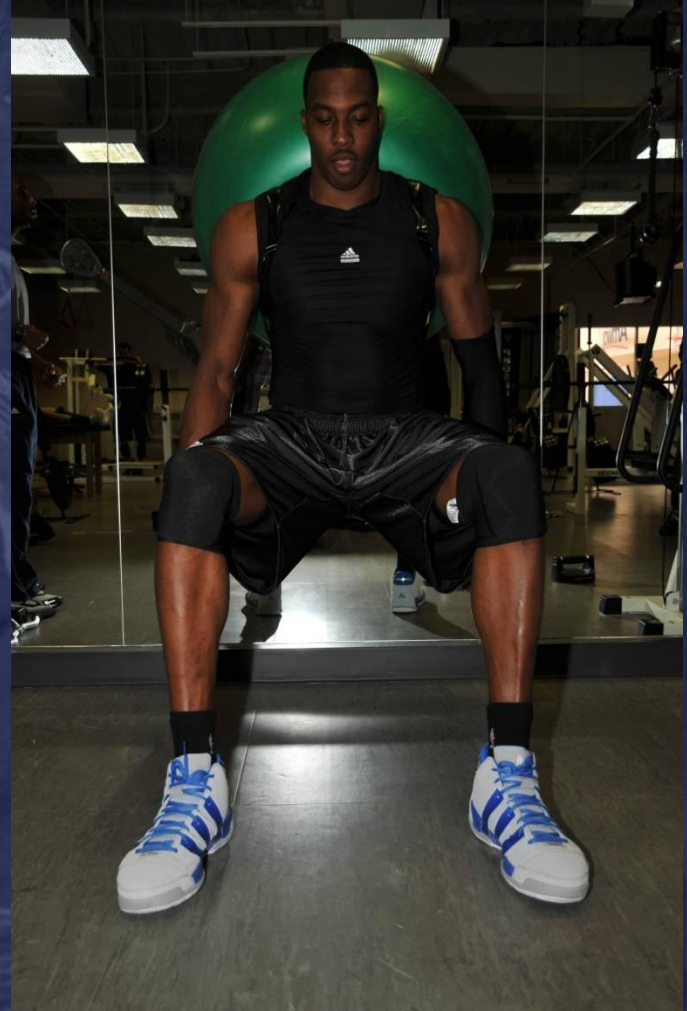


NBA
Strength & Conditioning



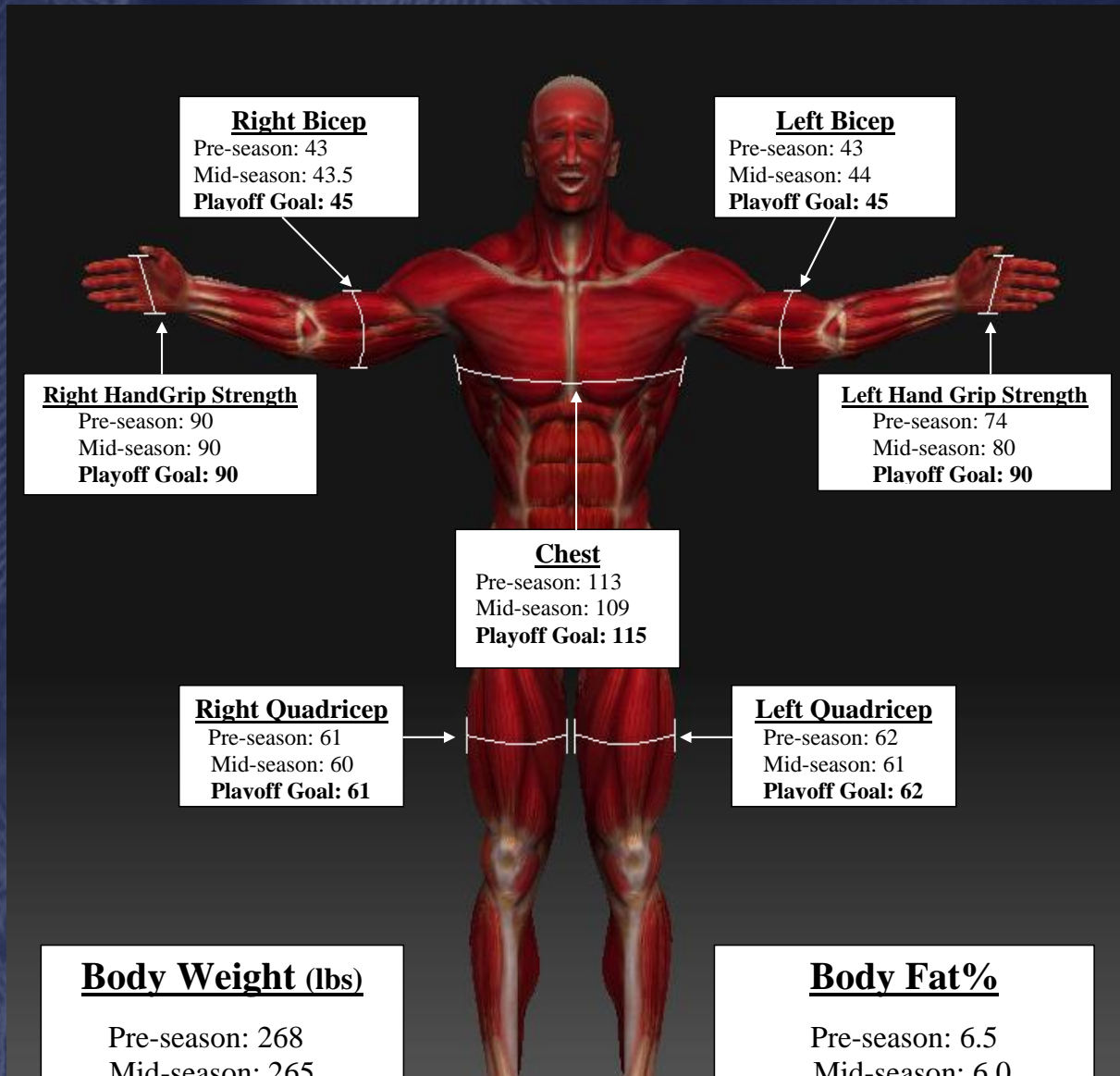
Joe Rogowski MA., ATC
Head Strength & Conditioning Coach –
Orlando Magic





