



At-Home Volleyball Workout

BONUS: Cardio and Shoulder Strength

What you'll need: Space outside to run and throw, a tennis ball, baseball, or softball to throw, partner or parent to throw and catch with

Warm-up (1 round)

1. Jumping jacks 30 reps total
2. High knee hugs 20 reps total
3. Spiderman stretch 6 reps each leg
4. Arm circles w/ hamstring stretch 5 reps each leg
5. Ankle flips 20 reps total

Cardio: Part 1 (5 rounds)

1. Run - easy pace 3 minutes
2. Walk 3 minutes

Cardio: Part 2 (5 rounds)

1. Run - 75% sprint speed 45 seconds
2. Walk 1.5 minutes

Cardio: Part 3 (1 round)

1. Run - easy pace 10 minutes

Throwing (1 round)

1. 10ft distance throw 10 throws total
2. 20ft distance throw 10 throws total
3. 30ft distance throw 10 throws total
4. 60ft distance throw 10 throws total

Cool down (1 round)

1. Quad stretch 30 seconds each leg
2. Figure-4 stretch 30 seconds each side
3. Hip flexor stretch 30 seconds each side
4. Calf stretch 30 seconds each side
5. Tricep overhead stretch 30 seconds each side
6. Crossbody shoulder stretch 30 seconds each side
7. Slow arm circles 30 seconds total