

Panther Volleyball Summer 2010 Suggested Workout

Weights 3 times a week

Arm	Bench (60 % of max) Shoulder shrugs with bar 3X10 Triceps off of bench Inverted butterfly
Legs	Snatches 3 X 10 Step ups with bar 3X10 Toe Raises with weight Matrix with weights press forward
Core	Crunches Bicycle Directional crunches Weight ball on the wall 3X10 forward facing, left, right Weight ball on the wall 3X10 side facing left, right

Jumping/Flexibility/Cardiovascular 3 times a week

Agilities	High knees, Tail kick, Grapevine, Carl lewis, Over Unders
Jumping	Ropes - Left/Right/Together 3 sets of each to 75 Approaches 3 X 15 Explosive Jumps off of bench 3 X 10
Cardiovascular	Stair workout (singles, doubles, singles backward, doubles backward) 800- under 3:30 Mile- under 7:30
Flexibility	Leg swings on the wall X 10 facing the wall, left, right lunge stretch 12 o'clock, 3 o'clock, 9 o'clock

Ball handling Aim for at least 1,000 + quality touches

Motivation is a fire from within. If someone else tries to light that fire under you, chances are it will burn very briefly. *Stephen R. Covey*