

Summer Volleyball Workout

Week 1 & 2

Day 1

- 10 minute cardio
 - o Gym run, treadmill, elliptical, etc.
- 2 different abs exercises: 4 sets of 15
- Clean Shrug: 4 sets of 5
- Back Squat: 4 sets of 10
- Jump rope: 3 sets, 1 minute each
- Russian twist: 3 sets of 10
- CIRCUIT: (light weights; sets performed at a quicker rate; choice of no break between exercises or 30 seconds between sets of each exercise)
 - o Dumbbell incline: 4 sets of 10
 - o Straight leg hamstring dead lifts: 4 sets of 10
 - o Lat pull down: 4 sets of 10
 - o Lateral lunge: 4 sets of 5 in each direction (dumbbells in each hand)
- 4 way shoulders: 2 sets of 10
 - o Straight arm front
 - o Straight arm side
 - o Shoulder press
 - o Bent over deltoid raises

Day 2

- 10 minute cardio
- 2 different abs exercises: 4 sets of 15
- Clean shrug: 4 sets of 5
- Front/back lunge: 3 sets of 5 (dumbbells in hand)
- Bench press: 4 sets of 10
- Leg curls: 3 sets of 10
- Russian twist: 3 sets of 10
- CIRCUIT:
 - o Lat pull down: 4 sets of 10
 - o Dumbbell single straight leg hamstring dead lifts: 4 sets of 10
 - o Biceps curls: 4 sets of 10 (straight bar)
 - o Triceps push down: 4 sets of 10

Day 3

- 10 minute cardio
- 2 different abs exercises: 4 sets of 15
- Clean shrug: 4 sets of 5
- Front squat: 4 sets of 8
- Jump rope: 3 sets of 1 minute
- Russian twist: 3 sets of 10
- CIRCUIT:
 - o Dumbbell incline: 4 sets of 10
 - o Straight leg hamstring dead lifts: 4 sets of 10
 - o Pronating press: 4 sets of 10
 - o Walking lunge: 2 sets of 20 (10 each leg)
- 4 way shoulders: 2 sets of 10 each exercise(refer to Day 1)

Day 4

- 10 minute cardio
- 2 different abs exercises: 4 sets of 15
- Clean shrug: 4 sets of 5
- Front/back lunge: 3 sets of 5 (dumbbells in hand)
- Dumbbell alternating bench press: 4 sets of 10
- Russian twist: 3 sets of 10
- CIRCUIT:
 - o Lat pull down: 4 sets of 10
 - o Dumbbell single straight leg hamstring dead lifts: 4 sets of 10
 - o Dumbbell Biceps curls: 4 sets of 10
 - o Triceps extensions: 4 sets of 10
 - o Leg curls: 4 sets of 10

Week 3 & 4

Day 1

- 10 minute cardio
- 3 different abs exercises: 2 sets of 20
- Clean shrug: 4 sets of 5
- Back squat: 4 sets of 8
- Jump rope:
 - o 3 sets of 1 minute (each leg, legs together, alternating legs)
- Bicycle crunch: 3 sets of 20
- CIRCUIT:
 - o Dumbbell incline: 4 sets of 10
 - o Straight leg hamstring dead lifts: 4 sets of 10
 - o Dumbbell row: 4 sets of 10
 - o Lateral lunge: 4 sets of 5 in each direction (dumbbells in each hand)
- 4 way shoulders: 2 sets of 10 each exercise

Day 2

- 10 minute cardio
- 3 different abs exercises: 2 sets of 20
- Clean shrug: 4 sets of 5
- Front/back lunge: 4 sets of 6 (dumbbells in hand)
- Bench press: 4 sets of 10
- Bicycle crunch: 3 sets of 20
- CIRCUIT:
 - o Dumbbell single straight leg hamstring dead lifts: 4 sets of 10
 - o Dumbbell rows: 4 sets of 10
 - o Leg curls: 3 sets of 10
 - o Upright rows: 4 sets of 10
- Biceps curls: 4 sets of 10 (straight bar)
- Triceps push down: 4 sets of 10

Day 3

- 10 minute cardio
- 3 different abs exercises: 2 sets of 20
- Clean shrug: 4 sets of 5
- Front squat: 4 sets of 8
- Jump rope: 3 sets of 1 minute
- Bicycle crunch: 3 sets of 20
- Incline bench press: 4 sets of 8
- CIRCUIT:
 - o Straight leg hamstring dead lifts: 4 sets of 10
 - o Shoulder press: 4 sets of 10
 - o Lateral lunge: 4 sets of 6
 - o Dumbbell rows: 4 sets of 10
- 4 way shoulders: 3 sets of 10 each exercise(refer to Day 1)

Day 4

- 10 minute cardio
- 3 different abs exercises: 2 sets of 20
- Clean shrug: 4 sets of 5
- Back squat: 4 sets of 8
- Step ups: 2 sets of 10 each leg (dumbbells in hand)
- Dumbbell alternating bench press: 4 sets of 10
- Bicycle crunch: 3 sets of 20
- CIRCUIT:
 - o Lat pull down: 4 sets of 10
 - o Leg curls: 4 sets of 10
 - o Dumbbell Biceps curls: 4 sets of 10
 - o Leg extensions: 4 sets of 10
 - o Triceps extensions: 4 sets of 10