



At-Home Volleyball Workout

Day 2: Jumping, Stability And Agility

What you'll need: Table or chair

Warm-up (3 rounds)

1. Toe to heel walks 20 steps total
2. Laying hip rotations 10 reps each direction
3. T-kicks 10 reps each direction
4. Bulldog kickers 10 reps each leg
5. Sumo squat with arm circles 10 reps total
6. Half skips 20 reps each leg
7. Complex stretch 5 reps each leg
*High knee to lunge to twist to elbow tuck to hamstring stretch
8. Ankle flips 20 reps total (10 - break - 10)
9. Skaters 20 reps total
10. High knees 30 reps total
11. Butt kickers 30 reps total
12. Hackysack kicks 10 to 20 reps total
13. Single leg calf raises 10 reps each leg
14. Inchworm 10 reps total
15. Tuck jumps 10 reps total

Jumping (3 rounds)

1. Jump landings 10 reps total
2. Double leg hops 20 reps total
*1 set of back to front, 1 set of side to side
3. Single leg hops (back to front) 10 reps each leg
*1 set of back to front, 1 set of side to side
4. Split jumps 20 reps total
5. Stutter step to stick 20 reps total
6. Jump landing to jump 10 reps total
7. Split squat jumps 20 reps total
8. Meter block jumps 10 reps each direction
9. Burpee to block jump 10 reps total

Cool down (1 round)

1. Quad stretch 30 seconds each leg
2. Wide leg stretch 30 seconds each leg
3. Soleus stretch 30 seconds each leg
4. Figure-4 stretch 30 seconds each side
5. Hip flexor stretch 30 seconds each side
6. Laying figure-4 30 seconds each side
7. Calf stretch 30 seconds each calf