Magic Girth Measurements

“Dwight Howard”





Marcin Gortat
Rookie Year (2008)

Weight: 104
Kilos

Bench: 113
Kilos

Squat: 136
Kilos

V02 Max: 64
ml/kg/min



Marcin Gortat
2010

Weight: 113
Kilos

Bench: 160
Kilos

Squat: 204
Kilos

V02 Max: 56
ml/kg/min





Cross Training: Keep It Fresh and Keep it Simple Stupid



	Standing Reach			Max Vertical Jump			Vertical Jump	
				Feet	Inches	Total Inches		
Howard, Dwight	9	5.5	113.5	12	6.5	150.5	37	3.85 Meters 3.72 Meters
Gortat, Marcin	9	1	109	12	2	146	37	
Wilks, Mike	7	10	94	10	10.5	130.5	36.5	
Lee, Courtney	8	3	99	11	3.5	135.5	36.5	
Lewis, Rashard	8	7	103	11	7.5	139.5	36.5	
Battie, Tony	8	10	106	11	10	142	36	
Richardson, Jeremy	8	7.5	103.5	11	7.5	139.5	36	
Redick, JJ	8	1	97	10	11.5	131.5	34.5	
Jones, Dwayne	8	9	105	11	7	139	34	
Nelson, Jameer	7	9	93	10	6	126	33	
Pietrus, Mickael	8	5.5	101.5	11	2	134	32.5	
Cook, Brian	8	11	107	11	5.5	137.5	30.5	
Turkoglu, Hedo	8	8.5	104.5	11	3	135	30.5	
Foyle, Adonal	8	8	104	11	2	134	30	
Johnson, Anthony	8	2	98	10	6.5	126.5	28.5	
Bogans, Keith	8	3.5	99.5			0	N/A	



STRENGTH & CONDITIONING LEADERS



IRON MAGIC

BENCH PRESS

3/4 SPRINT

20 YARD SHUTTLE

VERTICAL JUMP

MAX JUMP

BODY FAT

3' RUN

	BENCH PRESS	3/4 SPRINT	20 YARD SHUTTLE	VERTICAL JUMP	MAX JUMP	BODY FAT	3' RUN
1's POINT GUARDS	Mike Wilks 15	Jameer Nelson 3.16	Jameer Nelson 4.53	Jameer Nelson 30	Mike Wilks 36.5	Mike Wilks 6.7	Jameer Nelson 26.75
2's SHOOTING GUARDS	Courtney Lee 18	Courtney Lee 3.06	Courtney Lee 4.33	JJ Redick 29.5	Courtney Lee 36.5	Courtney Lee 2.6	JJ Redick 28.75
3's SMALL FORWARDS	Rashard Lewis 13	Jeremy Richards 3.15	Jeremy Richards 4.49	Rashard Lewis 28.5	Rashard Lewis 36.5	Rashard Lewis 5.3	Jeremy Richardson 28
4's POWER FORWARDS	Tony Battie 14	Tony Battie 3.3	Tony Battie 4.6	Tony Battie 34	Tony Battie 36	Tony Battie 8.0	Tony Battie 24
5's CENTERS	Dwight Howard 18	Dwight Howard 3.14	Marcin Gortat 4.45	Dwight Howard 30	Dwight Howard 37 Marcin Gortat 37	Marcin Gortat 4.6	Marcin Gortat 27.5

