exercise	Se	Re	Temp	Re	Coaching Tip
Eccentric Goblet Squats (2.5 lb increase really made a	2	15	2/0/1	0 s	22.5 (PS) 17.5(NB) 2.5lb increase ea
Push Ups	2-	5	2/0/1	0 s	Perfect push ups
Asstd Pull Ups 60lb (PS)	2-	10	2/0/1	0 s	60 (PS), 60/40lb

### AEROBIC & ANAEROBIC ENDURANCE

Exercise	Sets	Duration	Coaching Tip
<b>Aerobic Endurance</b> 12 min or 1.5 mi run			
<b>Anaerobic Endurance</b> 300-yd shuttle run			

Coaching Tips:

# TRAINING DAY 2

MIDDLE SCHOOL BASKETBALL PLAYER

DATE: 8/6/25

## PHASE 1: GENERAL PREPARATORY, OFF-SEASON

### WARM-UP

Exercise	Sets	Duration	Coaching Tip
PNF-for sore hamstrings	6	6 s	
TD Dynamic Warm Up, 15	1	30s	
Lateral walk w/ mini bands	4	Baseline to ½ court	Keep feet wide & stay low

### CORE/BALANCE/

Exercise	Se	Re	Temp	Re	Coaching Tip
SL balance reach, 3 rings (bar was lowered ea set) well	3	10	2/1/1	0	Both athletes
Low hurdles w/ 20" box &	4	8	AFAP		(as fast as possible)
Jump and reach Ice Skaters (both athletes challenged, needs	2 3	10 10	AFAP		Discussed knee valgus w/ both athletes.

### SPEED, COD, & AGILITY

Exercise	Se	Re	Temp	Re	Coaching Tip
7x30M sprint (increase by 1 ea week)	2		42.5 (PS)		Repeat sprint ability, increase by 1-2 sets

¼ court sprint	2		3.86 (both)		
5/10/5	2		5.55 (PS) 5.29		

## RESISTANCE

Exercise	Se	Re	Temp	Re	Coaching Tip
Eccentric Goblet Squats	2	15	4/2/1	0 s	20lb DB, 15lb DB
Banded Push Ups	4	10	4/2/1	0 s	
Asstd Pull Ups w/ 2 orange, 1	4	10	4/2/1	0 s	

## AEROBIC & ANAEROBIC ENDURANCE

Exercise	Sets	Duration	Coaching Tip
<b>Aerobic Endurance</b> 12 min or 1.5 mi run			
<b>Anaerobic Endurance</b> 300-yd shuttle run			

Coaching Tips:

# TRAINING DAY 3

MIDDLE SCHOOL BASKETBALL PLAYER

DATE: 8/8/25

## PHASE 1: GENERAL PREPARATORY, OFF-SEASON

### WARM-UP

Exercise	Sets	Duration	Coaching Tip
Foam or ball roll feet and	1	30 s	
TD Dynamic Warm Up, 15	1	30s ea	Make it look good!
(*added basketball to some	3	1 min	

### CORE/BALANCE/

Exercise	Se	Re	Temp	Re	Coaching Tip
Banded deceleration, fwd & lateral	3		contro lled		
Side shuffling w/bounce pass & chest pass	2				

### SPEED, COD, & AGILITY

Exercise	Se	Re	Temp	Re	Coaching Tip
*Sled Push 8.35 (PS) 9.41 (NB)	3	1	AFAP		Rogue dog sled 1.2, 103lb

7x30yd sprint	1				
RESISTANCE					
Exercise	Se	Re	Temp	Re	Coaching Tip
Eccentric Goblet Squats	2	15	4/2/1	60s	20&15lb dumbbells
Push Ups, bottom hold, top hold, slow lowering. *5	3	5	Iso & 4/2/1	60s	Body in a straight line
Asstd Pull Ups	3	10		60s	60lbx10; 50lbx10

### AEROBIC & ANAEROBIC ENDURANCE

Exercise	Sets	Duration	Coaching Tip
<b>Aerobic Endurance</b> 12 min or 1.5 mi run			
<b>Anaerobic Endurance</b> 300-yd shuttle run			

Coaching Tips:

# TRAINING DAY 4

MIDDLE SCHOOL BASKETBALL PLAYER

DATE: 8/12/25

## PHASE 1: GENERAL PREPARATORY, OFF-SEASON

### WARM-UP

Exercise	Sets	Duration	Coaching Tip
Peanut for feet, Rock mat	1	30 s	
TD Dynamic Warm Up, 15	1	30s	
Mobility-frog rock, hip swing, glute bridge, SL glute bridge, frog bridge, fire hydrant,			Don't take mobility for granted. Kids get sore too.

