

WEDNESDAY, MAY 7, 2008

**FACT: PLAYING BASKETBALL ON A FULL COURT BURNS MORE THAN 600 CALORIES AN HOUR**

■ YOUR PERSONAL TRAINER

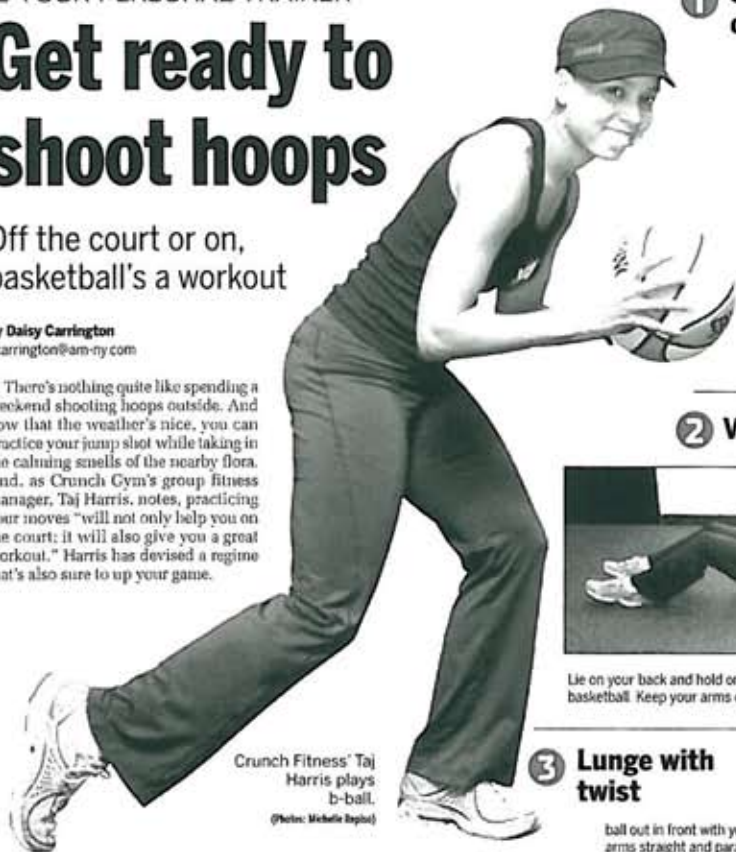
# Get ready to shoot hoops

## Off the court or on, basketball's a workout

By Daisy Carrington  
dcarrington@am-ny.com

There's nothing quite like spending a weekend shooting hoops outside. And now that the weather's nice, you can practice your jump shot while taking in the calming smells of the nearby flora. And, as Crunch Gym's group fitness manager, Taj Harris, notes, practicing your moves "will not only help you on the court; it will also give you a great workout." Harris has devised a regime that's also sure to up your game.

Crunch Fitness' Taj Harris plays b-ball.  
(Photo: Michelle Repke)



### 1 Squat with calf raises

Stand with your feet shoulder-width apart. Now squat down, holding a basketball in both hands. Push up onto your toes while lifting the basketball up over your head. For an extra challenge, push up off the ground from your squatting position. Repeat three sets of 10.



### 2 V-ups



Lie on your back and hold on to a basketball. Keep your arms over-

head. Bring your arms and legs up so that your body forms a V-shape.

Slowly return to the starting position. Repeat three sets of 10.

### 3 Lunge with twist

Stand with your feet shoulder-width apart and hold a basketball with both hands. Lunge forward with your right leg, not allowing your knee to extend past your toe. Hold the basket-

ball out in front with your arms straight and parallel to the floor. Twist your upper body to the right, and then back to center. Return to the starting position and repeat the lunge, twisting to the left. Do three sets of 10.



### 4 Side-to-side single leg squats

Stand with your feet shoulder-width apart and hold a basketball with both hands. Jump onto your right foot, squat down and bring the basketball down to the ground, extending it past your right foot.

your right foot. Jump onto your left foot, squat down and bring the basketball down to the ground, extending it past your left foot. Repeat three sets of 10, alternating legs.



### 5 Pivoting drills

Stand with your feet shoulder-width apart, and hold the ball at your chest. Keep your knees slightly bent. Keep your right foot planted and pivot to the right. Return to center. Keeping your right foot planted, pivot to the left. Repeat with your left foot. Do three sets of 10 on each leg.



**ALLERGY ASTHMA & IMMUNOLOGY CENTER**  
MEDICAL DIRECTOR  
EVELYN TOLSTON, M.D., F.A.A.A.A.I.  
*"New York Times Doctor"*

**Allergy & Asthma is not only about sneezing and wheezing.**  
It is a chronic debilitating multi-system disease...

**RESPIRATORY SYSTEM** \* Shortness of breath  
\* Tightness in chest \* Chronic Cough \* Bronchitis \* Asthma \* Colds

**EAR, NOSE, THROAT, EYES** \* Stuffy or runny nose \* Sore Throat  
\* Sinus Infections \* Nasal Congestion \* Headache  
\* Nasal Polyps \* Ear Infections \* Itchy watery or dry eyes

**GI SYSTEM**  
\* Abdominal Bloating \* Irritable Bowel Syndrome \* Diarrhea  
\* Constipation \* Heartburn \* other Digestive Disorders

**IMMUNE SYSTEM** \* deficiencies leading to recurrent yeast or other infections

**SKIN, NAILS, HAIR**  
\* Dry Itchy Skin \* Acne \* Eczema \* Rashes \* Hives \* Seborrhea  
\* Dandruff \* Dry Brittle Nails \* Warts

**CENTRAL NERVOUS SYSTEM** \* Headaches \* Chronic Fatigue  
\* Depression in adults \* ADD in children

**MAIN OFFICE**  
161 Madison Ave. Suite 3A (between E 32nd & 33 Streets)  
NEW YORK, NEW YORK, 10016  
T: 646 424 0400 F: 646 742 0092

[www.allergyasthmaonmadison.com](http://www.allergyasthmaonmadison.com)