

Ridge Volleyball Workouts - C

Ball Handling 3X week- add onto end of any workout: 50 passes, 50 sets, wall or partner pepper 100 touches, 25 toss to self/swing, 15 juggles (the tough ones at end of video.)

M
/Th
W

Take out the trash



Perform exercises in order: A1, B1, C1, A2, B2, C2 and so on. When you complete all exercises, you get to choose one to "take to the trash" in each box. Repeat until none are left! 15X reps of each exercise.

A1- Pushups
A2- Push press
A3- iron crosses
A4- plank toe touch

B1- block jumps
B2- Broad jump w/backpeddle
B3- Burpees
B4- Squat Jacks

C1- Russian Twists
C2- Supermans
C3- Sit ups
C4- Leg lift w/ hip raise

T
/Th

EKG



Use weights for lifts! Heart rate up=agility exercise, heart rate down=static lift. Do each pair of exercises 3X, then move to next box

50 high knees
15 front raises

50 switches
15 squat w/ toe raise

50 Butt kickers
15 L single leg RDL

50 lcky shuffle
15 R single leg RDL

50 clap jacks
15 Tricep extension

10 Approaches
15 left lunge

30 Lateral Shuffles
15 right lunge

F

FLEX DAY

Choose an activity:

*2 mile run
*30 minute jog/walk (jog 2 min, walk 1 min)
*20 minute core/glute workout
*20 minute workout video (cardio of some sort- dance, kickboxing, cross training, whatever!)
*30 minute yoga/

do what you want- if it's low intensity, make it 30 minutes, high intensity, make it 20 minutes