### CORE/BALANCE/

Exercise	Se	Re	Temp	Re	Coaching Tip
Plank w/ shoulder taps	1	12			Stable at waist and
Cable exercises, elevated pallof &	3	30 s			Both exercises challenged the boys
Box jumps, rapid style (Preston was challenged) Broad jumps (6 jumps per 10-yd) (great effort by both)	3 5	10 6			Athlete 1 gave A2 a great tip, "land softly." Tip helped him maintain better

### SPEED, COD, & AGILITY

Exercise	Se	Re	Temp	Re	Coaching Tip
7x30M sprint	2				2 <sup>nd</sup> wk, 2 sets

Z-Drill	2-				Review this drill
5-yd side shuffle	2-				Both just under 18 s

## RESISTANCE

Exercise	Se	Re	Temp	Re	Coaching Tip
Eccentric Goblet Squats (2.5 lb increase really made a	2	15	2/0/1	0 s	22.5 (PS) 17.5(NB) 2.5 increase ea
Push Ups	2-	5	2/0/1	0 s	Perfect push ups
Asstd Pull Ups 60lb (PS)	2-	10	2/0/1	0 s	60 (PS), 60/40lb

## AEROBIC & ANAEROBIC ENDURANCE

Exercise	Sets	Duration	Coaching Tip
<b>Aerobic Endurance</b> 12 min or 1.5 mi run			
<b>Anaerobic Endurance</b> 300-yd shuttle run			

Coaching Tips:

# TRAINING DAY 5

MIDDLE SCHOOL BASKETBALL PLAYER

DATE: 8/14/25

## PHASE 1: GENERAL PREPARATORY, OFF-SEASON

### WARM-UP

Exercise	Sets	Duration	Coaching Tip
Foam or ball roll feet and	1	30 s	
TD Dynamic Warm Up, 15	1	7min, 30s	Becoming more
Rolled feet			

### CORE/BALANCE/

Exercise	Se	Re	Temp	Re	Coaching Tip
Hvy ball slams w/ 8lb & 10lb	2-	:3	AFAP	0	
Slack block	1	30			Stable at waist and
Single leg balance w/ ball	2	30			w/ Airex pad
Reverse overhead toss	2	10			
Lateral scoop toss & catch	2	20			

### SPEED, COD, & AGILITY

Exercise	Se	Re	Temp	Re	Coaching Tip
7x30M sprint	2			2-3 mi	<ul style="list-style-type: none"> <li>Arm speed</li> </ul>
Side shuffle heavy ball	2	60			Full court

## RESISTANCE

Exercise	Se	Re	Temp	Re	Coaching Tip
Eccentric Goblet Squats	2	15	4/2/1	60	
Slow Mo Push Ups	2	5	4/2/1	60	Form, form, form
Asstd Pull Ups	2	10	1/0/1	60	(PS)60,50 (NB)50,40
Lunges, 2x20 yd	2	20	stead	30s	w/ 8lb & 16lb weight

## AEROBIC & ANAEROBIC ENDURANCE

Exercise	Sets	Duration	Coaching Tip
<b>Aerobic Endurance</b> 12 min or 1.5 mi run			
<b>Anaerobic Endurance</b> 300-yd shuttle run			

Coaching Tips:

# TRAINING DAY 6

MIDDLE SCHOOL BASKETBALL PLAYER

DATE: 8/16/25

## PHASE 1: GENERAL PREPARATORY, OFF-SEASON

### WARM-UP

Exercise	Sets	Duration	Coaching Tip
Foam or ball roll feet and	1	30 s	
TD Dynamic Warm Up, 15	1	30s	
(done with a basketball in			

### CORE/BALANCE/

Exercise	Se	Re	Temp	Re	Coaching Tip
Iso Spl sq scoop toss (lateral	2				Feet and knees in
Banded fwd & lateral	2-	60			Put on the brakes
Ball Slams	2-	30			Put a hole in the
Broad jumps with resistance band	2- 3	10			

### SPEED, COD, & AGILITY

Exercise	Se	Re	Temp	Re	Coaching Tip
Agility Ring (clockwise/	2-	3	AFAP		Feet can't touch ring
Banded fwd & lateral	2-	10	contro		

### RESISTANCE

Exercise	Se	Re	Temp	Re	Coaching Tip
Eccentric Goblet Squats	2	15	4/2/1		90 degree vs. ATG (“ass to grass”)
Isometric and eccentric Push Ups	2	5	4/2/1		Hips up. Hips & shoulders in line
Asstd Pull Ups	2	10	contro		Fully extend hips.
20-yd traveling lunges w/ DB	4	20	contro		Feet straight.

