

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

Sample Volleyball Pre-season

			Ham	s & Glu	utes							
F	Program Variab	les				Sets &	Reps			Weight	Rest	Comments
Day	Туре	Order	Exercise	1st	2nd	3rd	4th	5th	6th			
1	WU		bike, treadmill, rower, etc.	5-10 mins								
	Tissue		Foam Roller									
	Movement	1	Knee hug, lunge, pigeon pose, side squat									
			Pillar Rotations	10each								
		3	Leg Swings: Linear + Lateral	10each								
			Dowel Shoulder Rotations	10								If no dowel use towel
	Activation	1	Front Plank w/ Opp. Arm/Leg Raise	16								
			Side Plank w/ Leg Lift	8each								
			Between Bench Glute Bridge	10each						hold 2s		
[2" Runs	8s								
	Power		Push Press	5	5	5	5	5		80% 1RM		Explosive Shoulders
[Block Jump Over Hurdle	6	6	6	6	6				
[Cone Weave	3x	3x	3x	Зx	3x			3 min	
[Strength	2A	Stiff Leg Dead Lifts	6	6	6						
[Tubing Side Shuffle	8each	8each	8each						
[Sng Leg Drop Downs	5each	5each	5each					1 min	Hold dropped squat for 2sec
[3A	Single Leg Dead Lift	6each	6each	6each				30lb+		
		3B	Floor Hip Abductions	10each	10each	10each						
			3m Line Touch	25s	25s	25s					1 min	
		4A	Supine Single Leg Lowers	10each	10each	10each						Keep top leg straight
			Resisted Lateral Shuffles	8each	8each	8each						
			Crossbody Glute Stretch	25s	25s	25s					1 min	
	Recovery		Foam Roller									
			Stretch									
Γ												
Γ												
Γ												
Γ												

Г												
			Olyı	mpic Li	fts							
F	Program Variabl	es		-		Sets &	Reps			Weight	Rest	Comments
Day	Туре	Order	Exercise	1st	2nd	3rd	4th	5th	6th			
2	ŴU		bike, treadmill, rower, etc.	5-10 mins								
	Tissue		Foam Roller									
Γ	Movement	1	Knee hug, lunge, pigeon pose, side squat									
[Pillar Rotations	10each								
Г		3	Leg Swings: Linear + Lateral	10each								
Г		4	Dowel Shoulder Rotations	10								If no dowel use towel
Г	Activation	1	Squat w/ T-Spine Rotation	4each								
Г		2	Bird-Dog	10each								
Γ		3	3 Point Plank	16								
Г		4	Side Plank	30s								
Г	Power	1	Power Cleans	4	4	4	4	4	4	95%1RM	4 min	EXPLODE
[Conditioning	2	Treadmill Sprints: 15mph-12s-30s rest	12								
[
	Recovery		Foam Roller									
			Stretch									
[
Γ												
Γ												
Γ												
Γ												
Γ												

		Should	ders &	Back							
Program Variab		511001		Dack	Sets &	Pope			Weight	Rest	Comments
ay Type	Order	Exercise	1st	2nd	3rd	teps 4th	5th	6th	weight	Resi	Continents
3 WU		bike, treadmill, rower, etc.	5-10 mins				501				
Tissue		Foam Roller	10-10 111113								
Movement		Knee hug, lunge, pigeon pose, side squat									
	2	Pillar Rotations	10each								
		Leg Swings: Linear + Lateral	10each								
	4	Dowel Shoulder Rotations	10								If no dowel use towel
Activation		OH MB Rapid Response	20								
		Rapid Response Perpendicular Torso Toss	15each								
		Bird-Dog	10each								
Power		Sng. Arm DB Snatch	8	8	8	8	8		80% 1RM		
		Drop Down to Swing Block	4	4	4	4	4		small box		
		SB Shoulder Alphabet Spell	1	1	1	1	1			3 min	Keep shoulder down and bac
Strength/		Sng. Arm TRX Rows	6each	6each	6each						Maintain straight body
SAQ		External Shoulder Rotation	10	10	10				not too heavy		Elbow stays tight to body
	2C	MB Plyo Push Ups	8	8	8					1 min	
		Wolverine Reverse Fly	6	6	6				75% 1RM		
	3B	Sng. Arm DB Lateral Raise	6each	6each	6each				75% 1RM		
		SB Reverse Crunch	15	15	15					1 min	
	4A	Dips	8	8	8						
		Bentover Ws	6	6	6				10-15lb DB		
	4C	Russian Twist w/ MB	20	20	20				8-10kg DB	1 min	
Recovery		Foam Roller									
		Stretch									

		Rotation, and	l some	Hip F	lexor	'S					
Program Variab	les				Sets &				Weight	Rest	Comments
ay Type	Order	Exercise	1st	2nd	3rd	4th	5th	6th			
ŴU		bike, treadmill, rower, etc.	5-10 mins								
Tissue		Foam Roller									
Movement	1	Knee hug, lunge, pigeon pose, side squat									
	2	Pillar Rotations	10each								
		Leg Swings: Linear + Lateral	10each								
	4	Dowel Shoulder Rotations	10								If no dowel use towel
Activation	1	SB Rollouts	12								
	2	Front Plank Rotations	8each								
	3	Bird-Dog	10each								
	4	Dog Peeing on a Fire Hydrant	10each								
Power		Sng. Leg Box Jumps	6each	6each	6each	6each	6each		Med. Box		Stick landing. Step down.
	1B	Approach over Hurdle into Swing Block	4	4	4	4	4				
	1C	Windshield Wipers	16	16	16	16	16			3 min	
Strength	2A	MB Crossbody Throwdown	8each	8each	8each				5-6kg MB		Mimic end of arm swing
		Paloff Hold	20s	20s	20s						Engage core
	2C	Supine Psoas March	8each	8each	8each					1 min	
	3A	Renegade Twisters	8each	8each	8each				70% 1RM		
	3B	Renegade Push Up/Row	10	10	10				20lb DB		Keep body parallel to floor
		Child's Pose	25s	25s	25s					1 min	
	4A	Perpendicular MB Torso Toss	8each	8each	8each				8-11kg MB		
		Anti-Lateral Flexion	20s	20s	20s						
	4C	Sng. Arm Straight Arm Pulldowns	6each	6each	6each				35lb	1 min	
Recovery		Foam Roller									
		Stretch									