

Volleyball Strength Training

Weeks 1-5

(Do the workouts on non-consecutive days)

Day 1

Squat/Leg press	1 x 10 (1 set 10 times) 5 x 6 (5 sets 6 times in each set)
Walking lunges	4 x 6
RDL	1 x 10 5 x 6
DB row	4 x 6
Lateral pull down	4 x 6

Day 2

Hang Cleans	1 x 10 5 x 6
Split Jerks	1 x 10 4 x 6
Push-ups	1 x 10 4 x 6
Good Morning	1 x 10 3 x 8
Bent Over Row	4 x 6

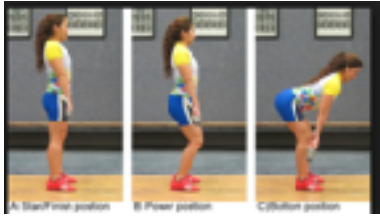
Day 3

Squat/Leg press	1 x 10 5 x 6
Walking lunges	5 x 6
RDL	1 x 10 5 x 6
Push-ups	5 x amp
Pull-ups	5 x amp

Once per week and if done on a lifting day perform before lifting workout.

Jump rope	3 x 2minutes
Squat jump	2 x 8
2 legged Slalom jump	2 x 30

RDL (Romanian Deadlift)



Walking Lunges

Dumb Bell row



Lateral Pull Down

Hang Cleans



Knee Position:

1. Weight on your heels.
2. Hips high like a yoga master.
3. Lats tight - squeeze the bar into you.



Hip position:

4. Weight on the heels.
5. Shoulders back behind the bar.
6. Lats tight.



Catch:

7. Weight on the heels.
8. Elbows high and IN,
9. Legs and hips in a quarter squat

Good Morning



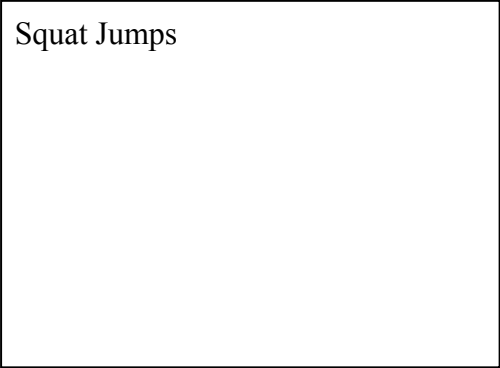
Pull UPs



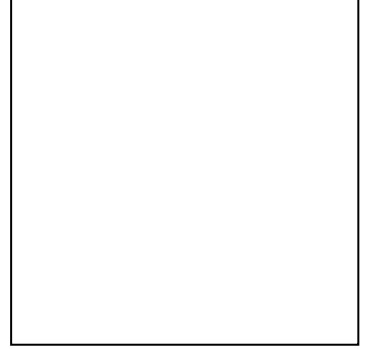
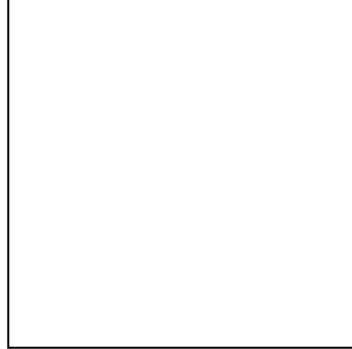
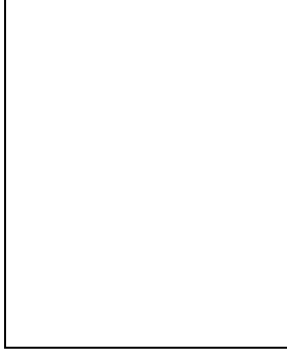
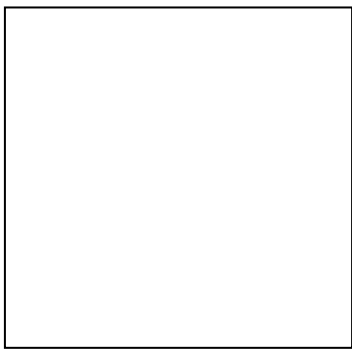
2 legged Slalom jump



Split Jerk – *push barbell up & jump into staggered stance*



Squat Jumps



Bent Over Rows

