



At-Home Volleyball Workout

Day 4: Agility and Conditioning

What you'll need: Backpack filled with books or something weighted, two towels or t-shirts

Warm-up (3 rounds)

1. Weighted squat circles 10 each direction
2. Reverse crunch 12 reps total
3. Forearm rocking plank 30 seconds each
*1 set of back to front, 1 set of side to side
4. Side lying open and close 10 reps each arm
5. Spiderman stretch 6 reps each leg
6. Arm circles w/ hamstring stretch 5 reps each leg
7. Inchworms 10 reps total
8. Ankle flips 20 reps total
9. Half skips 10 reps each leg
10. Full skips 10 reps each leg

Agility and conditioning (3 rounds)

1. Front and back line hops 25 reps total
2. Lateral line hops 25 reps total
3. Single-foot front and back hops 20 reps each leg
4. Single-foot lateral line hops 20 reps each leg
5. Split hops 20 reps total
6. Four-square hops 10 reps total
*1 rep = all four directions - repeat for both clockwise & counterclockwise
7. Four square hops with pattern 10 reps total
8. Lateral "cone" shuffles 25 reps total
9. Broad jumps 10 reps total
10. Squat to max block jumps 10 reps total
11. Approach-block-transition 10 reps total
12. Meter block jumps 10 reps each direction
*With transition and approach

Cool down (3 rounds)

1. Towel or dowel rotations 5 reps each direction
2. Up-down plank 20 reps total
*10 leading with the right elbow, 10 leading with the left elbow