

Volleyball Functional Strength Training

Weeks 1-5

Incorporate one of the following workouts below at least once per week with the weight room program. If you are unable to make it to the weight room alternate the following for your normal workouts.

- Perform each exercise for 45 seconds, rest for 15 seconds, and then go to the next exercise.
- Perform the whole circuit 3-4 times.

Day 1

Lunges with rotation
Bench dips (triceps)
Single leg squat with overhead rotation
Burpees
Hip lift
Posterior lunge with high knee
Superman
Dive Bomber

Day 2

Posterior lunge with high knee
Russian twist (curl with twisting body side to side)
Deadbug
Burpees
Lateral lunge reach to knee
Front plank
Right plank
Left plank

Conditioning: Sprints

Rest 30 seconds between reps, rest 1 minute between sets. Do sprints after each functional training session.

40 yard x 2
30 yard x 4
20 yard x 4
10 yard x 6