

Cleveland Off-season Workouts

	Frequency	Weeks							
BODY	5x week	1	2	3	4	5	6	7	8
dips		100	150	200	250	300	300	300	300
push-ups		100	150	200	250	300	300	300	300
crunches		200	250	300	350	400	400	400	400
lunges		50	75	100	125	150	150	150	150
squats		50	75	100	125	150	150	150	150
calf raises		300	350	400	450	500	500	500	500
CARDIO	3x week	1	2	3	4	5	6	7	8
jump rope # minutes		30	35	40	45	45	45	45	45
track # laps		8	9	10	11	12	13	14	15
stairs # minutes		30	35	40	45	45	45	45	45
sprints # 100s		10	11	12	13	14	15	15	15
hoop		as much as possible							
BASKETBALL	5x week	1	2	3	4	5	6	7	8
shots # makes		300	350	400	450	500	550	600	650
dribbles # minutes		30	35	40	45	50	55	60	60
passes #		300	350	400	450	500	550	600	650
make a move to shot # makes		100	125	150	175	200	225	250	275

Cleveland Off-season Workouts – Week #1

BODY	5x/week	#	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
dips		100							
push-ups		100							
crunches		200							
lunges		50							
squats		50							
calf raises		300							
CARDIO	3x/week	#	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
jump rope	# MINUTES	30							
track	# LAPS	8							
stairs	# MINUTES	30							
sprints	# 100s	10							
hoop			as much as possible						
BASKETBALL	5x/week	#	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
shots	# MAKES	300							
dribbles	# MINUTES	30							
passes	#	300							
make a move to shot	# MAKES	100							

Cleveland Off-season Workouts – Week #2

BODY	5x/week	#	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
dips		150							
push-ups		150							
crunches		250							
lunges		75							
squats		75							
calf raises		350							
CARDIO	3x/week	#	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
jump rope	# MINUTES	35							
track	# LAPS	9							
stairs	# MINUTES	35							
sprints	# 100s	11							
hoop			as much as possible						
BASKETBALL	5x/week	#	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
shots	# MAKES	350							
dribbles	# MINUTES	35							
passes	#	350							
make a move to shot	# MAKES	125							

Cleveland Off-season Workouts – Week #3

BODY	5x/week	#	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
dips		200							
push-ups		200							
crunches		300							
lunges		100							
squats		100							
calf raises		400							
CARDIO	3x/week	#	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
jump rope	# MINUTES	40							
track	# LAPS	10							
stairs	# MINUTES	40							
sprints	# 100S	12							
hoop			as much as possible						
BASKETBALL	5x/week	#	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
shots	# MAKES	400							
dribbles	# MINUTES	40							
passes	#	400							
make a move to shot	# MAKES	150							

Cleveland Off-season Workouts – Week #4

BODY	5x/week	#	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
dips		250							
push-ups		250							
crunches		350							
lunges		125							
squats		125							
calf raises		450							
CARDIO	3x/week	#	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
jump rope	# MINUTES	45							
track	# LAPS	11							
stairs	# MINUTES	45							
sprints	# 100s	13							
hoop			as much as possible						
BASKETBALL	5x/week	#	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
shots	# MAKES	450							
dribbles	# MINUTES	45							
passes	#	450							
make a move to shot	# MAKES	175							

Cleveland Off-season Workouts – Week #5

BODY	5x/week	#	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
dips		300							
push-ups		300							
crunches		400							
lunges		150							
squats		150							
calf raises		500							
CARDIO	3x/week	#	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
jump rope	# MINUTES	45							
track	# LAPS	12							
stairs	# MINUTES	45							
sprints	# 100S	14							
hoop			as much as possible						
BASKETBALL	5x/week	#	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
shots	# MAKES	500							
dribbles	# MINUTES	50							
passes	#	500							
make a move to shot	# MAKES	200							

Cleveland Off-season Workouts – Week #6

BODY	5x/week	#	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
dips		300							
push-ups		300							
crunches		400							
lunges		150							
squats		150							
calf raises		500							
CARDIO	3x/week	#	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
jump rope	# MINUTES	45							
track	# LAPS	13							
stairs	# MINUTES	45							
sprints	# 100s	15							
hoop			as much as possible						
BASKETBALL	5x/week	#	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
shots	# MAKES	550							
dribbles	# MINUTES	55							
passes	#	550							
make a move to shot	# MAKES	225							

Cleveland Off-season Workouts – Week #7

BODY	5x/week	#	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
dips		300							
push-ups		300							
crunches		400							
lunges		150							
squats		150							
calf raises		500							
CARDIO	3x/week	#	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
jump rope	# MINUTES	45							
track	# LAPS	14							
stairs	# MINUTES	45							
sprints	# 100s	15							
hoop			as much as possible						
BASKETBALL	5x/week	#	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
shots	# MAKES	600							
dribbles	# MINUTES	60							
passes	#	600							
make a move to shot	# MAKES	250							

Cleveland Off-season Workouts – Week #8

BODY	5x/week	#	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
dips		300							
push-ups		300							
crunches		400							
lunges		150							
squats		150							
calf raises		500							
CARDIO	3x/week	#	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
jump rope	# MINUTES	45							
track	# LAPS	15							
stairs	# MINUTES	45							
sprints	# 100s	15							
hoop			as much as possible						
BASKETBALL	5x/week	#	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
shots	# MAKES	650							
dribbles	# MINUTES	60							
passes	#	650							
make a move to shot	# MAKES	275							