Spartan Volleyball At Home Workouts

**SPRING (April/May)**

WEEKLY

Day 1

* 5 minute warm up-jog(outside or in place)/jump rope/jumping jacks
* 2 minute intervals (set timer for 2 minutes/take 30 second break for each exercises combo-work up to 2 rounds)
	+ 10 push ups/10 sit ups
	+ 5 burpees (touch belly/jump up)/ 10 dips on chair
	+ 10 squats hip width apart/10 high knees
	+ 10 high plank jumping jacks/10 bicycles
	+ 10 mountain climbers/6 shufflex2 and touch the floor
* Stretch (Do not skip!!! Important for range of motion and soreness)

Day 2

* 5 minute warm up-jog(outside or in place)/jump rope/jumping jacks
* Vertical/Speed Training-20 seconds each/10 second break(Do 2 rounds, take a 2 minute break in between) Start slow and get faster throughout the 20 seconds on each move
	+ Squat jumps
	+ Hop in place on one foot
	+ Switch-hop in place on other foot
	+ Fast feet close
	+ Hop with both feet forward/backward
	+ Fast feet wide
	+ Hop with both feet side to side
	+ Broad jump (take a big jump forward, turn around and do it again)
	+ Lunge and touch the floor then come up and hop on the front foot
* Stretch (Do not skip!!! Important for range of motion and soreness)

Day 3

* 5 minute warm up-jog(outside or in place)/jump rope/jumping jacks
* Do each exercise 1 minute with a 20 second break (work up to 2 rounds)
	+ High skips
	+ Wall sit
	+ Butt kicks
	+ High plank alternating T stands (raise one hand up to the side)
	+ Wall sit march
	+ Squat jumps (narrow to wide)
	+ Pushups (start up, go to your knees when you have to)
	+ Wall sit heel raises
	+ Sprint in place
	+ Superman raises (lay on belly and raise arms/legs up and down)
* Stretch (Do not skip!!! Important for range of motion and soreness)

Add in sprint work when you can such as: Sprint for 30 seconds/walk 1 minute (10 rounds)

Youtube has tons of free athlete workouts if you get bored with these or have dumb bells!

Remember to drink lots of water throughout the day! Electrolytes/gatorade can be good during your workout. Eat well. Sleep well. Spend time with Jesus! Have fun!