

BASKETBALL: MOVEMENTS & EXERCISES

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INDEX

A) Verbs:

1. To bend (flex)
2. To stretch (extend)
3. To circle
4. To swing
5. To raise
6. To turn
7. To hold
8. To stand
9. To reach
10. To support
11. To straddle

B) Exercises:

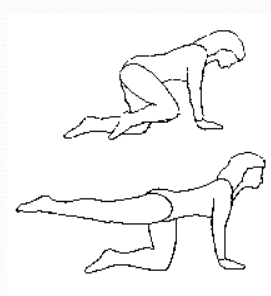
1. Abdominal crunches
2. Sit-ups
3. Dips
4. Push-ups
5. Knee-ups
6. Lateral arm raises
7. Overhead triceps extensions
8. Push-downs
9. Lunges
10. Back lifts
11. Side twists
12. Curls
13. Shoulder lifts
14. Leg lifts
15. Pull-ups/Chin-ups
16. Squats

A) Verbs

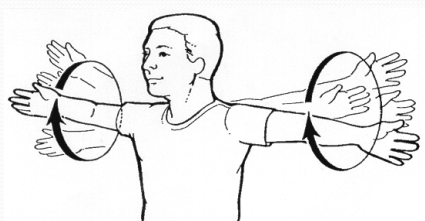
1. To flex (bend)



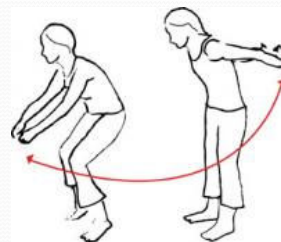
2. To extend (stretch)



3. To circle



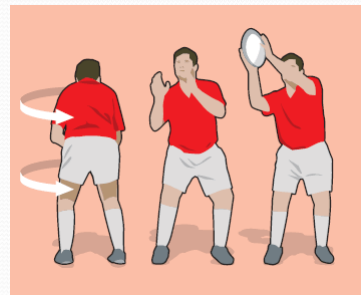
4. To swing



5. To raise



6. To turn



7. To hold



8. To stand



9. To reach



10. To support

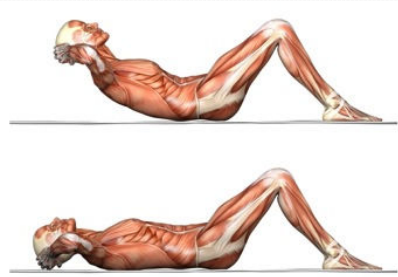


11. To straddle

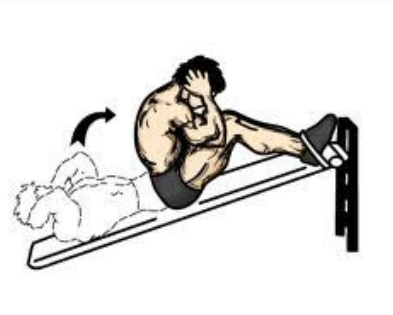


B) Exercises

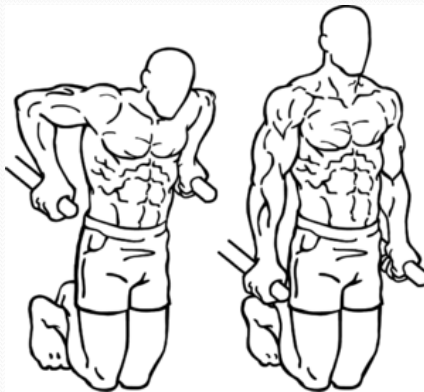
1. **Abdominal crunches**: it primarily works the rectus abdominis muscle.



2. **Sit-ups**: it works the hip flexors and abdominal muscles. The main difference with the abdominal crunches is that the lower back and buttocks are not touching the ground.



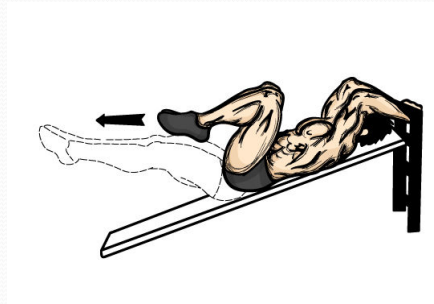
3. **Dips:** it primarily train the triceps, and secondly the deltoids, pectorals and the rhomboids(in that order).



4. **Push-ups:** it works the pectoral and triceps.



5. **Knee-ups**: it works the whole abdominal region.



6. **Lateral arm raises**: it works shoulders, specifically the deltoids.



7. **Overhead triceps extensions**: it works the triceps.



8. **Push-downs**: it works the triceps (with V-bar or rope).



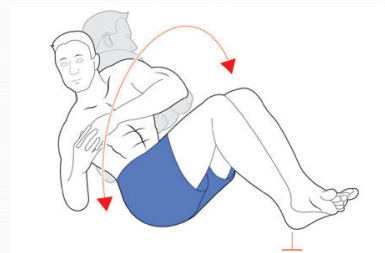
9. **Lunges**: it works the quadriceps and gluteus. (also can be done with the weights in both hands).



10. **Back lifts**: it works the back muscle. Primarily the lower back muscle. If the hands are behind head, like the picture, it works the shoulders also.



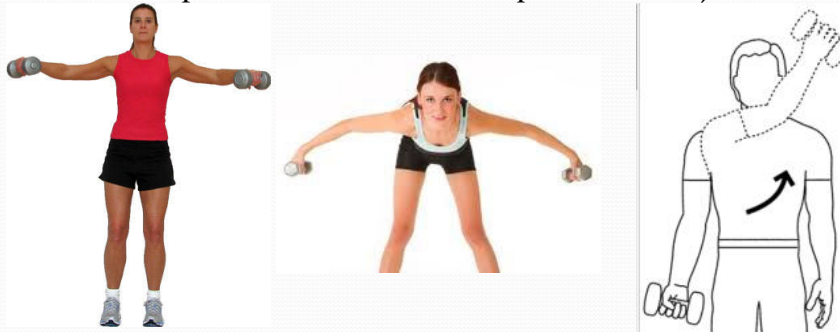
11. Side twists: it works primarily the abdominal muscles and secondly the side abdominal muscles.



12. Curls: it works every part of body we can curl. For example the biceps or the back upper side of the leg.



13. **Shoulder lifts:** in the first two pictures it works primarily the shoulders and secondly the trapezius and the whole hand, especially the lower part of the hand. In the third picture it works also the pectoralis major.



14. **Leg lifts:** Primarily it works complete leg region. Secondly it can work abdominal muscle region or lower back muscle region.



15. Pull-ups/chin-ups: Primarily it works the latissimus, secondly it works whole upperbody, especially the biceps if we are holding like the picture is showing.



16. Squats: It works the upper part of legs and gluteus.



**THANKS FOR YOUR
ATTENTION!**