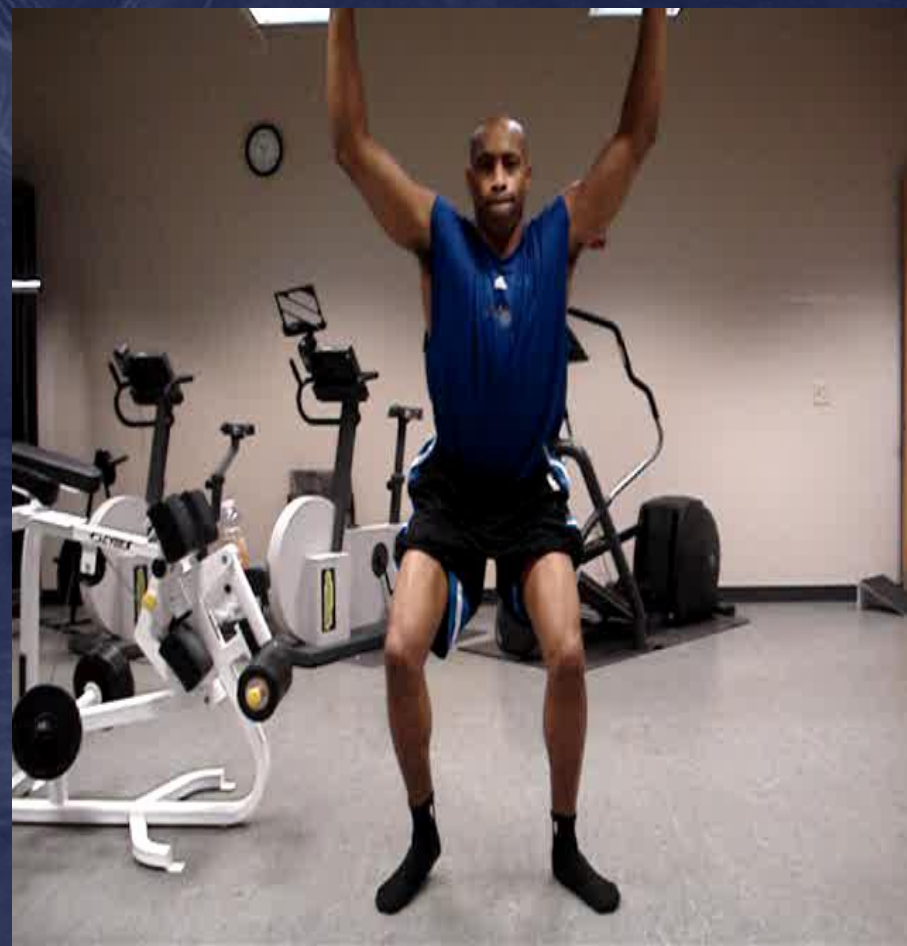
The Good



Preseason Functional Screenings

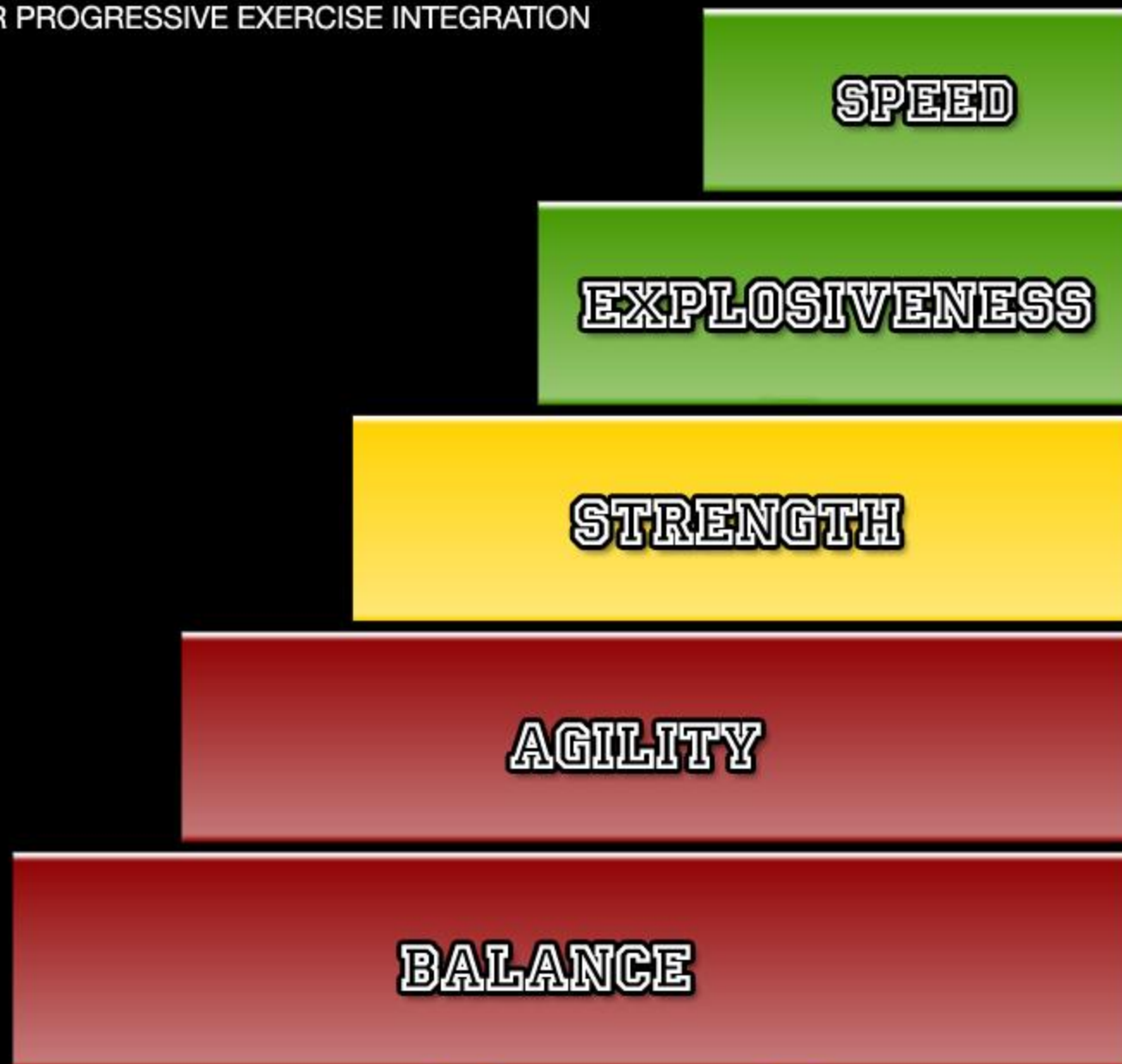
The Ugly

The Bad



