Please do the dynamic stretches as a warm up.
3 sets of blocking drill, 15 approaches along with 25 sets and 25 passes should be done Monday, Wednesday, and Friday.

**MONDAY**
- 30 jumping jacks
- 10 pushups
- 25 high knees
- 15 burpees
- 10 crunches
- 15 squats
- 10 pushups
- 10 crunches
- 15 squats
- 30 jumping jacks
- 1 minute wall sit
- 10 pushups
- 25 high knees
- Repeat 2x

**TUESDAY**
- 15 jump squats
- 10 pushups
- 25 high knees
- 15 Burpees
- 15 Lunges
- 15 Squats
- 10 pushups
- 15 Lunges
- 10 pushups
- 15 squats
- 1 minute walk sit
- 10 pushups
- 25 high knees
- Repeat 2x

**WEDNESDAY**
- 25 rolls or dives
- 25 jump squats with block
- 25 approaches with swing
- 5 sets of blocking drill
- 100 sets
- 100 passes
- Repeat 3x

**THURSDAY**
- 25 rolls or dives
- 25 jump squats with block
- 25 approaches with swing
- 5 sets of blocking drill
- 100 sets
- 100 passes
- Repeat 3x

**FRIDAY**
- 10 jumping jacks
- 10 squat jumps
- 30 pushups
- 10 jump lunges
- 10 alternating side planks
- 10 lateral leaps (skis)
- 10 cannon ball crunches
- 10 tricep pushups to downward dog
- 10 Superman’s
- 10 mountain climbers
- Repeat 2x

**SATURDAY**
- Set 1:
  - 50 jump squats
  - 40 pushups
  - 50 lunges
  - 1 minute plank
- Set 2:
  - 60 high knees
  - 40 pushups
  - 25 Superman’s
  - 1 minute side plank (on both sides)
- Set 3:
  - 50 jumping jacks
  - 40 pushups
  - 50 side lunges (each leg 25 reps)
  - 75 raised leg circles
- Repeat 2x

**SUNDAY’S:** stretching out/ yoga
Please do the dynamic stretches as a warm up.
3 sets of blocking drill, 15 approaches along with 25 sets and 25 passes should be done Tuesday and Thursday.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>25 rolls or dives</td>
<td>60 high knees</td>
<td>25 rolls or dives</td>
</tr>
<tr>
<td>25 jump squats</td>
<td>25 mountain climbers</td>
<td>25 jump squats with block</td>
</tr>
<tr>
<td>with block</td>
<td>25 mountain climbers</td>
<td>25 approaches with swing</td>
</tr>
<tr>
<td>25 approaches</td>
<td>25 mountain climbers</td>
<td>5 sets of blocking drill</td>
</tr>
<tr>
<td>with swing</td>
<td>taps (bring your foot up same as mountain climbers but touch your opposite hand to opposite foot ex: left hand to right foot and right hand to left foot)</td>
<td>100 sets</td>
</tr>
<tr>
<td>5 sets of</td>
<td>60 high knees</td>
<td>100 passes</td>
</tr>
<tr>
<td>blocking drill</td>
<td>25 scissor kicks</td>
<td>Repeat 2x</td>
</tr>
<tr>
<td>100 sets</td>
<td>25 flutter kicks</td>
<td></td>
</tr>
<tr>
<td>100 passes</td>
<td>60 high knees</td>
<td></td>
</tr>
<tr>
<td>Repeat 2x</td>
<td>25 leg lifts</td>
<td></td>
</tr>
<tr>
<td></td>
<td>25 raised leg circles</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Repeat 2x</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Set 1:</td>
<td>25 rolls or dives</td>
<td>200 high knees (100 each leg)</td>
</tr>
<tr>
<td></td>
<td>25 jump squats</td>
<td>75 pushups</td>
</tr>
<tr>
<td></td>
<td>25 pushups</td>
<td>75 jumping jacks</td>
</tr>
<tr>
<td></td>
<td>25 tricep dips</td>
<td>60 lunge (30 each leg)</td>
</tr>
<tr>
<td></td>
<td>25 crunches</td>
<td>50 burpees</td>
</tr>
<tr>
<td></td>
<td>25 leg lifts</td>
<td>75 squats</td>
</tr>
<tr>
<td></td>
<td>Set 2:</td>
<td>60 flutter kicks (30 each side)</td>
</tr>
<tr>
<td></td>
<td>20 jump squats</td>
<td>75 leg lifts</td>
</tr>
<tr>
<td></td>
<td>20 pushups</td>
<td>100 jumping jacks</td>
</tr>
<tr>
<td></td>
<td>20 tricep dips</td>
<td>75 sit ups</td>
</tr>
<tr>
<td></td>
<td>20 crunches</td>
<td>1 minute plank</td>
</tr>
<tr>
<td></td>
<td>20 leg lifts</td>
<td>75 raised leg circles</td>
</tr>
<tr>
<td></td>
<td>Set 3:</td>
<td>60 bicycle crunches (30 each side)</td>
</tr>
<tr>
<td></td>
<td>15 jump squats</td>
<td>50 burpees</td>
</tr>
<tr>
<td></td>
<td>15 pushups</td>
<td>60 mountain climbers (30 each side)</td>
</tr>
<tr>
<td></td>
<td>15 tricep dips</td>
<td>50 bicep dips</td>
</tr>
<tr>
<td></td>
<td>15 crunches</td>
<td>50 tricep dips</td>
</tr>
<tr>
<td></td>
<td>15 leg lifts</td>
<td>75 pushups</td>
</tr>
<tr>
<td></td>
<td>Repeat 2x</td>
<td>100 jumping jacks</td>
</tr>
<tr>
<td></td>
<td>Repeat 3x</td>
<td>Repeat 2x</td>
</tr>
</tbody>
</table>

