

VOLLEYBALL
Pre-Season
Phase I

MONDAY

Warm Up	
Hanging Abs	2 x 15
Hanging Knee Lift	2 x 15
Heavy ropes	2 x 10
MB Roman Twist	2 x 10
Power Cleans	4 x 10
Squat Variation	3 x 10
Bench Press	4 x 10
TGUs	2 x 10
Pull / Chin Ups	24 reps
SB Shoulder Combo	2 x 6
Lunges	2 x 10
Hammer Curls	2 x 10

WEDNESDAY

Warm Up	
Abs – Jackknives	2 x 15
MB Hand Toe Crunch	2 x 40
Standing MB Pass	2 x 10
Hang Abs Side Crunch	1 x 15
Power Snatch (Hang)	4 x 10
Speed Squat	3 x 10
Push Ups (MB/Plyo)	2 x 8
SB Bent over Row	2 x 8
Pullover & Press	2 x 10
KB Rear Delt	2 x 10
OH Tricep Ext.	2 x 10
Glute Ham Raise	2 x 10

FRIDAY

Warm Up	
Abs – SB Rollouts	2 x 15
Box jumps	2 x 15
MB Back rolls	2 x 15
MB Seated Side Toss	2 x 10
Squat/Jump Combo	3 x 15
Squat	4 x 10
Incline Press	3 x 12
MB Pushups	2 x 17
Military Press	2 x 8
KB Shoulder Combo	2 x 10
SB Curls	2 x 10
Reverse Curls	1 x 25

Note:	Wall Dorsi Flexion	1 x 50 (Tuesday)
	Calf Raise Series	1 x 30 (Thursday)