B.A.S.E.S. ATHLETIC SKILL DEVELOPMENT MODEL

FOR PROGRESSIVE EXERCISE INTEGRATION



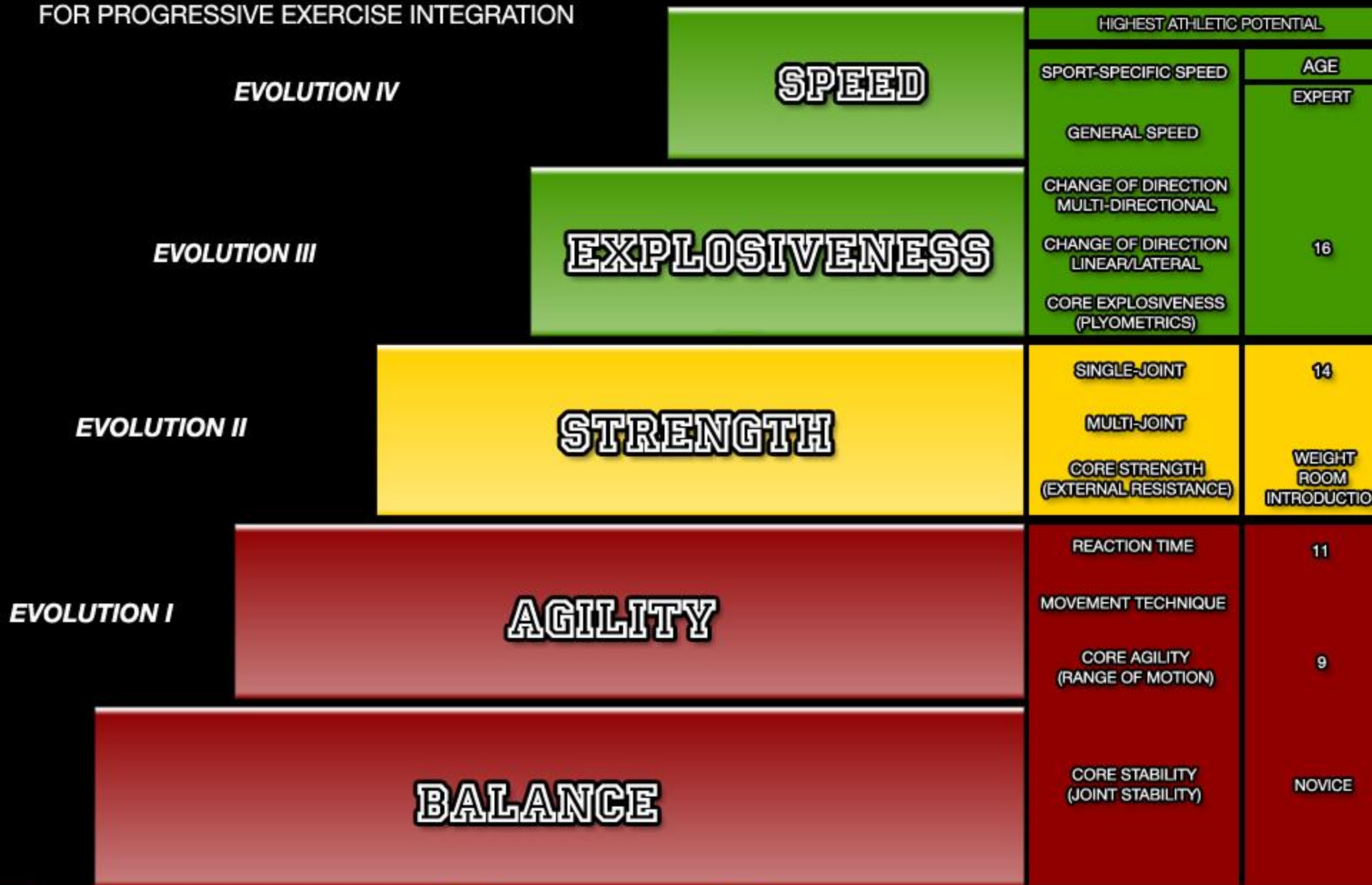
ATHLETIC NEUROMUSCULAR/PROPRIOCEPTIVE TRAINING

