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How to get in shape for basketball

1. Adverb _____
2. Verb - Present Ends In Ing _____
3. Verb - Present Ends In Ing _____
4. Adverb _____
5. Adverb _____
6. Adverb _____
7. Adverb _____
8. Verb - Present Ends In Ing _____
9. Verb - Present Ends In Ing _____
10. Verb - Present Ends In Ing _____
11. Verb - Present Ends In Ing _____
12. Verb - Present Ends In Ing _____
13. Adverb _____
14. Adverb _____
15. Adverb _____
16. Adverb _____
17. Adverb _____

How to get in shape for basketball

How to get in shape for basketball. To get in shape for basketball you need to _____Adverb_____ _____Verb - Present ends in ING_____ and _____Verb - Present ends in ING_____, so basically work of your _____Adverb_____. So set a timer every 5 minutes go from _____Adverb_____ to _____Adverb_____ to running, so you get _____Adverb_____ at it. Next practice _____Verb - Present ends in ING_____ the ball in open areas for instance up and down a sidewalk in a open gym. Try _____Verb - Present ends in ING_____ and _____Verb - Present ends in ING_____ at the same time, so when you are in a game you can be fast at _____Verb - Present ends in ING_____ and _____Verb - Present ends in ING_____ the ball up and down the court away from the other team. Then try _____Adverb_____ _____Adverb_____ from different _____Adverb_____ and _____Adverb_____ just in case you don't get a perfect shot you still got a good try. Then try facing a family member so you know what it is like in a real game and know whats coming and have some practice and know how to box out. Last you need lots of _____Adverb_____ like push ups, sit ups, jumping jacks, streaches so you don't get hurt or your muscules tighten.

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