

## The Workout

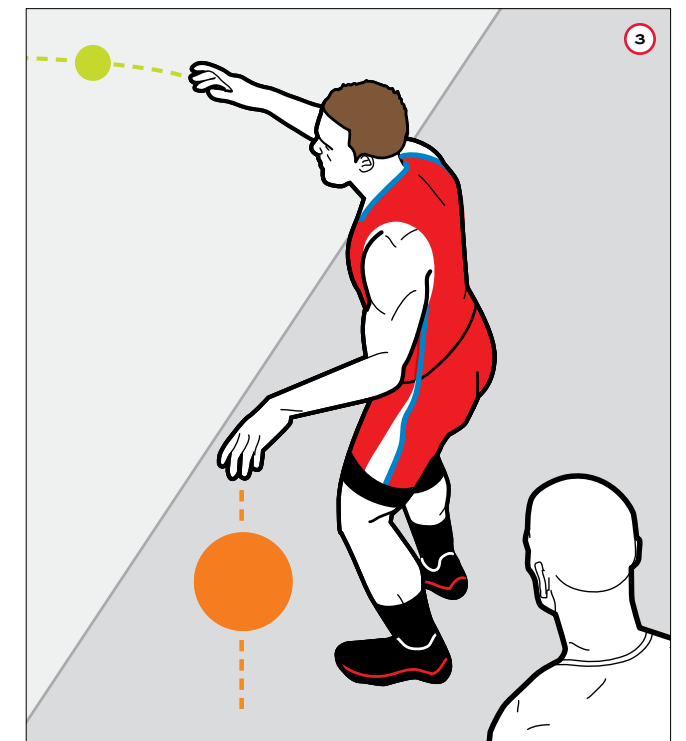
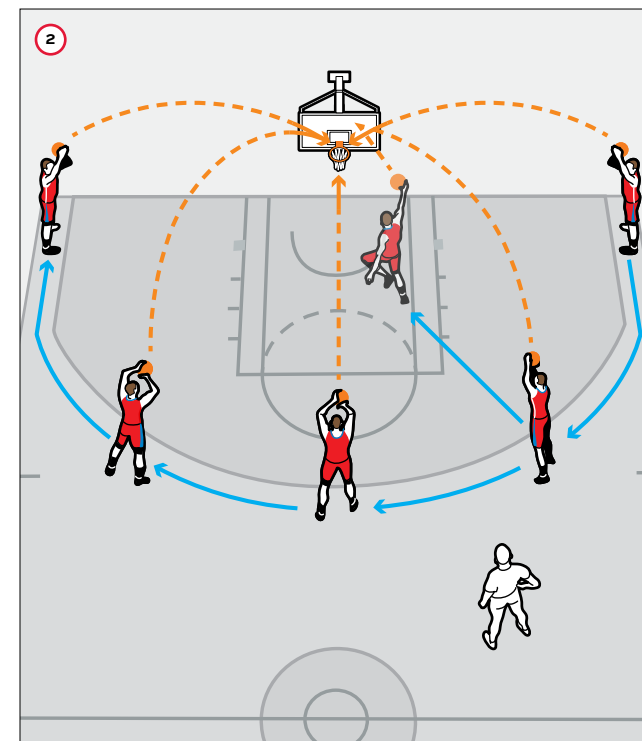
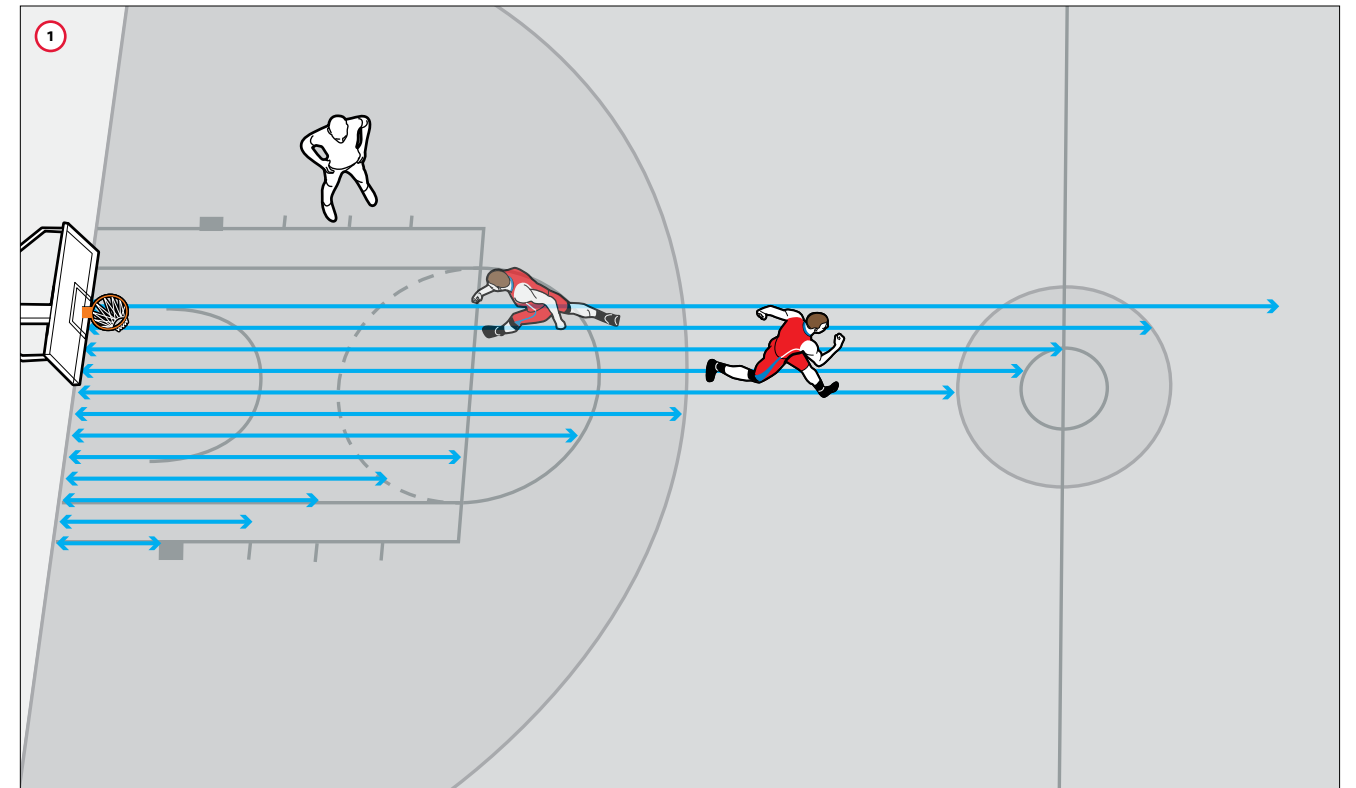