ATHLETIC STRENGTH TRAINING

ATHLETIC EXPLOSIVENESS TRAINING

B.A.S.E.S. ATHLETIC SKILL DEVELOPMENT MODEL

FOR PROGRESSIVE EXERCISE INTEGRATION



ATHLETIC NEUROMUSCULAR/PROPRIOCEPTIVE TRAINING

ATHLETIC STRENGTH TRAINING

ATHLETIC EXPLOSIVENESS TRAINING

NO MOVEMENT

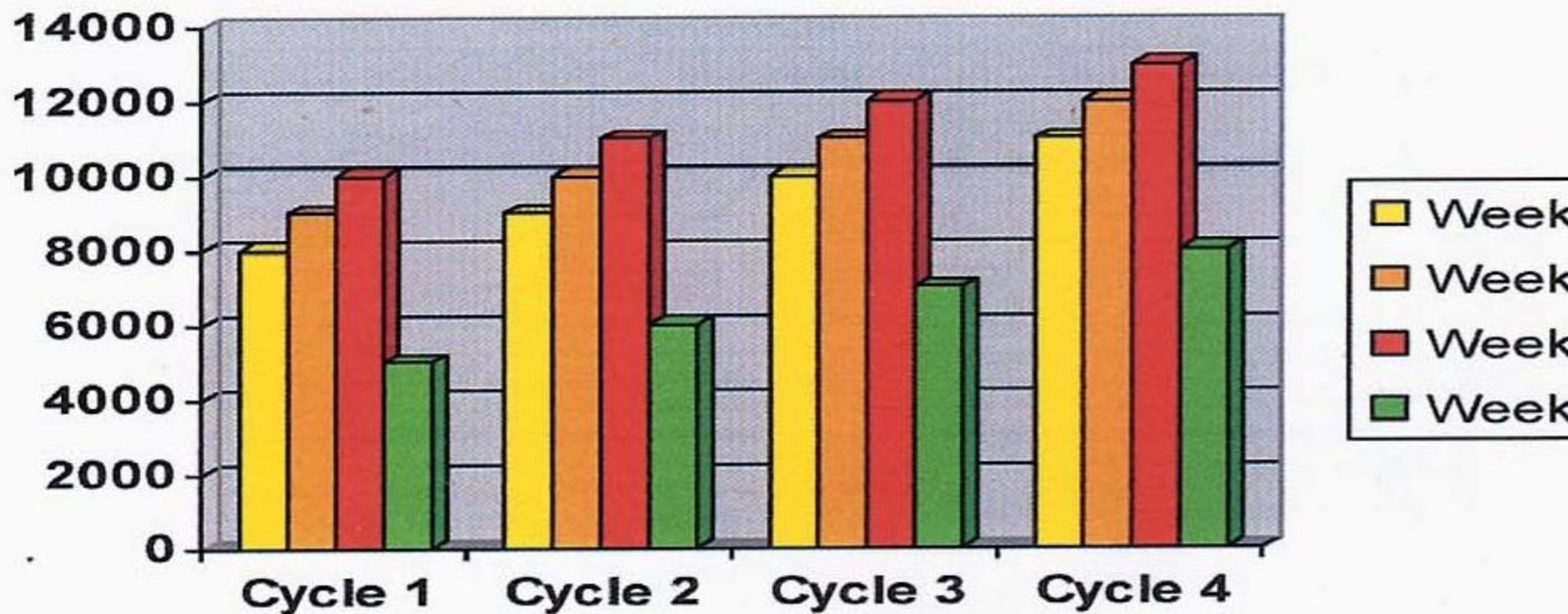


Figure 4a.

