

WHEELER VOLLEYBALL



AT-HOME FITNESS: #3

Attn: ALL Volleyball Players, all ages, all skill levels

Please do the following workout on your own four (4) days a week while we are not able to train together. If you are just starting out, it will be difficult. Break it up and pace yourself to get through all the exercises. If you find this workout easy, push yourself with pace or add in a little weight to make it more difficult. If you are part of a club team with regular workouts and practices, use this as a supplemental workout to reach four (4) days a week of training.

Fill out this survey each time you complete the workout for reporting purposes:

https://forms.office.com/Pages/ResponsePage.aspx?id=-x3OL5-ROEmquMR_D8kYLWNPMYHLNRIAoQ6ZNVlvP8NUNzIBV1MzRDICTFg3VzVVTFJFT1BMVE5FWS4u

Please log ALL workouts you do, whether this one specifically or others related to club teams, trainers, classes, etc.

Warm-up:

5 min jog

Dynamics (high knees, straight leg kicks, side shuffle w/ arm swing, quick skips, high skips, carioca w/ high knee, back pedal, hips forward & backward)

25 jumping jacks

Jump Rope: 5 mins double leg / 5 mins single leg (alternate every 10 jumps)

Circuit: Round 1 = 20 reps / Round 2 = 15 reps / Round 3 = 12 reps

Jump Squats

Push Ups

Calf Raises

Sit Ups

Burpees

Dips

Circuit: x3 @ 1 min each)

Up Downs

Side Lunge w/ ball held out in front of your body

V Ups (fingers to toes)

Front Lunge, alternating legs

Tuck Jumps

Scissor Kicks

Cardio:

Interval run: jog 2 mins/sprint 30 secs, x4 rounds (10 mins total)

Outdoor run: 20 mins

Cool Down:

25 jumping jacks

Dynamics (high knees, straight leg kicks, side shuffle w/ arm swing, quick skips, high skips, carioca w/ high knee, back pedal, hips forward & backward)