Sunday’s: stretching out/ yoga
Please do the dynamic stretches as a warm up.
3 sets of blocking drill, 15 approaches along with 25 sets and 25 passes should be done Monday, Wednesday, and Friday.

**Monday**
- 50 jumping jacks
- 30 high knees
- 30 butt kicks
- 50 Russian twists
- 30 push ups
- 30 crunches
- 20 bicycle crunches
- 20 sit ups
- 40 side crunches
- 30 squats
- 30 bridge ups
- 80 leg lifts
- 1 minute walk sit
- 30 lunges
- 30 scissor kicks
- 30 Superman's
- 30 jumping jacks
  
  Repeat 2x

**Tuesday**
- 25 rolls or dives
- 25 jump squats with block
- 25 approaches with swing
- 5 sets of blocking drill
- 100 sets
- 100 passes
  
  Repeat 3x

**Wednesday**
- 15 jump squats
- 10 push ups
- 25 high knees
- 15 Burpees
- 15 Lunges
- 15 Squats
- 10 push ups
- 15 Lunges
- 10 push ups
- 15 squats
- 1 minute walk sit
- 10 pushups
- 25 high knees
  
  Repeat 2x

**Thursday**
- 25 rolls or dives
- 25 jump squats with block
- 25 approaches with swing
- 5 sets of blocking drill
- 100 sets
- 100 passes
  
  Repeat 3x

**Friday**
- Set 1:
  - 50 jump squats
  - 40 pushups
  - 50 lunges
  - 1 minute plank
  
- Set 2:
  - 60 high knees
  - 40 pushups
  - 25 Superman's
  - 1 minute side plank (on both sides)
  
- Set 3:
  - 50 jumping jacks
  - 40 pushups
  - 50 side lunges (each leg 25 reps)
  - 75 raised leg circles
  
  Repeat 2x

**Saturday**
- 30 jumping jacks
- 30 squat jumps
- 30 pushups
- 30 jump lunges
- 30 alternating side planks
- 30 lateral leaps (skis)
- 30 cannon ball crunches
- 30 tricep pushups to downward dog
- 30 Superman's
- 30 mountain climbers
  
  Repeat 2x

**Sunday's:** stretching out / yoga
**HTHCV Girl’s Volleyball**

**Workout Schedule**

**Week 4**

Please do the dynamic stretches as a warm up.

3 sets of blocking drill, 15 approaches along with 25 sets and 25 passes should be done Tuesday and Thursday.

### Monday
- 25 rolls or dives
- 25 jump squats with block
- 25 approaches with swing
- 5 sets of blocking drill
  - 100 sets
  - 100 passes
  - **Repeat 3x**

### Tuesday
- 20 high knees
- 10 mountain climbers
- 4 burpees
- 20 high knees
- 10 mountain climbers
- 4 jumping lunges
- 20 high knees
- 0 mountain climbers
  - 4 knee tuck
  - **Repeat 3x**

### Wednesday
- 25 rolls or dives
- 25 jump squats with block
- 25 approaches with swing
- 5 sets of blocking drill
  - 100 sets
  - 100 passes
  - **Repeat 3x**

### Thursday
- 20 jumping jacks
- 20 knee to elbow
- 20 butt kicks
- 10 mountain climbers
- 10 plank jacks
- 10 burpees
  - **Repeat 3x**

### Friday
- 200 high knees (100 each leg)
  - 75 pushups
  - 75 jumping jacks
  - 60 lunges (30 each leg)
  - 50 burpees
  - 75 squats
  - 60 flutter kicks (30 each side)
  - 75 leg lifts
  - 100 jumping jacks
  - 75 sit ups
  - 1 minute plank
  - 75 raised leg circles
  - 60 bicycle crunches (30 each side)
  - 50 burpees
  - 60 mountain climbers (30 each side)
  - 50 bicep dips
  - 50 tricep dips
  - 75 pushups
  - 100 jumping jacks
  - **Repeat 3x**

### Saturday

**Sunday’s:** stretching out / yoga