



## At-Home Volleyball Workout

### Day 1: Bodyweight Strength and Conditioning

**What you'll need:** Table or chair, towel/t-shirt/broomstick (something you can make a straight line with)

#### Warm-up (3 rounds)

1. High knee hugs                      10 reps each leg
2. Bodyweight squats                    20 reps total
3. Hip bridges                            20 reps total
4. Plank                                    1 minute total
5. Jumping jacks                        20 reps total
6. Split squat hold                      30 seconds each leg

#### Bodyweight strength and conditioning (3 rounds)

1. Bodyweight squats                    20 reps total
2. Push-ups                                10 reps total
3. Alternating forward lunges        10 reps each leg
4. Tricep dips                            10 reps total
5. Squat-press-stand                    10 reps total
6. Deficit push-ups                      10 reps total
7. Single leg squats                     10 reps each leg
8. Prone shoulder Y-cuffs              20 reps total
9. Prone shoulder T-cuffs              20 reps total