

Volleyball Specific Conditioning 2-45 Minute Workouts to Alternate Each Week

Watch the Video to see all exercises demonstrated properly

*If necessary, Consult your physician before beginning any exercise program.

WORKOUT A		WORKOUT B	
Timing	Circuits	Timing	Sprint Series
45 secs 15 secs	High Knees Rest	down 100% Back rest : 30	sprint Jog
45 secs 15 secs	Skaters Rest	down 100% Back rest : 30	skip for height Jog
45 secs 15 secs	In/Outs Rest	down 100% Back rest : 30	1 Leg hop right Jog
45 secs 15 secs	Squat Jumps Rest	down 100% Back rest : 30	1 Leg hop left Jog
45 secs 15 secs	Reaching Lunges Rest	down 100% Back rest : 30	Broad Jump with arm swing Jog
45 secs 15 secs	Diamond Jumps Rest	down 100% Back rest : 30	run backwards Jog
45 secs 15 secs	Over/Backs Rest	down 100% Back rest : 30	LOW shuffle rt leg Jog
45 secs 15 secs	Shuffle X2 Rest	down 100% Back rest : 30	LOW shuffle lft leg Jog
45 secs 15 secs	Mountain Climbers Rest	down back	grapevine grapevine
1 MIN	Rest Between Sets Repeat Circuit 1X	1 MIN	Rest Between Sets Repeat Series 1X
2 MIN	Rest Super Legs X2 1 min rest between Core 100's	2 MIN	Rest Triple 10's X3 30 second rest between Core 100's
	25 Crunches (upper) 25 Elbow to Knee (12/side) 25 Splits (lower) 25 V's (all)		25 Knees up pulse (upper) 25 Reach to knees (12/side) 25 Heels to sky (lower) 25 V's (all)
	Shoulder Strength		Shoulder Strength
	Stagger Pushups 2X 10		Stagger Pushups 2X10

***** always do a light jog and stretch to cool down**