

Elite Guard Training Workout Guide

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Upper Body Workout No. 1. Chest fly; Bench press ; Pullover; Pull-ups; Lateral raise; Shoulder press; Rear delt raise; Seated row; Tricep extension; Bicep curl; Upper Body Workout No. 2. Pulldown ; Shoulder press ; High row ; Incline press; Seated row; Chest press; Low row; Decline press; Upright row; Dip; Lower Body Workout No. 1. Squats; Leg curl; Walking lunge; Hip adduction (groin)

[The Definitive 6-Week Guard Workout | ACTIVE](#)

Upper Body Workout No. 2. Pulldown; Shoulder press; High row; Incline press; Seated row; Chest press; Low row; Decline press; Upright row; Dip; Lower Body Workout No. 1. Squats; Leg curl; Walking lunge; Hip adduction (groin) Lower back extension; Calf raise; Abs; Lower Body Workout No. 2. Leg press; Straight Leg deadlift; Step-ups; Hip abduction; Wall sit; Calf raise; Abs; Agility

[USA Basketball - The Definitive 6-Week Guard Workout](#)

Below is a complete point guard workout program that will help you prepare for the season and maintain your strength when you need it most during the season. The pre-season runs through October.

[Become a Better Point Guard With This Training Program | STACK](#)

Be wary of Taylor Allan's Elite Guard Training... If you run in the basketball circles online, you've probably seen Elite Guard Training. I caution you to be wary of this. It has all the makings of a scam -- sign-up by email, watch a video and this time only get a discount on their whole EGT package! What a deal!

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Coach Koran Godwin gives you all - access to one of his private workouts with top PGs Marcus Thornton (William and Mary) and Jamir Moultrie (Bishop McNamara....

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Here's a quick breakdown of how often you should be doing the workouts: Off-season - 3 to 4 days a week (play pick-up on the days that you don't train) In-season - 1 to 2 days a week (if you get consistent playing time) In-season - 3 days a week (if you're not getting much playing time) The workout for week 1 is below.

[Basketball Training Workout #1 - TrainForHoops](#)

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