FREE STARTER GUIDE

Sample Chapters

Basketball • Soccer • Pickleball • Football

Real chapters from the SportsForMuscle training ebooks

SPORTSFORMUSCLE.COM

Welcome, Athlete

What is inside this free guide

Thanks for grabbing the SportsForMuscle Free Starter Guide. This guide pulls real sample chapters straight from our Tier 1 Entry Edition training ebooks, so you can see exactly how our programs are written before you buy.

Our philosophy: **elite performance starts with elite foundations.** Sport-specific fitness is not about looking like a bodybuilder. It is about moving better, lasting longer, and dominating your position. Train like the game is played.

Sample chapters in this guide

- **Basketball** — Key Strength Exercises (from *Court Foundations*)
- **Soccer** — Speed & Agility Essentials (from *Pitch Power*)
- **Pickleball** — Foundational Strength Principles (from *Kitchen Line Foundations*)
- **Football** — Speed, Agility & Quickness (from *Gridiron Basics*)

How the series work

- **Tier 1 – Entry Edition:** the core ebook — principles, position overview, nutrition basics, injury prevention, an 8-week program overview, logs and a daily mobility routine.
- **Tier 2 – Complete:** the ebook plus printable workout sheets, trackers and nutrition tools.
- **Tier 3 – Elite:** advanced, role-specific programming for serious athletes.

Important: This material is educational and general in nature. Always consult a qualified physician before beginning any new exercise or nutrition program. Progress gradually and listen to your body.

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Basketball: Key Strength Exercises

Sample chapter from Court Foundations — Basketball Fitness Foundations (Tier 1)

These eight foundational movements build the strength that translates directly to jumping, landing, finishing and staying healthy on the court.

■ Goblet / Front Squat

Builds quad and core strength with upright torso — excellent for jump mechanics.

■ Romanian Deadlift (RDL)

Strengthens hamstrings and glutes; critical for deceleration and landing control.

■ Split Squat / Bulgarian

Single-leg strength and stability that mirrors on-court stance and drive.

■ Hip Thrust / Glute Bridge

Direct glute power for sprinting and vertical force.

■ Push-Up Variations

Horizontal pressing strength for finishing and contact.

■ Inverted Row / Band Row

Pulling strength to balance pressing and protect the shoulders.

■ Dead Bug / Bird Dog

Core anti-extension and anti-rotation for stability under load.

■ Calf Raises (Straight & Bent)

Ankle strength and stiffness for better spring and injury resilience.

Progression tip: Master bodyweight and light loads before adding external weight. Film your form.

Want the full program? Court Foundations includes the complete 8-week roadmap, nutrition, injury prevention, workout logs and trackers.
Get the full series → sportsformuscle.com/ebooks/basketball

Soccer: Speed & Agility Essentials

Sample chapter from Pitch Power — Soccer Fitness Foundations (Tier 1)

Speed in soccer is multi-dimensional: linear acceleration, top-end speed (rarely reached), and — most importantly — the ability to change direction and re-accelerate under fatigue and decision-making pressure.

Core Speed & Agility Qualities

- **Acceleration (0–10 m):** The most common sprint distance in matches. Train with short, explosive starts.
- **Deceleration & COD:** Controlled stopping and cutting reduce injury risk and improve 1v1 success.
- **Reactive agility:** Responding to a visual or auditory cue (partner, ball, coach) rather than pre-planned drills only.
- **Repeated sprint ability:** Producing near-max efforts with incomplete recovery — the real match demand.

Sample Starter Drills

- 10–20 m accelerations from standing or rolling start (6–8 reps, full recovery).
- T-drill or 5-10-5 for change of direction (4–6 quality reps).
- Cone shuffles + sprint (lateral then explode forward).
- Mirror or partner reaction drills (2–3 sets of 20–30 seconds).
- Always warm up thoroughly and keep volume low when learning new patterns.

Want the full program? Pitch Power includes the complete 8-week roadmap, nutrition, injury prevention, workout logs and trackers.
Get the full series → sportsformuscle.com/ebooks/soccer

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Pickleball: Foundational Strength Principles

Sample chapter from Kitchen Line Foundations — Pickleball Performance Series (Tier 1)

Strength is the base upon which power, speed, and resilience are built. For pickleball, we prioritize functional, multi-planar strength over pure bodybuilding isolation. The goal is a body that can produce force, absorb force, and transfer force efficiently while maintaining joint integrity under fatigue.

