

1,000-word **blog post** related to the powerful combination of yoga and basketball  
Keyword phrase: basketball players do yoga

## 5 Reasons Why Professional Basketball Players Do Yoga

We associate salt with pepper, cats with dogs, black with white. But most people do not associate basketball with yoga. What an odd combination!

Many people associate yoga with Eastern religions, or something only women do. Strong masculine and feminine athletes don't do yoga, so goes the thinking.

But did you know many NBA players like [Blake Griffin, Kevin Love and LeBron James](#) do yoga? [Link: <https://www.stack.com/a/basketball-yoga/>] Even Kareem Abdul-Jabbar, one of the greatest basketball players of all time, did yoga while playing basketball. He was doing it before yoga was well-known in America. [Abdul-Jabbar said](#) one of the reasons he was able to play basketball for so long with few injuries was because he regularly practiced yoga. [Link: <https://kareemabduljabbar.com/fit-after-50-staying-flexible-with-yoga/>]

So why do these NBA players have such an interest in yoga?

### 1. Yoga Increases Flexibility



Because basketball players do a lot of running, jumping, and twisting, they often have tight muscles. Regular yoga practice helps loosen these tight muscles and increases flexibility. [Griffin says he does yoga](#) to stay flexible. He says he can tell when his muscles are tight or when they are stretched and relaxed. [Link: <https://www.usab.com/youth/news/2012/05/nba-players-finding-benefits-in-yoga.aspx>]

Yoga has dozens of different poses, and many of them help to stretch the muscles. If you can no longer sit cross-legged on the floor, bend over and touch the floor while keeping your legs straight, or if you have back aches, yoga will loosen those muscles. Staying flexible is a key to mobility as we grow older and avoiding the aches and pains of age.

### 2. Yoga Prevents Injury

Tight, inflexible muscles lead to injuries. Think of a dry stick compared to a green one. If you bend the dry stick, it will break. The green stick will bend without breaking. It's flexible.

Stiff, tight muscles are more prone to sprains, pulled muscles, and other injuries. Loose, flexible muscles can more easily go with the flow; they aren't easily injured. Wise athletes who want to minimize injuries include yoga with their training.

### 3. Yoga Strengthens the Body

Doing yoga strengthens the muscles and joints of the body. Because basketball players use the same muscles repeatedly, those muscles get stronger, while other less-used muscles get weaker. Yoga brings the body back into balance by strengthening those weaker muscles.

Yoga also strengthens the overall sense of balance. Many yoga poses require the participant to balance on one body part, such as a hand, an arm, or a foot. This strengthens the core abdominal muscles as they work to keep the body from falling over.

Participants must hold many yoga poses for 30 to 60 seconds or three or four breaths. This helps to increase stamina while strengthening the muscles and joints targeted in the pose.

A stronger body with a stronger core helps basketball players maintain their balance on the court. Increased stamina means they don't tire out as quickly and can play longer.

### 4. Yoga Develops Mindfulness

Yoga is more than a physical workout, it's also about mindfulness, and being present in the moment. Yoga calms the mind and reduces stress, frustration, and anger.

In yoga, participants learn how to focus on their breathing as they go through a series of poses. They learn how to inhale and exhale in rhythm with moving the body. Or they focus on holding a pose for three or four breaths. Regular, focused breathing calms the mind and reduces stress.

Yoga also helps to develop an awareness of the body. Participants focus on holding a position or maintaining balance. They become aware of tight muscles, then relaxing them, so they can stretch deeper into a pose.

[This mindfulness can be applied to the basketball court.](#) [Link:

<https://www.stack.com/a/basketball-yoga/>] Sometimes emotions run high because of a bad call or a foul. Sometimes players are under pressure to perform well. Sometimes they get frustrated because they miss a shot. Yoga practice can help players control their emotions, be calm, and be focused.

[James LeBron said](#), "Yoga isn't just about the body, it's also about the mind and it's a technique that has really helped me." [Link: <https://quotefancy.com/quote/1255193/LeBron-James-Yoga-isn-t-just-about-the-body-it-s-also-about-the-mind-and-it-s-a-technique>]

## 5. Yoga Improves Your Game

For all of the reasons mentioned above, yoga practice makes better basketball players. And what basketball player doesn't want to improve on his game?

[Kareem Abdul-Jabbar](https://kareemabduljabbar.com/fit-after-50-staying-flexible-with-yoga/) was the first NBA basketball player to do yoga. [Link: <https://kareemabduljabbar.com/fit-after-50-staying-flexible-with-yoga/>] He started doing yoga when he was in high school back in the early 1960s.



Since then, he has encouraged other NBA players to incorporate yoga into their workouts. Why? Because it works.

