

## Volleyball Off-Season Workout

### Warm-up with Dynamic Stretching (be sure to include arm circles!)

Frankensteins	Chair Sits	Dancing w/ the Stars	Arms and Andles	Side Squats
Fanny Pats	Lunges	Dinosaurs	Inch Worm	
High Knees	Long Jumps	Tick Tocks	Bear Crawl	
Bust-a-move	Butterflies	Calf Stretch	Bunny Hops	

### Example Week:

Mon. and Wed.: Strength Train  
 Tues: Plyometrics  
 Wed. and Fri.: Cardio

### Strength Training 2X per week

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Rest</u>
(superset 2 bold or 2 italic exercises at a time)			
<b>Push-ups (knee or full)</b>	3	12-15	30-45 sec
<b>Squats</b>	3	12-15	30-45 sec
<i>Back Extensions</i>	3	12-15	30-45 sec
<i>Dips</i>	3	12-15	30-45 sec
<b>Bicep Curls w/ soup cans, water bottles etc.</b>	3	12-15	30-45 sec
<b>full body crunch</b>	3	12-15	30-45 sec
<i>Walking Lunges</i>	3	12-15	30-45 sec
<i>Kneeling Rows with weighted object</i>	3	12-15	30-45 sec
<b>Side crunches</b>	3	12-15	30-45 sec
<b>Shoulder press with weighted object</b>	3	12-15	30-45 sec
<i>Plank (front and sides)</i>	3	30 sec.	30-45 sec
<i>Bridge ups</i>	3	12-15	30-45 sec

### Plyometrics Training 1X per week

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Rest</u>
Side Shuffle Squat Jumps	3	10	30-45 sec.
Side Slalom Jumps over 6-12 in. tall object	3	30 sec.	30-45 sec.
Spike Approach Jumps	3	10	30-45 sec.

### Cardio Training 2-3X per week

Bike/Walk/Jog/Swim Etc. 30-60 min.  
 Make the intensity a 6-8 on a scale of 1-10 with 1 meaning you are sleeping, and 10 mean you can't go any harder without keeling over.  
 You can do a steady pace for a full 60 minutes, or you can do intervals for 30 minutes.  
 Sample intervals include:  
 Walk 2 minutes, and jog 2 min. and repeat  
 Run 1 min, and sprint 20 sec. and repeat  
 Bike 2 minutes slow, then sprint 30 sec.  
 Intervals are just going up and down in intensity and work wonders for improving your fitness level!