

VOLLEYBALL

WEEK THREE

DAY ONE

WARM UP TWO LAPS 3X (2X30 ABS + 12 SUPERMAN + 25 PUSH UPS)

DB COMPLEX 3X6EA.
REVERSE HYPERS 3X10
LEG CURLS 4X8

SQUATS 10X 10X 8X 6X 6X 6X
PULL UPS 5X10

WALKING LUNGE PRESS 4X16
DB ROWS 4X10 EA.
HIP EXTENSIONS 3X15

PLATE GET UPS + POWER STEP UPS + DIPS 21 15 9
DO 21 OF EACH, THAN 15, THAN

FOREARM 3X

DAY TWO

PLATE WARM UP

DB CLEAN + ALT. JERK 3X8 4 EA. ARM
GLUTE HAM 3X10
DB ¼ SQUAT SHRUG 3X15

RDL 2X8 2X6
HANGING KNEE TUCKS 3X15
CALF RAISES OR ANKLE ON DISC 3X15 OR 3X30SEC EA.

CLEANS 6X 6X 5X 5X 5X 4X

BENCH 10+10SEC HOLD 8+10 8X 6X 6X 6X

DB ALTERNATE INCLINE (TOGATHER) 4X8 EA
SIDE RAISES 3X10
BENTOVER RAISES 3X10

BICEP 3X8
TRICEP 4X12
MB ABS 6X40

DAY THREE

WARM UP RUN TWO 3X (2X30 ABS + 3X12 ALT. SUPERMAN + 25 PUSH UPS)

BAR ROTATION + OVERHEAD SQUAT 3X10+5
HANDSTAND 3X30 SEC
PARTNER HAMSTRING 3X8

FRONT SQUAT 10X 8X 6X 6X 6X 5X
NARROW OR 3 POSITION PULL UPS 5X9

STEP UP PRESS OR LEG PRESS 4X16
BAR ROW ON BENCH 2X15 2X12

CIRCUIT

BURBPIES 15
SMALL BOX JUMPS 15EA.
DIPS 12
MB SIDE THROWS 20 EA.
TURKISH TO ONE LEG BALANCE SQUAT 3 EA.
4X

FOREARM 3X

DAY FOUR

WARM UP LEG SWINGS

ONE ARM SNATCH + ONE ARM OVERHEAD SQUAT 3X5 EA.
BACK EXTENSION HOLD 3X1 MIN
MB SQUAT PUSHPRESS 3X15

CLEAN PULLS 6X 6X 5X 5X 5X
ONE LEG BALANCE SQUAT 3X6 EA.

INCLINE OR DECLINE 10X 10X 8X 8X 6X
DB ALT. FLAT BENCH (HIGH) 4X8 EA.

PLATE FRONT RAISES	3X10
ALT CURL PRESS	3X8 EA.
TRICEP	3X15
TURKISH GET UPS	3X3 EA.
MB ABS	6X30

VOLLEYBALL

WEEK FOUR

DAY ONE

WARM UP TWO LAPS 3X (2X30 ABS + 12 SUPERMAN + 25 PUSH UPS)

BAR COMPLEX	3X5EA.
REVERSE HYPERS	3X10
LEG CURLS	3X8

SQUATS	10X	8X	6X	5X	5X	5X
PULL UPS	5X10					

WALKING LUNGE PRESS	2X16 2X12
DB ROWS	4X10 EA.
HIP EXTENSIONS	3X15

BURBPIES + PLATE UPS + INV. PULL UPS 21 15 9
DO 21 OF EACH, THAN 15, THAN 9

FOREARM 3X

DAY TWO

PLATE WARM UP

DB CLEAN + ALT. JERK 3X8 4 EA. ARM
GLUTE HAM 3X10
DB SHRUG 3X15

RDL 2X8 2X6
L HOLDS 3X30 SEC
CALF RAISES OR ANKLE ON DISC 3X15 OR 3X30SEC EA.

CLEANS 6X 6X 5X 5X 4X 4X

BENCH 10+10SEC HOLD 8+10 6X 5X 5X 5X

DB ALTERNATE INCLINE (LOW) 4X8 EA
SIDE RAISES 3X10
BENTOVER RAISES 3X10

BICEP 3X8
TRICEP 4X12
MB ABS 6X40

DAY THREE

WARM UP RUN TWO 3X (2X30 ABS + 3X12 ALT. SUPERMAN + 25 PUSH UPS)

BAR ROTATION + OVERHEAD SQUAT 3X10+5
HANDSTAND 3X35 SEC
PARTNER HAMSTRING 3X8

FRONT SQUAT 10X 8X 6X 5X 5X 5X
NARROW OR 3 POSITION PULL UPS 5X10

STEP UP PRESS OR LEG PRESS 4X16
BAR ROW ON BENCH 15X 2X12 10X

CIRCUIT

DONKEY KICKS 15
SMALL BOX 15EA.
DIPS 12
MB SIDE THROWS 20 EA.
SIDE BOX JUMPS 8 EA.

4X

FOREARM 3X

DAY FOUR

WARM UP LEG SWINGS

ONE ARM SNATCH + ONE ARM OVERHEAD SQUAT 3X5 EA.
BACK EXTENSION HOLD 3X1 MIN.
MB SQUAT UNDERHAND THROW 3X15

CLEAN PULLS 6X 6X 5X 5X 5X
ONE LEG BALANCE SQUAT 3X6 EA.

INCLINE OR DECLINE 10X 8X 6X 6X 6X
DB ALT. FLAT BENCH (HIGH) 4X8 EA.
PLATE FRONT RAISES 3X10
ALT CURL PRESS 3X6 EA.

TRICEP 3X15
TURKISH GET UPS 3X3 EA.
MB ABS 6X30