In fact, [Kent Katic](#), a yoga instructor who has been training NBA players since the 1990s, said in 2014 that he has taught yoga to about one-third of all NBA players. [Link: <https://www.si.com/edge/2014/06/27/rise-yoga-nba-and-other-pro-sports>]

Also, Polsgrove, Eggleston, and Lockyer conducted a small study on the benefits of yoga for male athletes and published it in the [International Journal of Yoga, Jan-Jun 2016](#). The results of the study suggested that yoga may improve the flexibility, balance, and athletic performance of male athletes. [Link: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4728955/>]

## As a Basketball Player, You Can Do Yoga Too

With so many big, masculine NBA stars doing yoga, what's keeping you from doing the same? Yoga has been proven to increase your flexibility, strengthen your body, prevent injuries, and develop mindfulness. It will improve your game. So what's not to like about it?

Yoga in and of itself is a great workout. So don't fall for the stereotypical myths that big tough guys don't do yoga, or yoga is only for women, or that it's not a good workout for athletes. Yoga is for everyone who wants a great workout for the mind and body.

Write your opinion in the comments below, what do you think about basketball players doing yoga?

**PPC ad** about the power of this combination promoting a free guide:

Get Fit with Basketball & Yoga | The Fun Powerful Workout Combo |  
Get in Shape the Fun Way Today

[www.funworkoutprograms.com/basketball-yoga/freeguide](http://www.funworkoutprograms.com/basketball-yoga/freeguide)

Basketball and yoga is a fun way to get in shape. NBA players do yoga too!  
Find out more about this powerful workout combo. Why wait? Get your free guide now.

Landing page for the free guide:

## The Fun Basketball-Yoga Workout to Get You in Shape Today

Now you can have the athletic body you always dreamed of – the fun way – doing this basketball-yoga workout.

Basketball will improve your cardio. Yoga will increase your flexibility. Together this power combo will have you in shape in no time. In this **FREE guide**, you'll learn more about the benefits of this powerful basketball-yoga workout, including:

- 2 basketball workouts that will get you sweating
- 2 simple yoga workouts that will stretch your muscles
- Motivating quotes from famous athletes to keep you moving
- Tips and tricks and much, much more

Soon you'll be following in the paths of NBA greats like LeBron James, who also does yoga. Sitting in your recliner isn't gonna get the job done. So let's get up and get moving! The sooner you begin, the sooner you'll get that amazing body you want.

**Start getting in shape by requesting your FREE guide today. Fill out the form to the right and click the button.**

[Image of the Free Guide]

**How Basketball and  
Yoga Will Get You  
In Shape**

**Yes, I want to get in shape!**

Name:

Email:

**Send My Free Guide Now**

Notes:

[Confirmation pop-up window after user clicks the CTA Button:]

Submission Confirmed!

Check your inbox now for your free guide.

Thank you!

[Or error pop-up window if user clicks CTA button without filling out the form correctly:]

Uh-oh, something went wrong.

We need your first name and a valid email address to send you the FREE guide.

Please try again.

Thank you!

400-word welcome **email** with links to the free guide and sales page:

From: jsmith@funworkoutprograms.com

Date: Day, Month Date, Year Time

To: %%NAME%% <user email>

Subject: The basketball-yoga guide you requested to get you in shape

Congratulations %%NAME%%! Welcome to the team!

Thank you for your interest in the free guide! You're showing that you're serious about using basketball and yoga as a fun way to get in shape and lose some weight.

As promised, you can download the free guide here:

**[Link:] [How Basketball and Yoga Will Get You in Shape](#)**

But wait, there's more!

As I told you on the sign-up form, this guide will teach you the many benefits of doing basketball and yoga, with 4 simple workouts, some tips and tricks, and motivational quotes from top NBA players who also do yoga.

I know this guide will get you so excited . . . and the workouts will get you so pumped up . . . that you'll want to get started in a more structured fitness program right away.

You may be wondering . . . Where can I take some classes? What gear do I need? Where can I get it? . . . So many questions.

I know you want to get started, but you may not know what to do next.

Well, we don't want to leave you stranded on a basketball court with no basketball, right? Don't worry, we've got your back. After all, we ARE teammates! We're in this together.

That's why we're extending a special invitation to you, dear teammate, [to join our exclusive workout and training program](#). **[Link: Sales Page]**

We'll provide you *everything* you need to get started on this amazing, fun workout program using basketball and yoga. And we'll keep you motivated to stick with it. No fizzling out after a couple of weeks.

I know you're excited, so we need to keep this momentum going. Don't let anything stop you from achieving your dreams of getting back in shape, losing weight and feeling great.

But this is a limited-time invitation. So don't wait. Join now. [Click here to find out more.](#) [Link: Sales Page]

I look forward to seeing you on the other side.

To your health and fitness,

John Smith  
CEO Fun Workout Programs, Inc.

P.S. Act now. Your health and fitness goals depend on it. Remember, this **exclusive** workout and training program is for a limited-time only. [Get all the details here.](#) [Link: Sales Page]

P.P.S. And don't forget to [download your free guide](#), if you haven't already. [Link: Free Guide]

1,000-word **sales letter** for ordering the Basketball Yoga Blast set:

## **The Short 30-Minute Basketball-Yoga Workout to Get You in Shape**

Ugh! Middle age is hard on the body. All these aches and pains. Stiff muscles. Creaky joints. Out of shape!

