

Ridge Volleyball Workouts - D

****underlined exercises have a link to a demo****

Mon-Sun
(pick 2 days)

I can do anything for 6
minutes!)

Repeat 10 reps of each exercise for 6 minutes in a box. When 6 minutes is up, move to another box. Start and end with whatever boxes you want!

Alt lunge w/ bicep curl
Lateral Shuffles
push ups
bicycle crunches

RDL with upright row
BlockRetreatApproach
push ups
Alternating V-ups

Squat press
block jumps
push ups
*Sit ups (hands slide on ground)

iron crosses
Broad jump w/ back peddle
push ups
Leg lift w/ hip raise

Mon-Sun
(pick 2 days)

Ball Handling

100 Passes

(stay low, shoulders down, call the ball)

100 Sets

(left/right footwork)

20 Toss, approach, swing

(back up far enough where the ball hits the ground first before it hits the wall)

20 Hit to wall, dig to self

(dig with platform every chance you get)

20 VB Juggle

(Watch end of video and do the advanced one. Every catch behind the back is 1).

*****Repeat this list for 20 minutes!*****

FLEX DAY

Choose an activity:

***max 5 X

*2 mile run

*30 minute jog/walk (jog 2 min, walk 1 min)

*30 minute core/glute workout

*30 minute workout video (cardio of some sort- dance, kickboxing, cross training, whatever!)

*30 minute yoga/