Mesocycles consisting of 3 weeks of “summated microcycles” at progressively higher workloads and 1 unloading week (intermediate plication). Volume loads are highest in week 3, by which time cumulative fatigue may hinder certain adaptations (e.g., speed-strength); hence the need for unloading week 4 to reduce overtraining potential and promote adaptation. The same basic pattern can be used in each cycle to repeatedly introduce certain stimuli at progressively higher workloads.

Periodization Strategies

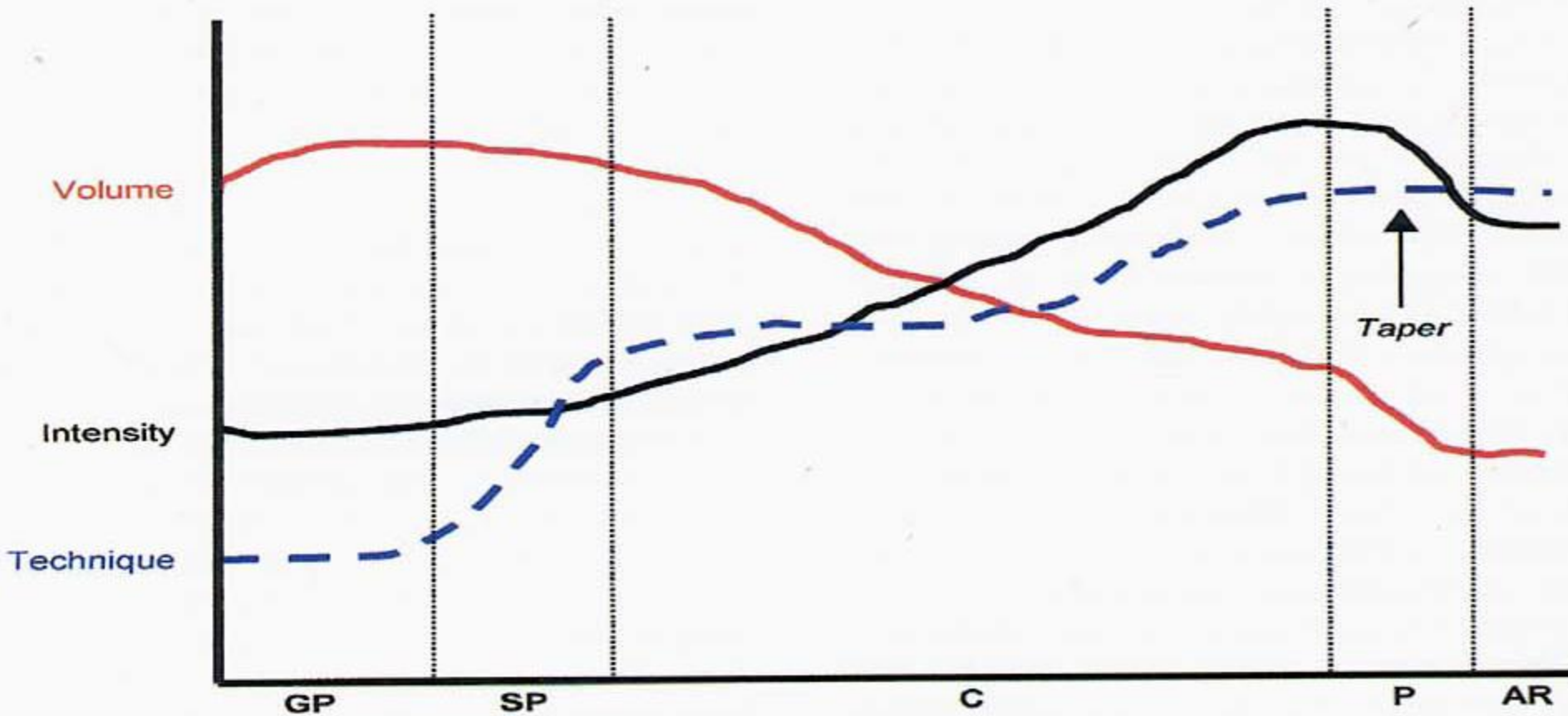


Figure 2a.

