



DB = Dumbbell OH = Over Head
 SB = Swiss ball MB = Medicine Ball
 BB = Barbell

Sample volleyball in-season

Program Variables			Sets & Reps						Weight	Rest	Comments		
Day	Type	Order	Exercise	1st	2nd	3rd	4th	5th	6th				
1	Warm Up		Bike, Treadmill, Row etc.	5-10min									
	Movement Prep		Walking Stretch Complex	2x								knee hug, lunge, pidgeon pose, side lunge	
			Pillar Rotations	10each									
			Sleeper Stretch	8s x3									
			Crossbody Glute Stretch	8s x3									
		Corrective Exercise											
	Activation	1	1	Single Straight Leg Lowers	10each								
		2	2	Side Plank	30s								
		3	3	Glute Plank March	10each								
		4	4	Bird-Dog	10each								
		5	5	2" Run	8s								
	Power/Strength	1A	1A	Single Arm DB Snatch	4each	4each	4each				75%1RM		explode up, drop under weight
		1B	1B	45 Deg. Lean & Sprint 10m	6	6	6						explode out
		1C	1C	Single Leg Dead Lift	6each	6each	6each				30lbs		use kettlebell if possible
		1D	1D	Supine Pull Ups	8	8	8						can wear weight vest
1E		1E	Side Plank Powel Raise	6each	6each	6each				8lbs	2 min		
	Corrective Exercise												
	Stretch			Sleeper Stretch, Crossbody Glute, Pec, Hip Flexors, Groin, Quads, Hamstrings, Calves									

Program Variables			Sets & Reps						Weight	Rest	Comments		
Day	Type	Order	Exercise	1st	2nd	3rd	4th	5th	6th				
2	Warm Up		Bike, Treadmill, Row etc.	5-10min									
	Movement Prep		Walking Stretch Complex	2x								knee hug, lunge, pidgeon pose, side lunge	
			Pillar Rotations	10each									
			Sleeper Stretch	8s 3xthru									
			Crossbody Glute Stretch	8s 3xthru									
		Corrective Exercise											
	Activation	1	1	SB Rollouts	10								
		2	2	Russian Twists	16								
		3	3	Glute Plank w/ Lateral Movement	10each								
		4	4	Bird-Dog	10each								
		5	5	2" Run	8s								
	Power/Strength	1A	1A	Hang Cleans	4	4	4	4			75%1RM		Drive with hips
		1B	1B	DB Goblet Split Squat	6each	6each	6each	6each			15-25 lbs		80% front leg 20% back leg
		1C	1C	Front Plank Slides	10	10	10	10					feet on towel on slideboard/gym floor
		1D	1D	Sing. Arm DB Pull Overs	6	6	6	6			20lbs		back on stability ball. Knees at 90deg
1E		1E	External Shoulder Rotation	8each	8each	8each	8each			10lbs	2 min	elbow stays close to body	
	Corrective Exercise												
	Stretch			Sleeper Stretch, Crossbody Glute, Pec, Hip Flexors, Groin, Quads, Hamstrings, Calves									