Core Pillars of Pickleball Strength

1. Posterior Chain Dominance

The glutes, hamstrings, and spinal erectors drive hip extension, stabilize the pelvis, and protect the low back during rotation and lunging. Prioritize Romanian deadlifts, hip thrusts, single-leg RDLs, and back extensions.

2. Single-Leg Strength & Stability

Almost every athletic action on court occurs on one leg or with uneven loading. Split squats, reverse lunges, lateral lunges, and step-ups build the capacity to push, decelerate, and change direction without collapsing at the knee or hip.

3. Anti-Rotation & Anti-Extension Core

A strong core is not about endless crunches. It is about resisting unwanted motion so the hips and shoulders can rotate powerfully and safely. Pallof presses, dead bugs, bird-dogs, and suitcase carries are high-value staples.

4. Upper-Back & Scapular Strength

Rows, face pulls, band pull-aparts, and Y-T-W raises keep the shoulders healthy under the volume of overhead and high-elbow work inherent to the sport.

5. Progressive Overload with Intent

Add load, range, or complexity over time, but never at the expense of clean mechanics or joint comfort. Quality of movement always outranks quantity of weight.

Kinetic chain: Ground → Legs & Hips → Core & Torso → Shoulder & Arm → Paddle. Weak links anywhere — ankles, hips, core, or scapulae — leak power and increase injury risk.

Want the full program? Kitchen Line Foundations includes the complete 8-week roadmap, nutrition, injury prevention, workout logs and trackers.
Get the full series → sportsformuscle.com/pickleball

Football: Speed, Agility & Quickness

Sample chapter from Gridiron Basics — American Football Fitness (Tier 1)

In football, the difference between a completed pass and an interception, or a tackle for loss versus a 20-yard gain, often comes down to a tenth of a second. Speed and agility training must be specific, progressive, and recovered from properly.

Linear Speed Development

- **Wall Drills & Marching** — Teach proper shin angle, posture, and arm action.
- **Falling Starts & 3-Point Starts** — Simulate the explosive first step from a stance.
- **10-yard and 20-yard Sprints** — Measure and track improvement. Full recovery between reps.
- **Resisted Sprints** — Sled pushes or light band resistance to overload acceleration mechanics.
- **Flying 10s** — Build top-end speed with a 20-yard build-up into a timed 10-yard fly.

Key Agility Drills

- **5-10-5 (Pro Agility Shuttle)** — Classic NFL Combine test. Develops lateral quickness and the ability to plant and cut.
- **L-Drill / 3-Cone Drill** — Emphasizes tight turns and body control around cones. Critical for skill positions and defensive backs.
- **Reactive Agility** — Partner or coach points left/right or uses visual cues. Trains the decision-making component of agility.

Sample Speed & Agility Session

Drill	Volume	Rest	Focus
Wall Drills / A-Marches	2 × 10 each	45 sec	Mechanics
Falling Starts	6 × 10 yd	60–90 sec	Acceleration
10-yd Sprints	6–8 reps	Full	Max intent
5-10-5 Shuttle	4–6 reps	2 min	COD quality
Reactive Cone Drill	6–8 reps	90 sec	Decision + speed

Important: Speed and agility work should be performed when the athlete is fresh — typically at the beginning of a session or on dedicated speed days. Quality over quantity always.

Want the full program? Gridiron Basics includes the complete 8-week roadmap, nutrition, injury prevention, workout logs and trackers.
Get the full series → sportsformuscle.com/ebooks/football

Find Your Sport

Every SportsForMuscle series comes in Entry, Complete and Elite tiers

Sport	Series
American Football	Gridiron Basics / Complete / Elite
Basketball	Court Foundations
Soccer / Fútbol	Pitch Power
Pickleball	Kitchen Line Foundations
Baseball	Diamond Foundations
Hockey	Ice Foundations
Tennis	Court Foundations (Tennis)
Golf	Swing Foundations
Volleyball	Volleyball Performance
Boxing	Ring Foundations
MMA	Cage Foundations

Plus specialty guides for swimming, running, cycling, martial arts, mobility, core strength and more.

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