

HTHCV GIRL'S VOLLEYBALL

WORKOUT SCHEDULE

WEEK 1

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
10 pushups
15 squats
30 jumping jacks
1 minute wall sit
10 pushups
25 high knees
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

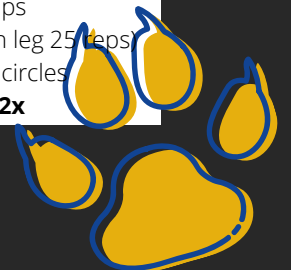
FRIDAY

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 steps)
75 raised leg circles
Repeat 2x

SUNDAY'S: STRETCHING OUT/ YOGA



HTHCV GIRL'S VOLLEYBALL

WORKOUT SCHEDULE

WEEK 2

**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 2x

TUESDAY

60 high knees
25 mountain climbers
25 mountain climbers 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)
60 high knees
25 scissor kicks
25 flutter kicks
60 high knees
25 leg lifts
25 raised leg circles

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 2x

THURSDAY

Set 1:
25 jump squats
25 pushups
25 tricep dips
25 crunches
25 leg lifts

Set 2:
20 jump squats
20 pushups
20 tricep dips
20 crunches
20 leg lifts

Set 3:
15 jump squats
15 pushups
15 tricep dips
15 crunches
15 leg lifts
Repeat 2x

FRIDAY

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

SATURDAY

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 2x

SUNDAY'S: STRETCHING OUT/ YOGA



HTHCV GIRL'S VOLLEYBALL

WORKOUT SCHEDULE

WEEK 3

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
10 mountain climbers 4 knee tucks
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

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

SATURDAY

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

SUNDAY'S: STRETCHING OUT/ YOGA