**AEROBIC & ANAEROBIC  
ENDURANCE**

Exercise	Sets	Duration	Coaching Tip
<b>Aerobic Endurance</b> 12 min or 1.5 mi run			
<b>Anaerobic Endurance</b> 300-yd shuttle run			

Coaching Tips:

# TRAINING DAY 7

MIDDLE SCHOOL BASKETBALL PLAYER

DATE: 8/19/25

## PHASE 1: GENERAL PREPARATORY, OFF-SEASON

### WARM-UP

Exercise	Sets	Duration	Coaching Tip
Row Erg & AirDyne, 2 min	1	5 min	
TD Dynamic Warm Up, 15	1	7m30s	
(used Zone for music to get boys hyper for the 12-min			

### CORE/BALANCE/

Exercise	Se	Re	Temp	Re	Coaching Tip
N/A					Omitted today only

### SPEED, COD, & AGILITY

Exercise	Se	Re	Temp	Re	Coaching Tip
N/A					Omitted today only

## RESISTANCE

Exercise	Se	Re	Temp	Re	Coaching Tip
Dumbbell OH box squats, (PS)15lb (NB)10lb	3	15	2/0/1		Keep knees apart
Dumbbell Chest Press,	3	20	2/0/1		OH grip, neutral grip
Seated Rows, 40-50lb both	3	15			Sit tall
Monkey bars	3	8			

## AEROBIC & ANAEROBIC ENDURANCE

Exercise	Sets	Duration	Coaching Tip
<b>Aerobic Endurance (Timed)*</b> 12 min or 1.5 mi run	1	12-min	(PS) 24 laps or 1.5mi in 12 min (NB) 22.5 laps in 12
<b>Anaerobic Endurance</b> 300-yd shuttle run			

Coaching Tips:

# TRAINING DAY 8

MIDDLE SCHOOL BASKETBALL PLAYER

DATE: 8/20/25

## PHASE 1: GENERAL PREPARATORY, OFF-SEASON

### WARM-UP

Exercise	Sets	Duration	Coaching Tip
Lacrosse ball & rock mat for	1	5 min	
<b>TD warm up</b> Side shuffling full court, half court w/ heavy ball chest	1 4	7min30s 3 min	15 movements
<b>Mini band lateral walk</b>	1	1 min	

### CORE/BALANCE/

Exercise	Set	Re	Temp	Re	Coaching Tip
Banded split squat pallof isometric & scissor jumps w/ partner	2e a				"Bball is played transversely thru the core" -Coach
Side toss and catch	2-3	20			Start over if ball is
Bear crawl, crab walk	2-3	30			10-yd ea direction,
Mini band lateral walk Side shuffling full court, half court w/ heavy ball chest	1 1				Half court and back: red band and blue band

### SPEED, COD, & AGILITY

Exercise	Set	Re	Temp	Re	Coaching Tip
7x30	3				1 <sup>st</sup> time performing

Pro lane agility (timed)* (see below)					Shown video for clarity
PS, 12.91; 12.54; 12.26 NB, 14.16; 13.41; 12.78	3	1	AFAP		Very pleased w/ execution by both

## RESISTANCE

Exercise	Set	Re	Temp	Re	Coaching Tip
N/A					

## AEROBIC & ANAEROBIC ENDURANCE

Exercise	Sets	Duration	Coaching Tip
<b>Aerobic Endurance</b> 12 min or 1.5 mi run			
<b>Anaerobic Endurance</b> 300-yd shuttle run			

Coaching Tips:

# TRAINING DAY 9

MIDDLE SCHOOL BASKETBALL PLAYER

DATE: 8/21/25

## PHASE 1: GENERAL PREPARATORY, OFF-SEASON

### WARM-UP

Exercise	Sets	Duration	Coaching Tip
Ball roll feet, ankles, rock	1	30 s	
TD Dynamic Warm Up, 15	1	30s	
(done with a basketball in			
Side shuffling,length of court, bounce and chest pass			

### CORE/BALANCE/

Exercise	Se	Re	Temp	Re	Coaching Tip
Broad jump to squat jump DB squat jumps w/ 24" box	2	12			(strength & power
Reverse overhead toss	2	10			8lb, 10lb ball
Lateral scoop toss and catch	2				8lb, 10lb ball

### SPEED, COD, & AGILITY

Exercise	Se	Re	Temp	Re	Coaching Tip
7x30	3				
Low hurdle lateral jumps	2	12			

Low hurdle continuous	2	12			
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## RESISTANCE

Exercise	Se	Re	Temp	Re	Coaching Tip
N/A *3 <sup>rd</sup> day in a row, tired,					
Overall effort was good, but easily distracted					

