Summer Volleyball Workout

Week 1 & 2

**Day 1**
- 10 minute cardio
  - 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)
  - Dumbbell incline: 4 sets of 10
  - Straight leg hamstring dead lifts: 4 sets of 10
  - Lat pull down: 4 sets of 10
  - Lateral lunge: 4 sets of 5 in each direction (dumbbells in each hand)
- 4 way shoulders: 2 sets of 10
  - Straight arm front
  - Straight arm side
  - Shoulder press
  - 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:
  - Lat pull down: 4 sets of 10
  - Dumbbell single straight leg hamstring dead lifts: 4 sets of 10
  - Biceps curls: 4 sets of 10 (straight bar)
  - 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:
  - Dumbbell incline: 4 sets of 10
  - Straight leg hamstring dead lifts: 4 sets of 10
  - Pronating press: 4 sets of 10
  - 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:
  - Lat pull down: 4 sets of 10
  - Dumbbell single straight leg hamstring dead lifts: 4 sets of 10
  - Dumbbell Biceps curls: 4 sets of 10
  - Triceps extensions: 4 sets of 10
  - 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:
  - 3 sets of 1 minute (each leg, legs together, alternating legs)
- Bicycle crunch: 3 sets of 20
- CIRCUIT:
  - Dumbbell incline: 4 sets of 10
  - Straight leg hamstring dead lifts: 4 sets of 10
  - Dumbbell row: 4 sets of 10
  - 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:
  - Dumbbell single straight leg hamstring dead lifts: 4 sets of 10
  - Dumbbell rows: 4 sets of 10
  - Leg curls: 3 sets of 10
  - 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:
  - Straight leg hamstring dead lifts: 4 sets of 10
  - Shoulder press: 4 sets of 10
  - Lateral lunge: 4 sets of 6
  - 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:
  - Lat pull down: 4 sets of 10
  - Leg curls: 4 sets of 10
  - Dumbbell Biceps curls: 4 sets of 10
  - Leg extensions: 4 sets of 10
  - Triceps extensions: 4 sets of 10