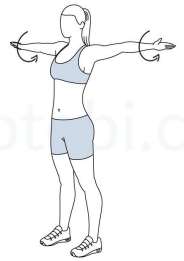


Volleyball Workout

Warm Up

- 1) 10 min cardio
 - Walking, jump rope, jumping jacks, etc.
- 2) Arm circles
 - Small forward (30 sec), large forward (10 sec), small backward (30 sec), large backward (10 sec)
- 3) Deep squats
 - Wide feet, toes pointed out
 - Keep weight on heels, slowly bend knees and drop hips
 - Squat down to lowest point, shoulders up, stretch out hips
- 4) Side Lunge
 - Stationary lunge to sides, working out any tightness



Workout

- 1) Bodyweight Squats (6-10 reps x 2-4 sets)
 - Feet shoulder-width apart, toes slightly out
 - Keep weight on heels, slowly bend knees and drop hips
 - Keep your back straight and head/eyes up
 - Arms out in front for balance
- 2) Stationary Lunges (6-10 reps x 2-4 sets)
 - Starting position is with a big step forward
 - Keep upper body straight, shoulders back, relaxed and chin up
 - Always engage your core
 - Lower your hips until both knees are bent at about a 90-degree angle
 - Make sure your front knee is directly above your ankle and the other knee doesn't touch the floor
 - Keep the weight in your heels as you push back up to the starting position
- 3) Single Leg Deadlifts (6-10 reps x 2-4 sets)
 - Stand on one leg with knee slightly bent
 - Start bending at the hips and extend your free leg behind you
 - Lower your torso until you're parallel to the floor
 - Keep knee slightly bent, abs tight, spine neutral, and bend at hips

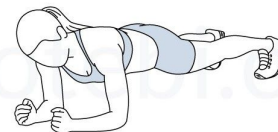


4) Pushups (6-10 reps x 2-4 sets)

- Chest and stomach flat on the floor, palms at chest level, arms bent at 45-degree angle
- Legs straight out behind you or on bent knees
- Exhale as you push up (1-2 seconds)
- Pause for a second in the plank position — keep your core engaged
- Inhale as you slowly lower self down (4 seconds)

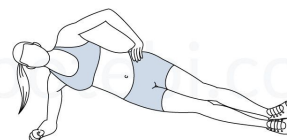
5) Planks (60 sec x 1-3 sets)

- Elbows directly underneath shoulders
- Back and neck straight with forehead facing the ground
- Stay as straight as possible by engaging core and glutes



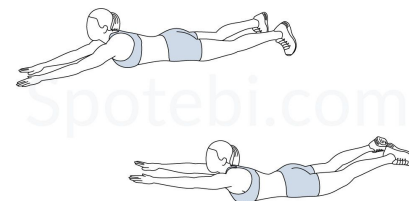
6) Side Planks (60 sec x 1-3 sets)

- Start on your side with feet together and one forearm directly below shoulder
- Engage your core and raise your hips until your body is in a straight line from head to feet
- Hold pose



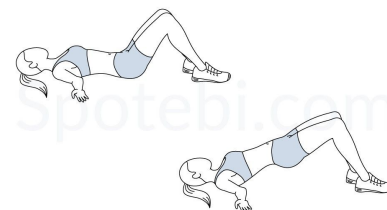
7) Superwomans (4 seconds x 10 reps x 1-3 sets)

- Lay face down on a mat or flat surface, with arms outstretched.
- Keep your hands and arms straight throughout the exercise.
- Raise your hand and legs 4-5 inches off the ground.
- Hold for 5 seconds, then return to starting position.



8) Glute Bridges (6-10 reps x 2-4 sets)

- Lie on your back with hands at sides and knees bent
- Press down through your heels and lift your hips off the mat
- Keep your core and glutes tight and your back straight
- Pause for 1 second, return to starting position and repeat



Cool Down

1) Butterfly stretch (3 min)

- Put the feet together with your knees out to the sides
- Hold your feet, place your elbows on your knees and gently push your elbows down onto your knees
- Breathe



2) Outer thigh stretch

- Sit up on floor with legs extended
- Bend your right knee and cross it over the left
- Place your right hand on the floor and your left arm over your right leg
- Rotate your upper body to the right
- Hold stretch and repeat on left side



3) Cat back stretch (15 seconds x 4-8 sets)

- Start on all fours, positioning hands directly under shoulders and knees under hips
- Drop your head and pull the abs in, rounding your back and neck
- Hold for 7 seconds
- Raise your head and curve your back down toward the floor
- Hold for 7 seconds, repeat sequence