## AEROBIC & ANAEROBIC ENDURANCE

Exercise	Sets	Duration	Coaching Tip
<b>Aerobic Endurance</b> 12 min or 1.5 mi run			
<b>Anaerobic Endurance</b> 300-yd shuttle run			

Coaching Tips:

# TRAINING DAY 10

MIDDLE SCHOOL BASKETBALL PLAYER

DATE: 8/26/25

## PHASE 1: GENERAL PREPARATORY, OFF-SEASON

### WARM-UP

Exercise	Sets	Duration	Coaching Tip
TD Warm Up	1	7min 30 s	

### CORE/BALANCE/

Exercise	Se	Re	Temp	Re	Coaching Tip
Ball Slams Russian twists	2	10			
Lateral scoop toss and catch	2	20			
180 degree jumps	1				

### SPEED, COD, & AGILITY

Exercise	Se	Re	Temp	Re	Coaching Tip
7x30 ( 2 at beginning, 2 at	4	1	AFAP		Times slower by 3-4s
Sled Push (done prior to box	3-	20	AFAP		20yd, avg 9-10s
Box Jumps	3-	8			"land softly"

RESISTANCE					
Exercise	Se	Re	Temp	Re	Coaching Tip
DB Goblet Squats	3	10	2/0/1		(PS) 25lb; (NB) 20lb
Bottoms Up Push Ups	3	5-			Teaches core
Asstd Pull Ups, standing	2	10			(PS) 50x10 60x10 (NB)40x10 50x10 (PS)70x15
	1	15			
20-yd traveling lunges w/ rotation using heavy ball	2				Feet straight. Turn ball, head, and

**AEROBIC & ANAEROBIC ENDURANCE**

Exercise	Sets	Duration	Coaching Tip
<b>Aerobic Endurance</b> 12 min or 1.5 mi run			
<b>Anaerobic Endurance</b> 300-yd shuttle run			

Coaching Tips:

# TRAINING DAY 11

## OFF-SEASON S&C FOR YOUNG BASKETBALL PLAYERS

DATE: 10/11/25

### GOAL: BUILD A STRONG FOUNDATION

#### WARM-UP

Exercise	Sets	Duration	Coaching Tip
Basketball Training w/ AP			No W/U needed

#### CORE/BALANCE/

Exercise	Se	Re	Temp	Re	Coaching Tip
½ Get Up	3	10	Slow		Rotation & anti-rotation thru the core & unilateral shoulder stability.
Plank	1	:30			
Plank w/ hip extension		0			
Glute bridge/SL glute bridge	3		Slow		Hip stability Hip & shoulder
Slow 15yd bear crawl	1-	10	Slow		
Ball Slams (fwd)	2				
Ball Slams (side to side)	2	10			
Broad jumps	2	15			Controlled landing
Heavy ball tuck jumps	2	yd			
CSJ w/ reach	2				
*single leg balance w/ knee					Very important skill

#### SPEED, COD, & AGILITY

Exercise	Se	Re	Temp	Re	Coaching Tip
5) 7x30yd sprint	1	7			RSA-repeat sprint
4) 7x20yd sprint	1	7			RSA-repeat sprint

3) Agility ring	3	1			Change of direction
2) Side shuffling (width of	2	5			Lateral speed and
<b>1)Pro Lane Agility Drill</b> (Noah 13.57) (Pres 12.08) (Wolf 12.86)	1	1			Change of direction drill (COD) *fun to watch (NBA

## RESISTANCE

Exercise	Se	Re	Temp	Re	Coaching Tip
N/A					

## AEROBIC & ANAEROBIC

Exercise	Sets	Duration	Coaching Tip
<b>Aerobic Endurance</b> 12 min or 1.5 mi run			
<b>Anaerobic Endurance</b> 300-yd shuttle run			

Coaching Tips:

# TRAINING DAY 12

MIDDLE SCHOOL BASKETBALL PLAYER

DATE: 9/4/25

## PHASE 1: GENERAL PREPARATORY, OFF-SEASON

### WARM-UP

Exercise	Sets	Duration	Coaching Tip
TD Warm Up,	1	7min 30s	Met grandma and
Jump rope	3	1min	

### CORE/BALANCE/

Exercise	Se	Re	Temp	Re	Coaching Tip
Bamboo bar OH walk	2	30	slow		12lb PS, 10lb NB
Hvy ball pull over	2	yd			
Russian twists	2	10			
Lateral scoop toss and catch	2	20			No drops or start over
<b>Bounding</b>	2	10			Using low hurdles as
*Low Hurdles					Hamstrings tight for both boys

