

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
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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 muscles tighten.