Generalized periodization model of strength-power training (basic application). The main premise is a wave-like shift from high-volume, low-intensity training to low-volume, high-intensity training over the mesocycle or macrocycle. GP = general preparation; SP = special preparation (first transition), during which emphasis shifts from extensive to intensive methods and technique training; C = competition; P = peaking; AR = active rest (second transition) consisting of unstructured/recreational activities where both intensity and volume are reduced and rest is emphasized.



Warm Up Drill

Stretching:

- 1.
- 2.
- 3.
- 4.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 RECOVERY	3 WEEK	4	5	6 RDV 10:00 1. Speed/Agility 2. TreadMill 3. Lift-Pull	7
8	9 (H) RDV 8:45 1. BBall 2. Lift-LB (court)	10 (L) RDV 8:45 1. BBall 2. Lift-UB	11 (M) Track 8:00 1. Speed/Agility RDV 9:30 2. BBall	12 (H) RDV 8:45 1. BBall 2. Lift-TB Boxing 2:00	13 (Recovery) RDV 8:45 1. BBall 2. Pool Recovery	14
15	16 (H) RDV 8:45 1. BBall 2. Lift-LB (court) Boxing 2:00	17 (L) RDV 8:45 1. BBall 2. Lift - UB	18 (L) Track 8:00 1. Speed/Agility RDV 9:30 3. BBall	19 (H) RDV 8:45 1. Bball 2. Lift-TB Boxing 2:00 (eye/hand coordination)	20 (Recovery) RDV 8:45 1. BBall 2. Yoga	21
22	23 (H) RDV 8:45 1. BBall 2. Lift-UB Boxing 2:00	24 (M) RDV 10:00 1. BBall 2. Lift-LB (court)	25 (L) track 8:00 1. Speed/Agility	26 (H) RDV 8:45 1. BBall 2. Lift-UB Boxing 2:00 (eye/hand coordination)	27 (M) RDV 8:45 1. BBall 2. Lift-LB	28
29	30 RDV 8:45 1. Test		Volume H = Heavy M = Medium L = Light Recovery	Lifts UB = Upper Body LB = Lower Body	LB(court) = Lower Body on the court.	

Methods Of Strength Training

1. Olympic Power Lifting
2. Plyometrics
3. Corrective Functional
4. P 90 X
5. Super Slow
6. Cross fit

4 Day Strength Routine: Push / Pull

- [My Documents Local\Ryan Anderson.xlsx](#)

[Reps and Volume:](#)
[Early Season](#)

[Reps Volume:](#)
[End Season](#)

Conditioning Routines: We are Anaerobic / Explosive Athletes!!!

[My Documents Local\Sprint
Training\17's test.xls](#)