### SPEED, COD, & AGILITY

Exercise	Se	Re	Temp	Re	Coaching Tip
Side shuffle to ½ court & bk 3x followed by 7x30 (after	2				:41-:44 s

7x30 (on its own)	2				

## RESISTANCE

Exercise	Se	Re	Temp	Re	Coaching Tip
DB Goblet Squats, 12&16" box	3	10	2/0/1		(PS) 25lb; (NB) 20lb
Incline chest press	3	10 -1			(PS) 15, 17.5, 15 lb (NB) 15,15,15
Asstd Pull Ups, standing	3	8			(PS) 50x8x3 (NB)40x8x2 30x12

## AEROBIC & ANAEROBIC ENDURANCE

Exercise	Sets	Duration	Coaching Tip
<b>Aerobic Endurance</b> 12 min or 1.5 mi run			
<b>Anaerobic Endurance</b> 300-yd shuttle run			

Coaching Tips:

# TRAINING DAY 13

MIDDLE SCHOOL BASKETBALL PLAYER

DATE: 9/6/25

## PHASE 1: GENERAL PREPARATORY, OFF-SEASON

### WARM-UP

Exercise	Sets	Duration	Coaching Tip
TD Warm Up	1	7min 30 s	15 movments
*Jump rope	2-3*	1 minute	134 skips, no misses,

### CORE/BALANCE/

Exercise	Se	Re	Temp	Re	Coaching Tip
Bamboo bar, walking, marching	3	25 yd			
*Heavy ball cross body roll	2				See IG
Single leg touchdown w/	2				
Running SL jumps CMJ-counter movement	2 2	10 ea			

### SPEED, COD, & AGILITY

Exercise	Se	Re	Temp	Re	Coaching Tip
7x30 ( 2 at beginning, 2 at	4				Omitted last 2
Sled Push w/ 25lb plate	3-				25yd, slow
*Box Jumps (see below)	3	8			

## RESISTANCE

Exercise	Se	Re	Temp	Re	Coaching Tip
DB Goblet Squats w/ box w/ box jumps, walk up jump,	3	10 -1	1/0/1		PS 25lbx2, 30lbx1 (new weight)
DB floor press w, bottoms up push up	3 3	10 3- 6			(PS) 15, 17.5, 20 (SA) (NB)40x8, can almost do a stand
Pull Ups	3	8- 10			(NB)40x8, can almost do a stand

## AEROBIC & ANAEROBIC ENDURANCE

Exercise	Sets	Duration	Coaching Tip
<b>Aerobic Endurance</b> 12 min or 1.5 mi run			
<b>Anaerobic Endurance</b> 300-yd shuttle run			

Coaching Tips:

# TRAINING DAY 14

MIDDLE SCHOOL BASKETBALL PLAYER

DATE:

9/9/25

GOAL: CREATE A STABLE BASE PHASE: 1

## WARM-UP

Exercise	Sets	Duration	Coaching Tip
TD Warm Up	1	7min 30 s	
Side shuffle w/ bball & hvy	2ea		
Hvy ball pull across, low &	2		18lb, 16lb ball

## CORE/BALANCE/

Exercise	Se	Re	Temp	Re	Coaching Tip
Iso split squat hvy ball scoop toss	2	20			Toss = width of the lane
Hvy ball slams	3	10			10lb ball
Agility ring, 2ft hops,	3	3	AFAP		

## SPEED, COD, & AGILITY

Exercise	Se	Re	Temp	Re	Coaching Tip
7x30 (mixed throughout	4				Times :41-:42

## RESISTANCE

Exercise	Se	Re	Temp	Re	Coaching Tip
N/A					
Basketball training w/ AP/					

## AEROBIC & ANAEROBIC ENDURANCE

Exercise	Sets	Duration	Coaching Tip
<b>Aerobic Endurance</b> 12 min or 1.5 mi run			
<b>Anaerobic Endurance</b> 300-yd shuttle run			

Coaching Tips:

# TRAINING DAY 15

MIDDLE SCHOOL BASKETBALL PLAYER

DATE: 9/11/25

## PHASE 1: GENERAL PREPARATORY, OFF-SEASON

### WARM-UP

Exercise	Sets	Duration	Coaching Tip
TD Warm Up, 20 shots, run	1	7min 30 s	
Side shuffling w/ bounce,	2ea	½ court &	
Hvy ball pull across, low and	2	60s	

### CORE/BALANCE/

Exercise	Se	Re	Temp	Re	Coaching Tip
Iso SS Scoop toss lateral	2				
Heavy ball rotational slams, agility ring, 7x30 superset	2	20			10 reps, 3 rotations, 1 sprint (boys were locked)
Broad jumps, half court and	1-				

