

I'm not a robot































strength, but it also gets rid of your slouched posture! 6. Chin-ups Chin Ups are an excellent indicator of relative strength because being able to fully control your body weight is essential. Chin-ups work the muscles in the back and biceps while also developing grip strength. 7. Vertical Chest Pass Do you want to improve the zing on your passes, all while improving body coordination? The vertical chest pass is the answer. This is an intense medicine ball throwing exercise that increases the power of your passes and improves your jumping ability with a significant level of force development. Wrapping Things Up: Do Basketball Players Lift Weights? A basketball player's movements involve many muscle groups from the lower back down to the calves. Putting so much strain on those muscles could lead to injuries. An effective way to prevent these is doing a basketball weightlifting routine or basketball weight training plan. Wait, what does weight lifting have to do with basketball? Do basketball players lift weights? Weight training does a lot to improve basketball skills and attributes. That is why, yes, basketball players incorporate lifting weights in their exercises. When you do weight training, it will strengthen different muscle groups in your body, including the glutes, back, and laterals. As a result, it will help prevent injuries and make you a more explosive athlete. Did you find this helpful? Then also check out other basketball FAQ articles here. > [How to Get in Shape for Basketball](#) > [Should I Play Basketball Everyday?](#) > [How to Get Better if You're a Short Basketball Player](#) > [How Many Pushups Should a Basketball Player Do?](#)