

★ Pro Strength

Basketball athletes must not settle with their level of conditioning!

☞ Strength, quickness, and explosiveness are relative to the level of basketball you are playing.

☞ Whether you are at the grassroots, junior high, high school, or college levels your strength is relative to the other athletes you are competing against.

☞ Strength and conditioning is a long process and we need to work to gain pro strength.

☞ Whether your goal is to play for the Canadian National Team, Pro basketball in Europe, or in the NBA you will need to develop to a professional level of strength and conditioning.

☞ The process begins with having a solid foundation, hard work, and the will to compete.