### SPEED, COD, & AGILITY

Exercise	Se	Re	Temp	Re	Coaching Tip
7x30	5		AFAP		Times at or below :42
Side shuffling w/ bounce &	4	3			½ court & back, 3x

## RESISTANCE

Exercise	Se	Re	Temp	Re	Coaching Tip
DB Box Goblet Squats	4	10	1/0/1		(PS) 30lb; (NB) 25lb
Pull Ups	4	6			(PS)50lb, (NB)30lb
Plate Press	4	10			(PS) 40lb, (NB) 30lb

## AEROBIC & ANAEROBIC ENDURANCE

Exercise	Sets	Duration	Coaching Tip
<b>Aerobic Endurance</b> 12 min or 1.5 mi run			
<b>Anaerobic Endurance</b> 300-yd shuttle run			

Coaching Tips:

# TRAINING DAY 16

WARM-UP					
Exercise	Sets		Duration		Coaching Tip
TD Warm Up	1		7min 30 s		
10 shots run down and back	2				
Side shuffling w/ 3 types of passes	4 2		Full court		
CORE/BALANCE/					
Exercise	Se	Re	Temp	Re	Coaching Tip
Ball Slams-Rotational	2				
lateral scoop toss w/ counter shuffle	2	10			
SPEED, COD, & AGILITY					
Exercise	Se	Re	Temp	Re	Coaching Tip
7x30 w/ lunges, BW and vest	5				Times slower due to
*lunge was to pre-fatigue					
RESISTANCE					
Exercise	Se	Re	Temp	Re	Coaching Tip
DB Squats	3	10	2/0/1		(PS) 25lb; (NB) 20lb
Lawnmower Row	3	10			40-50lb

Pull Up *Farmer's Carry (new exercise)	3 2-	10 30 yd			(PS) 60x10 (NB)50x10 (PS) 40lb (NB) 35lb

**AEROBIC & ANAEROBIC  
ENDURANCE**

# TRAINING DAY 17

MIDDLE SCHOOL BASKETBALL PLAYER

DATE:

9/16/25

## PHASE 1: GENERAL PREPARATORY, OFF-SEASON

### WARM-UP

Exercise	Sets	Duration	Coaching Tip
TD Warm Up w/ Bball	1	7min 30 s	
Side shuffling w/ hvy ball &	3ea		Bounce, chest, OH
<b>(3 athletes present today)</b>			Rev pivot

### CORE/BALANCE/

Exercise	Se	Re	Temp	Re	Coaching Tip
Rotational Ball Slams	2				
SL lateral scoop toss and catch	2	20			If you drop the ball you must start over
Full court pogos	1				Up and back
Sm hurdleX3, smbox, big	2	5	AFAP		
Squat Jumping (velocity & force)					Superset: ball low on heavy ball jumps

### SPEED, COD, & AGILITY

Exercise	Se	Re	Temp	Re	Coaching Tip
10-yd sprints for acceleration	5				(walk into sprint)
7x30 (RSA) repeat sprint	5				Last set :39-:40!!

Agility ring (quickness)	3	3			Clockwise &
Pro Lane Agility (COD)	*3	10			PS (best time)

### RESISTANCE

Exercise	Se	Re	Temp	Re	Coaching Tip
N/A					

### AEROBIC & ANAEROBIC ENDURANCE

Exercise	Sets	Duration	Coaching Tip
<b>Aerobic Endurance</b> 12 min or 1.5 mi run			
<b>Anaerobic Endurance</b> 300-yd shuttle run			

Coaching Tips:

# TRAINING DAY 18

MIDDLE SCHOOL BASKETBALL PLAYER

DATE: 9/18/25

## PHASE 1: GENERAL PREPARATORY, OFF-SEASON

### WARM-UP

Exercise	Sets	Duration	Coaching Tip
TD Warm Up (N/A), bball w/			Bball b4 S&C, rev.

### CORE/BALANCE/

Exercise	Se	Re	Temp	Re	Coaching Tip
Ball Slams	2				
SL lateral scoop toss and catch	2	20			
Bulgarian Bag Spins	1				Let's repeat on
					Need improvement

### SPEED, COD, & AGILITY

Exercise	Se	Re	Temp	Re	Coaching Tip
7x30	2				Times slower by 3-4s
Pro Lane Agility	2-				

### RESISTANCE

Exercise	Se	Re	Temp	Re	Coaching Tip
Hex DL	2	10	1/1/1		80, 100lb
Seated Chest Press	2	15			
Asstd Pull Ups, standing	2	5-6			

