

# VOLLEYBALL

## WEEK ONE

### DAY ONE

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

DB(DUMBBELL) SNATCH + SQUAT PUSHPRESS 3X5EA.  
REVERSE HYPERS 3X10  
LEG CURLS 3X8

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

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

PLATE GET UPS + BOX JUMPS + DIPS 21 15 9  
DO 21 OF EACH, THAN 15, THAN 9

PNF 2X8 EA  
SWISS ABC'S 2X20EA  
FOREARM 3X

### DAY TWO

PLATE WARM UP

DB CLEAN + JERK 3X8  
GLUTE HAM 3X10  
DB ¼ SQUAT + SHRUG 3X15

RDL 4X8  
DB PULLOVER 3X10  
CALF RAISES OR ANKLE ON DISC 3X15 OR 3X30SEC EA.

CLEANS 8X 8X 6X 6X 6X

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

DB ALTERNATE INCLINE (HIGH) 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	3X25 SEC
PARTNER HAMSTRING	3X8

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

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

### CIRCUIT

BURBPIES 15  
 LINE HOPS 15EA.  
 DIPS 12  
 MB SIDE THROWS 20 EA.  
 SIDE BOX JUMPS 8 EA.  
 4X

PNF	2X8 EA
SWISS ABC'S	2X20EA
FOREARM	3X

## DAY FOUR

WARM UP LEG SWINGS

ONE ARM SNATCH + ONE ARM OVERHEAD SQUAT	3X5 EA.
BACK EXTENSION HOLD	3X45 SEC.
MB SQUAT PUSHPRESS	3X15

CLEAN PULLS	6X	6X	5X	5X	5X	
ONE LEG BALANCE SQUAT				3X6 EA.		
INCLINE OR DECLINE	10X	10X	8X	8X	8X	
DB ALT. FLAT BENCH (LOW)			4X8 EA.			
PLATE FRONT RAISES			3X10			
ALT CURL PRESS			3X8 EA.			
TRICEP			3X15			
TURKISH GET UPS			3X3 EA.			
MB ABS			6X30			

# VOLLEYBALL

## WEEK TWO

### DAY ONE

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

DB(DUMBBELL) SNATCH + SQUAT PUSHPRESS	3X5EA.
REVERSE HYPERS	3X10
LEG CURLS	3X8

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

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

BURBPIES + BOX JUMPS + LUNGES	21	15	9
DO 21 OF EACH, THAN 15, THAN 9			

PNF 2X8 EA  
SWISS ABC'S 2X20EA  
FOREARM 3X

## DAY TWO

PLATE WARM UP

DB CLEAN + JERK 3X8  
GLUTE HAM 3X10  
DB SWINGS 3X15

RDL 4X8  
DB PULLOVER 3X10  
CALF RAISES OR ANKLE ON DISC 3X15 OR 3X30SEC EA.

CLEANS 8X 8X 6X 6X 5X 5X

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

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 3X30 SEC  
PARTNER HAMSTRING 3X8

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

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

CIRCUIT  
 BURBPIES 15  
 SMALL BOX 15EA.  
 DIPS 12  
 MB SIDE THROWS 20 EA.  
 SIDE BOX JUMPS 8 EA.  
 4X

PNF 2X8 EA  
 SWISS ABC'S 2X20EA  
 FOREARM 3X

## DAY FOUR

WARM UP LEG SWINGS

ONE ARM SNATCH + ONE ARM OVERHEAD SQUAT 3X5 EA.  
 BACK EXTENSION HOLD 3X45 SEC.  
 MB SQUAT UNDERHAND THROW 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