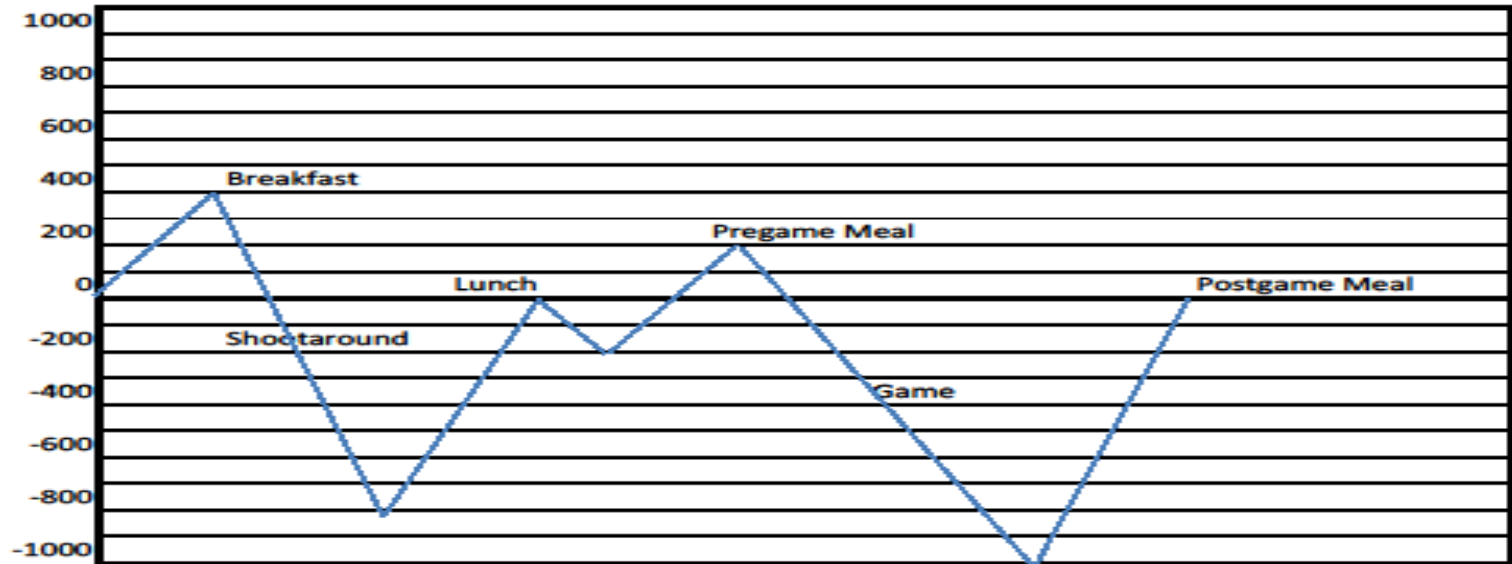
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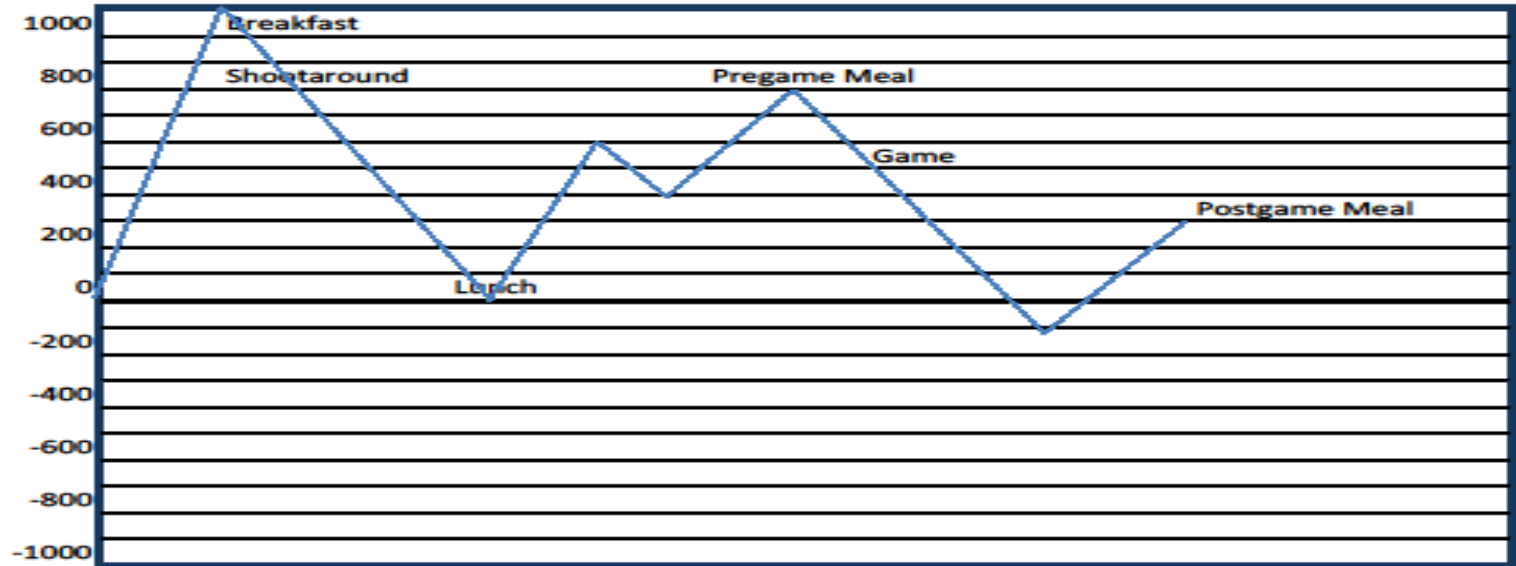


Low Energy Diet





High Energy Diet



Energy Drink Comparison

	Xs Gold	FRS	Red Bull	5 hour energy	Coffee
Serving size	8.4 fl oz	11.5 fl oz	8.4 fl oz	2 fl oz	8 fl oz
Calories	10	140	110	4	0
Fat	0	0	0	0	0
Carbs	1.5	35	28	0	0
Protein	1.5	0	0	0	0
Sodium	25	15	200	18	
Caffeine	83 mg	48 mg	80 mg	80 mg	80-135 mg
Other	B6 300% Niacin 100% Pantothenic 100% B12 8000 Zinc 50% Vit C 50% Selenium 50%	Vit A 35% Vit C 280% Vit E 270% Thiamin 130% Riboflavin 130% Niacin 130% B6 130% B12 130% Quercetin 325 mg Catechins 85 mg	Niacin 100% B6 250% B12 80% Pantothenic Acid 50% Glucuronolactone 600 mg Taurine 1000 mg	Niacin 165% B6 2000% Folic acid 100% B12 8333% Energy Blend 1870 mg Enzyme Blend	

***Soda = 30-56 mg caffeine**









The END

