



@upowerkingco



@upower\_org

Play and staying active is one of the best ways to reduce stress and boost your mental wellness during uncertain times. That's why Upower has come up with the Uhome activity packet to help you stay moving.

- Upower Resources Page - <https://www.u-power.org/resources/>
- King County Play Equity Coalition - [www.kcplayequity.org/covid19/](http://www.kcplayequity.org/covid19/)
- The Sports Institute - <https://thesportsinstitute.com/exercise-anywhere/>
- Volt: #1 AI Workout App - Free subscription; scan URL code to access



## BASKETBALL ACTIVITIES

### 1. BASKETBALL MOUNTAIN CLIMBERS

This exercise focuses on building shoulder and core strength and quick feet. Start by getting into a standard Push-Up position with both feet together on the floor and both hands on the basketball. Keeping your back and arms straight and your core engaged, alternate lifting your feet off the floor, bringing your knees to your chest as quickly as possible while maintaining good form.

### 2. BIRD DOG DRIBBLES

This exercise focuses on balance and stability while dribbling low to the floor. Start by getting into a standard Push-Up position. Lift your left foot off the ground while simultaneously lifting your right hand off the floor. Keeping your core tight and your left foot kicking back toward the wall behind you, dribble the basketball with your right hand. Perform for desired amount of time before switching sides.

### 3. SINGLE-LEG HIP BRIDGE

Lie down on your back and place the sole of the right foot onto the basketball and your hands down by your sides. Lift your left leg toward the ceiling. Pressing your foot into the ball, lift your hips to the ceiling while keeping all of your weight on your right foot and shoulders. Hold for a moment in this bridge position before slowly lowering back to the floor.

### 4. FRONT LUNGE PASS UNDER

Begin this move by holding the ball at your chest and standing with your feet together. Step forward with your left foot and lower into a lunge. While you are lunging, pass the ball under your left thigh from your right hand to your left. Press through your left heel to quickly return to standing, returning the ball to your chest with both hands. Repeat with your right leg, passing the ball from left to right.

**MORE ON BACK...**

## BASKETBALL ACTIVITIES CONTINUED...

### 5. SIDE-TO-SIDE TWISTS

Get into position by lying on the floor with your feet together and your knees bent. Sit up so that your back and thighs form the shape of a V. Hold the basketball out in front of you, keeping your arms and back straight. Explosively twist your torso as far as you can to the left, then reverse the motion and twist as far as you can to the right.

### 6. SIT-UP TO TOES

Lie down on your back with your legs in the air, toes pointed toward the ceiling, holding the basketball straight up over your chest. Engage your abs to press your lower back into the floor while lifting your upper body off of the mat. Continue lifting higher off the mat, reaching the ball toward your ankles. Pause for a moment and then lower your upper back again, stopping before you make contact with the floor.

### 7. SUPERMANS

Lie face down on the floor with your arms stretched out in front of you, holding onto the basketball. Slowly raise your arms and legs up as high as possible, engaging your back muscles. Hold this position for a moment before lowering your arms and legs back down to the floor.

### 8. BALL PASS PUSH-UPS

Get into plank position with a basketball under one hand. Lower your chest to the floor to perform a push-up and then roll the ball to the other hand. Continue completing push-ups and passing the basketball back and forth. You can modify this by dropping to your knees, just as you would with a traditional push-up.

*In consideration for receiving the equipment, I release from liability and waive my right to sue Upower, its officers, volunteers, employees and agents (collectively, "Upower") from any and all claims arising from my acceptance or use of the equipment or the acceptance or use of the equipment by my minor children. On behalf of myself and my minor children, I release Upower from all liability, waive my right to sue Upower and assume all risk of accepting or using the equipment.*

**Stay safe and have fun!**

*brought to you by your friends at Upower*