

# Volleyball Strength Training

## Weeks 1-5

(Do the workouts on non-consecutive days)

### Day 1

Squat/Leg press	1 x 10
	5 x 6
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