



At-Home Volleyball Workout

Day 3: Full Body Strength

What you'll need: Backpack filled with books or something weighted, towel or t-shirt, table or chair

Warm-up (3 rounds)

1. Hip bridges 12 reps total
2. Side plank 30 seconds to 1 minute each side
3. Calf raises 20 reps total
4. Towel over and backs 20 reps total
5. Russian twists 20 reps total
6. Towel overhead squats 20 reps total
7. Around the world lunges 10 reps each leg
*1 rep = front lunge, lateral lunge, reverse lunge
8. Push-ups 10 reps

Core strength (3 rounds)

1. V-crunch weighted situps 10 reps each leg
2. Side stars 6 reps each side
3. Mountain climbers 20 reps each side
4. Modified superman (bird-dogs) 10 reps each side
5. Russian twists to overhead press 20 reps total

Lower & upper body strength (3 rounds)

1. "Kettlebell" backpack swings 20 reps total
2. Squat to overhead press 20 reps total
3. Squat to single-arm press 10 reps each arm
4. Single leg RDL to press 10 reps each leg
5. Weighted push-up negatives 5 reps total
6. Single arm "dumbbell" row 10 reps each arm