## Get in All-Star Shape

**IDAN RAVIN**, trainer to the NBA's elite, on how to dominate the court.



Chances are you're not going to morph into Carmelo Anthony, Blake Griffin, or LeBron James in this lifetime. But you can do the next best thing, thanks to personal trainer Idan Ravin. A former lawyer, Ravin now serves his clients by creating unique workouts that improve shooting, speed, agility, and conditioning—all in a short, intense time span. "When you're an NBA player, you don't have seven hours a day to devote to training," he says. Neither does the average gym rat. With the playoffs in full swing and his stars all over the bracket, Ravin shares a few of his signature drills exclusively with *Maxim*. Says the guru: "If you stay consistent and train with intensity and purpose, you've got the chance to become the king of your rec league."



### 1. THE EDITOR (Speed)

This is an extreme version of your classic suicide drill. Start where the foul line bisects the baseline. Explode forward to the first hash mark on the foul line, then sprint back to the baseline. Immediately sprint to the second hash mark, then sprint back. Repeat until you run out of lines on the court.

### 2. GO FETCH (Shooting)

Start with the ball in the right corner, about 19 feet away from the basket. Shoot, then quickly race to the hoop. If you miss, rebound the ball and finish with a layup. Retrieve the ball, dribble back to the right corner, and shoot again. Make 10 shots, then move on. Repeat at the right wing, top of key, left wing, and left corner.

### 3. THE JUGGLER (Ball Handling)

While facing a wall, dribble a basketball with your left hand as you toss a tennis ball against the wall and catch it with your right. Practice for 30 seconds and change hands. Rest for 30 seconds; repeat.

Pick up Ravin's book *The Hoops Whisperer* to learn more NBA skill-building secrets.

ILLUSTRATIONS / REMIE GEOFFROI