Cardio Workout – 2 times per week

Day 1
- Warm up: Jog 4 laps; stretch
- Footwork: length of volleyball court
  - High knees
  - Butt kicks
  - High skips (*height, hang time)
  - Shuffle (*low to ground)
  - T-drill: 4 sets

Day 2
- Warm up: Jog 4 laps; stretch
- Footwork: Same as Day 1
- Sprints:
  - [2 lengths of volleyball court] x 10 sets (45 second rest)
  - [3 lengths of basketball court] x 4 sets (1 minute rest)