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!