



Tates Creek Volleyball Summer Workout Plan 2018

Conditioning and Open Gym in June

- **June 4th** **5-6:30pm**
- **June 12th** **9-10:30am at the middle school**
- **June 14th** **9-10:30am at the middle school**

June 15 – July 16 you are on your own

- **Below is a workout plan for you to stay in shape over the summer in order to be ready for pre-season conditioning in July.**

EVERYDAY Abs

Bicycles (30, 45 seconds) – Look at ceiling and armpit to knee

V-ups (30, 45 seconds) x 2

Alt Leg V-ups (30, 45 seconds) – Alt arm to alt leg

Crunches (100) – Focus on Ceiling

Side to Side Crunches (30, 45 seconds) x 2 – hands to ankles, working the obliques

Leg Lift Scissors – (30, 45 seconds) - Up and Down

Leg Lift Scissors – (30, 45 seconds) - Over Under

DAY 1

Squats (30, 45 seconds) x 2

Squats to toes (30, 45 seconds) x 2 – squat into calf raise

Squat Jumps (30, 45 seconds) x 2 – “Frog Jump”

Lunges – 100 meters

Scissor Jumps (30, 45 seconds) x 2 – Lunge, jump into opposite Lunge (quickly)

Swinging Gate (30, 45 seconds) x 2- Toes together jump into squat with toes out

DAY 2

Push Ups- (10 or until failure) x 2 or until you can't go anymore

Knees to Elbows – (30, 45 seconds) x 2 – Elbow plank – alternate knees to elbows

Plank on hands – (30, 45 seconds) x 2

Super Mans – (30, 45 seconds) Routine x 2 each individual limb/two at a time/opposite/altogether

Uneven Push Ups – (30,45 seconds) x 2 (until failure) - one arm on ground one on a step or a ball

DAY 3 - REST

DAY 4

Scissors (30, 45 seconds) x 2 – lunge into lunge slower than Scissor Jumps

Line Jumps Side to Side (30, 45 seconds) x – one legged/ two legged (do both legs)

Line Jumps Front to Back (30, 45 seconds) x – one legged/two legged (do both legs)

Cone Jumps/Paint Can (30, 45 seconds)- simple cone jumps or box jumps

DAY 5

Mountain Climbers (30, 45 seconds) x 3

2 Mile Run in 20 minutes (**Pick 1 or 2 other days during the week to run - should be done more days than day 4!**)

DAY 6 and DAY 7 -REST