

Volleyball Summer 2021 Workout

<i>Monday</i>	<i>Week 1</i>	<i>Week 2</i>	<i>Week 3</i>	<i>Week 4</i>	
Exercises	Sets/Reps	Sets/Reps	Sets/Reps	Sets/Reps	Rest
1a) Box Jumps	3x5	3x5	3x5	3x5	
1b) Long Jumps	3x5	3x5	3x5	3x5	
1c) Tuck Jumps	3x5	3x6	3x7	3x8	60"
2a) Lunges	3x10 e.	3x10 e.	4x8 e.	4x8 e.	
2b) DB Single Arm Row	3x10 e.	3x10 e.	4x8 e.	4x8 e.	60"
3a) Bench Press	3x10	3x10	4x8	4x8	
3b) Hip Bridges	3x10	3x12	3x15	3x15	60"
4a) Step Ups	3x8 e.	3x8 e.	3x8 e.	3x8 e.	
4b) Pull downs (machine)	3x8	3x8	3x9	3x10	
4c) Push Ups	3x10	3x10	3x12	3x12	60"
5) Plank	2x30"	2x30"	3x45"	3x45"	60"

<i>Wednesday</i>	<i>Week 1</i>	<i>Week 2</i>	<i>Week 3</i>	<i>Week 4</i>	
Exercises	Sets/Reps	Sets/Reps	Sets/Reps	Sets/Reps	Rest
1a) Single Leg Line Hops	3x8 e.	3x8 e.	3x8 e.	3x8 e.	
1b) Squat Jumps	3x8	3x8	3x8	3x8	
1c) Side Lunges	3x5 e.	3x5 e.	3x5 e.	3x5 e.	60"
2a) Squats	3x10	3x10	3x12	3x12	
2b) DB Lateral Raise	3x10	3x10	4x10	4x10	60"
3a) DB Incline Press	3x10	3x10	4x8	4x8	

3b) Back Hypers	3x10	3x10	4x10	4x10	60"
4a) Reverse Lunge w/ MB twist	3x10 e	3x10 e	3x10 e	3x10 e	
4b) Seated Rows	3x10	3x10	3x10	3x10	
4c) DB OH Press	3x12	3x12	3x15	3x15	60"
5) Side Plank	2x 15" e.	2x15" e.	3x15" e.	3x15" e.	

<i>Friday</i>	<i>Week 1</i>	<i>Week 2</i>	<i>Week 3</i>	<i>Week 4</i>	
Exercises	Sets/Reps	Sets/Reps	Sets/Reps	Sets/Reps	Rest
1a) Hurdle Jumps	3x5	3x5	3x5	3x5	
1b) Long Jumps	3x5	3x5	3x5	3x5	
1c) Tuck Jumps	3x5	3x5	3x5	3x5	60"
2a) Leg Extensions	3x10	3x10	3x12	3x12	
2b) Lat Pulldown (Machine)	3x10	3x10	3x12	3x12	60"
3a) Alternating Shoulder Touches	3x10	3x10	3x12	3x12	
3b) Machine Hamstring Curl	3x10	3x10	3x12	3x12	60"
4a) DB Split Squat	3x10 e.	3x10 e.	3x10 e.	3x10 e.	
4b) Push Ups	3x10	3x10	3x12	3x12	
4c) DB Curl to press	3x10	3x10	3x10	3x10	60"

<i>Monday</i>	<i>Week 5</i>	<i>Week 6</i>	<i>Week 7</i>	<i>Week 8</i>	
Exercises	Sets/Reps	Sets/Reps	Sets/Reps	Sets/Reps	Rest
1a) Box Jumps	5x5	5x5	5x5	5x5	
1b) Long Jumps	5x5	5x5	5x5	5x5	
1c) Tuck Jumps	5x5	5x5	5x5	5x5	30"
2a) Lunges	5x5 e.	5x5 e.	5x5 e.	5x5 e.	
2b) DB Single Arm Row	5x5 e.	5x5 e.	5x5 e.	5x5 e.	30"
3a) Bench Press	4x8	4x8	5x6	5x6	
3b) Hip Bridges	4x12	4x12	5x10	5x10	30"
4a) Step Ups	4x8 e.	4x8 e.	5x8 e.	5x8 e.	
4b) Pull downs (machine)	4x8	4x8	5x8	5x8	
4c) Push Ups	4x8	4x8	5x8	5x8	30"
5) Plank	2x60"	2x60"	3x60"	3x60"	30"

