

Strength Training

These exercises can be done with or without weights

- A. Reverse Lunge - 25 Each Leg**
 - Sumo Squat - 30 Reps**
 - Single Leg Squat - 15 Each Leg**
 - Wall Sit - 1 Minute**
 - Single Leg Hip Thrust - 15 Each Leg**
 - Single Leg Hip Hinge - 20 Each Leg**

- B. T Push up - 15**
 - Dips - 20**
 - Plank Ups - 30**
 - Shoulder Taps - 50**

Plyometrics

Utilize park benches, Stadiums or your local gym to complete these workouts

- A. Single Leg Jump Ups (Jump off right/left leg and land on box/bench on both feet) - 15 Each Leg**
 - Approach Jump (onto box/bench) - 20**
 - Lateral Jumps (Go for distance, not speed) - 50**
 - Split Jumps - 30**
 - Tuck Jumps - 20**

- B. Double Jump (On Box/Bench - Jump up, off and immediate jump up again = one rep) - 15**
 - Slide Approach (Land on Box) - 20**
 - Drop Jumps (Jump off box and immediate max jump up) - 25**
 - Frog Jumps - 15**

Core

- A. Hip Thrust - 30**
 - V Up - 15**
 - Russian Twist - 30**
 - Toe Touch - 40**
 - Bicycle - 50**
 - Shoulder Taps - 50**

- B. Plank Series - 1 Minute Each Exercise**
 - Plank**
 - Right**
 - Left**
 - Dolphin Plank**
 - Plank w/ Hip Twist**

- C. Mountain Climber - 50**
 - Full Sit Up - 50**
 - Super Woman - 1 Minute**
 - Flutter Kicks - 1 Minute**
 - Single Leg Hip Thrust - 25 Each Leg**

Agility/Sprints

- A. Speed Shuffle - 10 yards / Sprint 50 yards**
High Knees - 20 yards / Sprint 40 yards
Speed Shuffle - 30 yards / Switch direction and speed shuffle 30 yards
Quick Skip 20 yards / Sprint 40 yards
Finisher - 5 60 yard sprints

- B. Speed Shuffle 20 yards / Sprint 60 yards**
High Knees 40 yards / Sprint 40 yards
Broad Jump 20 yards / Run 60 yards
Bounds 40 yards / Sprint 40 yards

AMRAP

As Many Reps As Possible

- A. 8 Minutes**
10 Reverse Lunges
20 Mountain Climbers
30 Full Sit Ups

- B. 10 Minutes**
5 Push Ups
8 Jump Squats
20 Russian Twists

- C. 12 Minutes**
4 Burpees
8 Body Weight Squats
8 V Ups

Summer Training Schedule

7 Week Program

Week 1 (June 16-22): Choose 3 Days in the week to complete the following workout plans. Warm up 10-15 minutes before each workout. PLAY VOLLEYBALL ANY CHANCE YOU GET.

Day 1

- 1. AMRAP B**
- 2. Strength Workout A (3 Rounds)**
- 3. Core Workout C (3 Rounds)**

Day 2

- 1. Agility Workout A (2 Rounds)**
- 2. Plyometrics Workout B (4 Rounds)**
- 3. Core Workout A (3 Rounds)**

Day 3

- 1. AMRAP C**
- 2. Agility Workout B (3 Rounds)**
- 3. Core Workout B (4 Rounds)**

Week 2 (June 23-29): Choose 4 Days in the week to complete the following workout plans. Warm up 10-15 minutes before each workout. PLAY VOLLEYBALL.

Day 1

- 1. Strength Workout A (3 Rounds)**
- 2. Plyometrics Workout A (3 Rounds)**
- 3. AMRAP B**

Day 2

- 1. AMRAP A**
- 2. Strength Workout B (4 Rounds)**
- 3. Agility Workout A (2 rounds)**

Day 3

- 1. Agility Workout B (3 Rounds)**
- 2. Plyometric Workout A (2 Rounds)**
- 3. Plyometric Workout B (2 Rounds)**

Day 4

- 1. Strength Workout B (3 Rounds)**
- 2. Core Workout C (3 Rounds)**
- 3. AMRAP B**

Week 3 (June 30 - July 6): Choose 4 Days in the week to complete the following workout plans. Warm up 10-15 minutes before each workout. PLAY VOLLEYBALL.