You've tried gym memberships before. You dreaded driving all the way to the busy gym . . . just to wait for a machine to open up.

You've tried other fitness crazes without any success. A few years ago, you even started playing basketball with your teenagers until . . . you sprained an ankle. Well, that's that. But oh, how you love playing basketball. You were quite the star back in the day!

But now . . . ? "Hmm. I'm just too old and stiff," you think. "I don't want to risk another injury. I don't have the time. I can't stay motivated. I don't want to fizzle out."

### **Results . . . Not Excuses**

So many excuses. But excuses aren't going to get your body back into shape. And you know in the business world excuses don't fly. Your boss wants results, not excuses. You need to have the same mindset towards exercise: produce results, not excuses.

What if . . . there was a short basketball workout to get you in shape . . . and help you prevent injury? What if we showed you a way to stay motivated? Could you make a little time? Get back in shape. Strengthen and stretch those muscles. Lubricate those squeaky joints. Get your body feeling good again!

Results . . . not excuses!

### **Exercise Makes You Energetic**

Just imagine waking up in the morning after a restful night's slumber. You feel refreshed and invigorated, ready to take on the world. You have more energy, so you can accomplish more things in less time. Why? Because when you give your body the exercise it needs, it repays you far more than what you put in.

You know this to be true. Remember how great you felt when you exercised regularly? But other things got in the way. Exercising got pushed aside. Your body is suffering because of this. You know that.

So what to do?



## Accept This Challenge!

We want to challenge you to try our new Basketball Yoga Blast workout. This fun workout combines yoga with basketball. Yoga will improve your game and both workouts will get you back in shape.

Basketball drills will:

- Improve your cardiovascular health
- Strengthen your muscles
- Increase your endurance and stamina
- Burn calories, helping you to lose weight

But because basketball involves a lot of jumping, twisting, running and quickly changing directions, you are more prone to injury. This is where yoga comes in.

Yoga will:

- Stretch your muscles, increasing flexibility and reducing injuries
- Strengthen your core abdominal muscles, improving balance
- Improve your posture and awareness
- Relax and de-stress you, improving your life, your mental health, and your game

Which is why hundreds of NBA players, including LeBron James, Kevin Love, and Blake Griffin, do yoga as a part of their workout routine. [Kareem Abdul-Jabbar](#) said that doing yoga was the reason he was able to play basketball for 20 years with few injuries. [Link: <https://kareemabduljabbar.com/fit-after-50-staying-flexible-with-yoga/>]

And a study published in the [International Journal of Yoga](#) suggested that male athletes who do yoga have increased flexibility, balance, and performance. [Link: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4728955/>]

## How Will the Kit Get Me in Shape?

We know you'll have fun with our Basketball Yoga Blast program kit. We give you everything you need to combine yoga and basketball in a 30-minute, enjoyable exercise routine.

The kit includes:

- Six online workout videos from beginner to advanced that will have you sweating after 30 minutes
- An NBA-quality indoor/outdoor basketball, so you can practice basketball drills
- A high-quality yoga mat, so you can stretch those muscles
- A guide for using the videos, more tips on basketball drills and yoga poses, tips on keeping your mind and body healthy, and more motivational quotes from famous athletes

- A handy carrying case, so you can take it anywhere and not miss a workout

The Basketball Yoga Blast program kit normally sells for \$250. But because we're extending a special limited-time invitation to you, **it's yours for only \$179** — a 28% discount!

But wait . . . there's more!

### **Claim Your Free Gift!**

To keep you motivated, we're also including a **FREE** gift: a wearable fitness tracker with more **motivational messages** (valued at \$50!). It's yours to keep, even if you return the kit.

We really do want to keep you motivated and succeed with our Basketball Yoga Blast fitness program, as we've helped so many others.

And if we can't motivate you to do this new workout routine regularly for 60 days, feel free to return it for a full refund (we'll even pay for return shipping!). So you have nothing to lose.

### **Our Customers Love It!**

"As Head Coach of Amateur Basketball Clubs of America, I work with many players who have day jobs and busy lives, but also want to pursue their passion for basketball. I help them apply their athletic skills to achieving their personal weight and fitness goals. After trying Basketball Yoga Blast with my teams, the results have been amazing!" – J. Cunningham

"I played basketball all the time when I was a kid. In my midlife crisis, I knew I needed to get back in shape. Basketball Yoga Blast was the perfect exercise program to get me back into the joy of playing basketball and keep me motivated to stick with it. And yoga has kept me from any injuries." – B. Greene

### **What will your testimony be? We'd love to hear about it.**

Order your Basketball Yoga Blast exercise program kit now and start getting into shape. And remember, if you're not completely satisfied, return the kit within 60 days for a full refund. But please keep the \$50 fitness tracker as our gift to you.

**Produce results . . . not excuses.**

[Go here to order now.](#) [Link: Order Page]