

Setter Strength Training

Day 1

Bench Press	3 x 12
Cable Crossover Flies	3 x 12
Push-ups	3 x 12
Shoulder Shrugs	3 x 12
Frontal Raises	3 x 12
Lateral Raises	3 x 12
Triceps Pushdown	3 x 12

Day 2

Squat	3 x 12
Lunges	3 x 12
Leg Curls	3 x 12
Back Extension	3 x 12
DB Rows	3 x 12
Seated Rows	3 x 12
Biceps Curl	3 x 12

Day 3

Bench Press	3 x 12
Flies	3 x 12
Internal Rotation	3 x 12
External Rotation	3 x 12
DB Shoulder Press	3 x 12
Lateral Raises	3 x 12
Triceps Kickback	3 x 12

Day 4

Squat	3 x 12
Lateral Lunges	3 x 12
Calf Raises	3 x 12
Good Morning	3 x 12
Reverse Flies	3 x 12
Bent Over Row	3 x 12
Biceps Curl	3 x 12
Wrist Curl	3 x 12

Plyometric Training – Setters

Weeks 1 – 3

Squat jump w/medicine ball overhead toss	2 x 10
Squat jump w/medicine throws from chest	2 x 10
Lateral jumps over cone	2 x .30 seconds
Plate step	2 x .20 seconds

Weeks 4 – 6

Spilt squat jumps	2 x .20 seconds
Squat jump w/medicine ball overhead toss	3 x 10
Squat jump w/medicine throws from chest	3 x 10
Lateral jumps over cone	3 x .30 seconds
Plate step	3 x .20 seconds

Weeks 7 – 10

Depth jumps	2 x 10
Split squat jumps	3 x .20 seconds
Squat jump w/medicine ball overhead toss	3 x 10
Squat jump w/medicine throws from chest	3 x 10
Lateral jumps over cone	3 x .30 seconds
Push ups w/ clap in between	3 x as many as possible