

WORKOUTS: you are welcome to do one workout or all 5? Get after it, challenge yourself and have fun!

Day 1

Full Body Day

Warm up for your volleyball workout by jogging for 10 minutes, then stretching your arms, shoulders, hamstrings, hip flexors and ankles (all the muscles you use most during volleyball).

Leg Drill

3 rounds

20 Alternating Split Lunges

50 Jumping Jacks

Wall sits (First set is 30 seconds, then 45 seconds, then 60 seconds)

Quick Feet: Jump Rope Series

Repeat 3 times with a 1-minute rest between sets.

Normal pace jump, 30 seconds

Right foot only, 30 seconds

Left foot only, 30 seconds

Double right, double left, 30 seconds

Fast as you can go, 30 seconds

Ab Workout

3 rounds

50 Bicycles

Plank (3 sets. First set is 30 seconds, then 45 seconds, then 60 seconds)

Day 2

Plyometric Workout

Warm up for your volleyball workout by jogging for 20 minutes, then stretching your arms, shoulders, hamstrings, hip flexors and ankles (all the muscles you use most during volleyball).

3 rounds Rest 1 min after each round

20 Split Lunges (jump foot to foot)

10 Low Thrusters (high plank and jump to low squat with hands up)

10 Tuck Jumps (knee to chest)

10 per side Reverse Lunge Skip Ups (reverse lunge drive back foot up and keep driving up to high skip)

10 Broad Jumps and back pedal to start

Day 3

Upper Body Day

Warm up for your volleyball workout by jogging for 20 minutes, then stretching your arms, shoulders, hamstrings, hip flexors and ankles (all the muscles you use most during volleyball).

4 rounds. Set a H.I.I.T. timer (free download) for 30 seconds with 10 second rest.

-Diamond Pushups (hands in a diamond position and push up)

-Superwoman with hold and squeeze (laying belly on the floor- look at floor but lift feet and arms with thumbs up, drop down and repeat)

-Up Up Down Down- High plank down to elbows. Put hand where elbow was. Alternating which hand pushes up

-Inchworm Push Up- From standing bring hands to the floor walk out to plank position and push up. Walk hands back to standing position.

-Burpees

Day 4

Leg Day

Warm up for your volleyball workout by jogging for 20 minutes, then stretching your arms, shoulders, hamstrings, hip flexors and ankles (all the muscles you use most during volleyball).

4 sets- 1 minute rest at end of round

20 Air Squats (hands behind head and sit down so hips are below knees)

5 per side front to back lunges (same leg goes forward and then swings backward to a reverse lunge, repeat, then switch legs)

20 Lateral Hops- roll up a towel longwise and jump over towel side to side

20 Plie Squats (toes out wide, weight through heels, can add a hop or a toe lift for more burn)

10 per leg single leg squats (back foot up on chair or couch, weight through front heel in balance and lunge so back knee almost touches floor. Feel work through front glute. Shift weight forward to isolate)

Day 5

YOGA VIDEO- or just do a lot of stretching!

Day 6

Hill Sprint Day- Find a hill and warm up by walking it backward

2 sets run it backward to a set point and turn and sprint to farther set point

Sprint the hill 3 times

2 sets Side Shuffle up hill to set point then switch side shuffle other side

Sprint hill 3 times

Stretch

Day 7

Hike or Run

Make sure to stretch down really well. The focus is to get you fit and ready!

Go Bears!