Day 1

- 1. AMRAP A**
- 2. Agility Workout A (3 Rounds)**
- 3. Plyometrics Workout A (3 Rounds)**

Day 2

- 1. Agility Workout B (2 Rounds)**
- 2. Strength Workout A (4 Rounds)**
- 3. Core A**

Day 3

- 1. AMRAP C**
- 2. Strength Workout B (4 Rounds)**
- 3. Plyometric Workout B (3 Rounds)**

Day 4

- 1. AMRAP B**
- 2. Agility Workout A (4 Rounds)**
- 3. Core B (3 Rounds)**

Week 4 (July 7-13): Choose 4 Days in the week to complete the following workout plans. Warm up 10-15 minutes before each workout. PLAY VOLLEYBALL.

Day 1

- 1. Strength Workout A (5 Rounds)**
- 2. Core Workout B (4 Rounds)**
- 3. AMRAP B**

Day 2

- 1. AMRAP A**
- 2. Agility Workout A (5 Rounds)**
- 3. Core A (4 Rounds)**

Day 3

- 1. Strength Workout B (3 Rounds)**
- 2. Plyometrics Workout B (3 Rounds)**
- 3. Core B (3 Rounds)**

Day 4

- 1. AMRAP C**
- 2. Agility Workout B (4 Rounds)**
- 3. Core C (5 Rounds)**

Week 5 (July 14-20): Choose 4 Days in the week to complete the following workout plans. Warm up 10-15 minutes before each workout. PLAY VOLLEYBALL.

Day 1

- 1. Agility Workout B (3 Rounds)**
- 2. Strength Workout B (4 Rounds)**
- 3. Core A (5 Rounds)**

Day 2

- 1. AMRAP B**
- 2. AMRAP C**
- 3. Core B (3 Rounds)**

Day 3

- 1. Strength Workout A (3 Rounds)**
- 2. Agility Workout A (4 Rounds)**
- 3. Core C**

Day 4

1. AMRAP A
2. Plyometrics Workout A (4 Rounds)
3. Core A

Week 6 (July 21-27): Choose 5 Days in the week to complete the following workout plans. Warm up 10-15 minutes before each workout. PLAY VOLLEYBALL.

Day 1

1. AMRAP B
2. Agility Workout A (3 Rounds)
3. Strength Workout B (4 Rounds)

Day 2

1. Strength Workout A (4 Rounds)
2. Core C (4 Rounds)
3. AMRAP A

Day 3

1. Agility Workout B (5 Rounds)
2. Strength Workout B (4 Rounds)
3. Core A (4 Rounds)

Day 4

1. AMRAP C
2. Plyometrics Workout A (5 Rounds)
3. Core B (5 Rounds)

Day 5

1. Plyometrics Workout B (4 Rounds)
2. Agility Workout A (3 Rounds)
3. AMRAP B

Week 7 (July 28 - August 3): Choose 5 Days in the week to complete the following workout plans. Warm up 10-15 minutes before each workout. PLAY VOLLEYBALL.

Day 1

- 1. AMRAP B**
- 2. Strength Workout A (5 Rounds)**
- 3. Plyometrics Workout A (5 Rounds)**

Day 2

- 1. Agility Workout B (3 Rounds)**
- 2. AMRAP C**
- 3. Core C (4 Rounds)**

Day 3

- 1. AMRAP A**
- 2. Strength Workout B (4 Rounds)**
- 3. Agility Workout A (5 Rounds)**

Day 4

- 1. Plyometrics Workout B (4 Rounds)**
- 2. Strength Workout B (4 Rounds)**
- 3. Core A (4 Rounds)**

Day 5

- 1. Agility Workout A (6 Rounds)**
- 2. AMRAP C**
- 3. Core C (5 Rounds)**