

A person with dark hair, wearing a light green t-shirt and black pants, is performing a pull-up on a horizontal bar in a gym. The gym has a wooden floor and a basketball hoop in the background.

Summer morning routine for hoopers who want to go to the next level 🏀🔥

7:30am- wake up/meditate

7:45am- morning hygiene
(brush teeth, wash face, etc)

8:00am- breakfast

8:30am- morning stretch

8:45am- conditioning or
weight training (sprints, hills,
running, etc)

9:30am- break/free time

10:30am- on court workout

11:30am- shower

12:00pm- eat a good lunch

12:30 pm- 11:00pm: do
whatever you want

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