<i>Wednesday</i>	<i>Week 5</i>	<i>Week 6</i>	<i>Week 7</i>	<i>Week 8</i>	
Exercises	Sets/Reps	Sets/Reps	Sets/Reps	Sets/Reps	Rest
1a) Single Leg Line Hops	5x5 e.	5x5 e.	5x5 e.	5x5 e.	
1b) Squat Jumps	5x5	5x5	5x8	5x8	
1c) Side Lunges	5x5 e.	5x5 e.	5x5 e.	5x5 e.	30"
2a) Squats	3x15	3x15	3x20	3x20	
2b) DB Lateral Raise	5x5	5x5	5x8	5x8	30"
3a) DB Incline Press	5x5	5x5	5x5	5x5	
3b) Back Hypers	5x10	5x10	5x10	5x10	30"

4a) Reverse Lunge w/ MB twist	3x10 e	3x10 e	3x10 e	3x10 e	
4b) Seated Rows	3x12	3x12	3x12	3x12	
4c) DB OH Press	3x12	3x12	3x15	3x15	30"
5) Side Plank	3x30" e.	3x30" e.	3x45" e.	3x45" e.	

<i>Friday</i>	<i>Week 5</i>	<i>Week 6</i>	<i>Week 7</i>	<i>Week 8</i>	
Exercises	Sets/Reps	Sets/Reps	Sets/Reps	Sets/Reps	Rest
1a) Hurdle Jumps	5x5	5x5	5x5	5x5	
1b) Long Jumps	5x5	5x5	5x5	5x5	
1c) Tuck Jumps	5x5	5x5	5x5	5x5	30"
2a) Leg Extensions	3x15	3x15	3x15	3x15	
2b) Lat Pulldown (Machine)	3x15	3x15	3x15	3x15	30"
3a) Alternating Shoulder Touches	3x12	3x12	3x12	3x12	
3b) Machine Hamstring Curl	3x12	3x12	3x12	3x12	30"
4a) DB Split Squat	3x10 e.	3x10 e.	3x10 e.	3x10 e.	
4b) Push Ups	3x10	3x10	3x12	3x12	
4c) DB Curl to press	3x10	3x10	3x10	3x10	30"

Tuesday/Thursday/Saturday/Sunday

On these days, complete cardiovascular exercise. As volleyball players, the most beneficial cardio exercise would be circuit training or HIIT (High Intensity Interval Training) to mimic the frequent bursts of power required in the sport. Look these training methods up online and find exercises you want to complete based on the resources that are available to you.

You can also do steady-state cardio, Fartlek Training, and cross training (playing another sport or recreational activity that increases your heart rate to high intensity levels. Cross Training is strongly encouraged to help avoid overuse injuries.

(Make sure to take a day off)

Things to Note:

Abbreviations;

1. DB – Dumbbell
2. OH – Overhead
3. e. – Each leg or arm

Proper Nutrition: Make sure you are eating well prior to exercise. Greater than 1-3 hours before exercise should be a regular meal. Eat easily digestible carbs such as fruits or whole grains 30 minutes prior to exercise. After your workout, make sure you are eating a well-balanced meal with vegetables, lean protein, and healthy fats. Stay Hydrated, Sleep Well!

Performing the exercises:

- Example; 1a, 1b, 1c you will perform one after the other BEFORE taking the prescribed rest. You will then repeat for as many sets as prescribed before moving on to the next group of exercises.
- Pace is important, make sure to only take the amount of rest prescribed to get the most out of the exercises.

Form over function:

- Look up unfamiliar exercises on YouTube prior to your workout so you are prepared.
- Make note of proper form. Practice the exercises prior to completing them. It is important you complete exercises with appropriate form to avoid injury.

It will be hard to attend a summer volleyball camp this year.

Please make sure to touch a volleyball three times per week. If you don't have a partner to pepper or hit/set with please work on as many individual skills as possible. Work on setting to yourself, passing to yourself, serving (guestimate a net and court if you don't have any nearby) and practice hitting against a wall.

Let me know if you have any questions!

Keep in touch and have an awesome summer!

-Coach E.J.