**AEROBIC & ANAEROBIC ENDURANCE**

Exercise	Sets	Duration	Coaching Tip
<b>Aerobic Endurance</b> 12 min or 1.5 mi run			
<b>Anaerobic Endurance</b> 300-yd shuttle run			

**Coaching Tips:**

# TRAINING DAY 19

MIDDLE SCHOOL BASKETBALL PLAYER

DATE: 9/20/25 #19

## PHASE 1: GENERAL PREPARATORY, OFF-SEASON

### WARM-UP

Exercise	Sets	Duration	Coaching Tip
TD Warm Up & mobility	1	7min 30 s	
Seated toe touch, xbody toe	2-3	60s	
baby, butterfly			

### CORE/BALANCE/

Exercise	Se	Re	Temp	Re	Coaching Tip
Earthquake bar w/ 10lb	2	20			Kr=knee raises
Deadbug wall push	2	:2			
Deadbug w db pullover	2	0			
½ Get ups	2	3			3 per side
Heavy ball jumps/box jumps	3	10			

### SPEED, COD, & AGILITY

Exercise	Se	Re	Temp	Re	Coaching Tip
10-yd sprints	4				
Pro Lane Agility	4				Go around the cones
5 low hurdles to 15yd sprints	4				

### RESISTANCE

Exercise	Se	Re	Temp	Re	Coaching Tip
Hex DL 80,100	3	12	1/1/1		
Asstd Pull Ups, standing	3	8			
<b>Sled Push w/ 45lb plate</b> <b>Sled Push for Speed, no plate</b>	2- 3	25 yd 25			Sled weighs 103lb

## AEROBIC & ANAEROBIC ENDURANCE

Exercise	Sets	Duration	Coaching Tip
<b>Aerobic Endurance</b> 12 min or 1.5 mi run			
<b>Anaerobic Endurance</b> 300-yd shuttle run			

**Coaching Tips:**

# TRAINING DAY 20

MIDDLE SCHOOL BASKETBALL PLAYER

DATE: 9/23/25

PHASE 1: GENERAL PREPARATORY, OFF-SEASON

#20

## WARM-UP

Exercise	Sets	Duration	Coaching Tip
TD Warm Up	1	7min 30 s	
full court slide w/ rev pivot & <b>3 athletes</b>	3ea		Rev pivot

## CORE/BALANCE/

Exercise	Se	Re	Temp	Re	Coaching Tip
Ball Slams	2				
Line jump, fwd and lateral	2	20	:20ea		
Ice skater w/ hvy ball	1				

## SPEED, COD, & AGILITY

Exercise	Se	Re	Temp	Re	Coaching Tip
7x30 (superset w/ hvy rope)	3				Only 3. ½ mile run
Side shuffling w/ bounce,	3-				Full court

RESISTANCE					
Exercise	Se	Re	Temp	Re	Coaching Tip
DB Box Goblet Squats <b>Sled Push</b>	3	12 30	2/0/1		(PS) 30lb; (NB) 25lb <b>:13-:14 ea</b>
Heavy rope	3	:4	:		
Asstd Pull Ups, standing	3	10			

**AEROBIC & ANAEROBIC ENDURANCE**

Exercise	Sets	Duration	Coaching Tip
<b>Aerobic Endurance</b> 1 mile run reduced to	1	PS 7:45 NB 8:51	3 <sup>rd</sup> athlete cramped and discontinued running
<b>Anaerobic Endurance</b> 300-yd shuttle run			

Coaching Tips:

# TRAINING DAY 21

MIDDLE SCHOOL BASKETBALL PLAYER

DATE: 9/25/25 #21

## PHASE 1: GENERAL PREPARATORY, OFF-SEASON

### WARM-UP

Exercise	Sets	Duration	Coaching Tip
TD Warm Up w/ bball	1	7min 30 s	

### CORE/BALANCE/

Exercise	Se	Re	Temp	Re	Coaching Tip
Broad jumps (15-yd)	3	6			
lateral scoop toss and catch	1	20			
lateral scoop toss and fetch	1	10			
Reverse OH toss and fetch	1	10			Release ball on the
pogo (:20) w/ CSJ	3	10			

### SPEED, COD, & AGILITY

Exercise	Se	Re	Temp	Re	Coaching Tip
7x30	4				:42 best time today
Pro lane agility	3				<b>(PS)</b>
					(NB) 12.65, 12.48,

### RESISTANCE

Exercise	Se	Re	Temp	Re	Coaching Tip
DB Box Goblet Squats BW split squats	3 1	12 15	Vary vary		(PS) 30lb; (NB) 25lb (KM) 20lb
Planks	3	:3			
Asstd Pull Ups, standing	3	8- 10			

