

# Ridge Volleyball Workout-B

**Ball Handling 3X week- add onto end of any workout: 50 passes, 50 sets, wall or partner pepper 100 touches, 25 toss to self/swing, 15 juggles (the tough ones at end of video.)**

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## AaBbCc

Capital Letter boxes= 8:00, 20 reps per exercise and repeat til time is up. Finish each of the 3 rounds with 50 ropes/10 push-upsX3, then move to next box.

**A**

block jumps  
inchworms  
supermans

**a**

50 air ropes  
10 pushups  
Repeat 3X

**B**

burpees  
Bear Crawls (5 forward and back)  
Spiderman plank

**b**

50 air ropes  
10 pushups  
Repeat 3X

**C**

Broad Jumps w/  
backpedal  
tricep dips  
Plank Jacks

**c**

50 air ropes  
10 pushups  
Repeat 3X

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## Supers setters

Use weights for lifts! 3 sets each box. Complete boxes in whatever order you wish. Finish with the yoga video!

**3 sets**

20-Alt. lunge with  
a bicep curl  
10 push ups  
10 sit ups

**3 sets**

20-Squat press  
10 push ups  
10 sit ups

**3 sets**

20-RDL with  
upright row  
10 push ups  
10 sit ups

**3 sets**

20 iron crosses  
10 push ups  
10 sit ups

Yoga for Athletes

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## Flex Day

### Choose an activity:

\*2 mile run

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

\*20 minute core/glute workout

\*20 minute workout video (cardio of some sort- dance, kickboxing, cross training, whatever!)

\*30 minute yoga/

\*\*do what you want- if it's low intensity, make it 30 minutes, high intensity, make it 20 minutes\*\*