**AEROBIC & ANAEROBIC  
ENDURANCE**

Exercise	Sets	Duration	Coaching Tip
<b>Aerobic Endurance</b> 12 min or 1.5 mi run			
<b>Anaerobic Endurance</b> 300-yd shuttle run			

**Coaching Tips:**

# TRAINING DAY 22

MIDDLE SCHOOL BASKETBALL PLAYER

DATE: 9/27/25 #22

## PHASE 1: GENERAL PREPARATORY, OFF-SEASON

### WARM-UP

Exercise	Sets	Duration	Coaching Tip
TD Warm Up	1	7min 30 s	

### CORE/BALANCE/

Exercise	Se	Re	Temp	Re	Coaching Tip
Pogots to ½ court and back	2				
Hvy rope w/ full court passing and shuffling					
SL stomp to lateral jump					

### SPEED, COD, & AGILITY

Exercise	Se	Re	Temp	Re	Coaching Tip
7x30	0				Boys are tired!
Bi & uni SL line hope	3-				Full court

### RESISTANCE

Exercise	Se	Re	Temp	Re	Coaching Tip
<b>Traveling lunge (NB, sore back)</b>	3	12	2/0/1		(PS) 15lbDBs (NB) 7.5DBs
DB chest press	3	12			12.5lb & 15lb DBs
Asstd Pull Ups, standing	3	8			50lb&30lb
Lawnmower row	3	10			assistance 40,50lb

**AEROBIC & ANAEROBIC ENDURANCE**

Exercise	Sets	Duration	Coaching Tip
<b>Aerobic Endurance</b> 12 min or 1.5 mi run			
<b>Anaerobic Endurance</b> 300-yd shuttle run			

**Coaching Tips:**

# TRAINING DAY 23

CLIENT'S NAME:

DATE: 9/30/25 #23

## GENERAL PREPATORY PHASE

### WARM-UP

Exercise	Sets	Duration	Coaching Tip
TD Warm Up	1	7min 30 s	

### CORE/BALANCE/

Exercise	Se	Re	Temp	Re	Coaching Tip
Ball slams	2				
Jump rope (might have caused cramps)	1	2 mi			*Both got cramps when we attempted

### SPEED, COD, & AGILITY

Exercise	Se	Re	Temp	Re	Coaching Tip
7x30	2	2			PS/:42,:45 NB
Z-Drill	5	1			
Side shuffle w/ bands	1				With basketball, full

### RESISTANCE

Exercise	Se	Re	Temp	Re	Coaching Tip
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Push Press	2	12	AFAP		(PS) 12.5lbDBs (NB) 10lbDBs
Curls & hammer curls	2	12			12.5lb & 10lb DBs
Pull down	2	12			50,40lb

**AEROBIC & ANAEROBIC  
ENDURANCE**

<b>Exercise</b>	<b>Sets</b>	<b>Duration</b>	<b>Coaching Tip</b>
<b>Aerobic Endurance</b> Half mile run	1		Na'im stopped early Pres got to ½ mile
<b>Anaerobic Endurance</b> 300-yd shuttle run			

**Coaching Tips:**

# TRAINING DAY 24

MIDDLE SCHOOL BASKETBALL PLAYER

DATE: 10/2/25

PHASE 1: GENERAL PREPARATORY, OFF-SEASON

#24!

## WARM-UP

Exercise	Sets	Duration	Coaching Tip
TD Warm Up	1		
Jump Rope	3	1 min	Great job by both
Defensive slides w/ passing	1/5reps	½ court &	

## CORE/BALANCE/

Exercise	Se	Re	Temp	Re	Coaching Tip
Low hurdles	4	5			
Box jumps	2	10			

## SPEED, COD, & AGILITY

Exercise	Se	Re	Temp	Re	Coaching Tip
Z-drill	3	3			
Defensive slides (width of	3	5			
Deceleration	2	:4			Wide bands
*7x30 (our hallmark drill)	1				*39.82 best time for both athletes in 8wk

## RESISTANCE

Exercise	Se	Re	Temp	Re	Coaching Tip

## AEROBIC & ANAEROBIC ENDURANCE

Exercise	Sets	Duration	Coaching Tip
<b>Aerobic Endurance</b> 12 min or 1.5 mi run			
<b>Anaerobic Endurance</b> 300-yd shuttle run			

Coaching Tips:



## ABOUT THE AUTHOR

PrestonRayFitness is functional (purposeful) training designed to improve human movement, as well as athleticism. Anyone who works out or trains is an athlete and all athletes must master basic human movements. Upon mastering the eight basic human movements, we delve into more common themes such as body composition and strength training. Learn more at [Prestonrayfitness.com](http://Prestonrayfitness.com)