

# LADY ELKS VOLLEYBALL SUMMER CONDITIONING ROUTINE

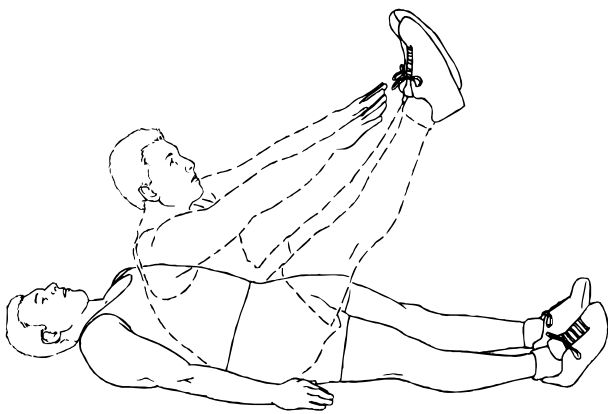
30 Pike Sit Ups  
50 Body Weight Squats  
50 Body Weight Lunges  
100 Jumping Jacks  
40 Mountain Climbers  
20 Super Man Extensions  
15 Pike Sit Ups  
Lateral Jumps – 5 sets of 20 jumps  
Cone Jumps – 10 sets of 5-6 cones  
Sprints / Stadium Work – see below

## CONE JUMPS

Use the small cones in the weight room or P.E. closet. Set up 5 to 6 cones in a row about 2 to 3 feet apart. With feet together, jump over the series of cones without stopping.

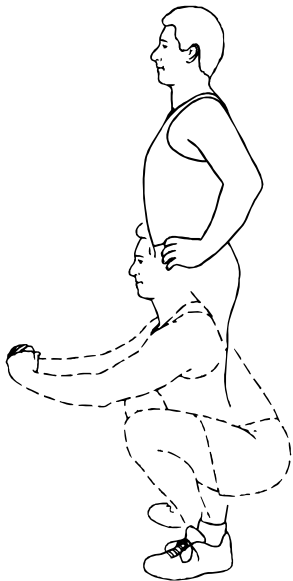
## LATERAL JUMPS

In groups of 3. Two persons hold a rope/stick about 1 foot above the ground. The third person starts on one side and jumps with feet together sideways back and forth across the rope/stick.



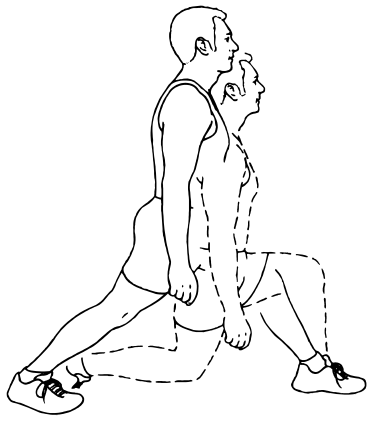
## PIKE SIT-UPS/V-UPS

Pike sit-ups are great core strength training. The only difference in the picture is that I would like for you to start with your hands fully extended above your head and then meet your ankles in the middle. Your hands and feet should NEVER touch the ground between repetitions.



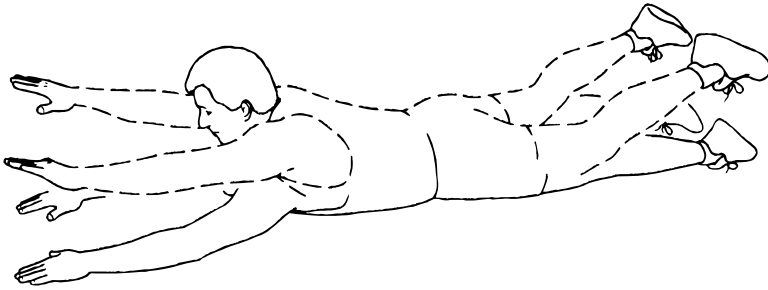
## BODY WEIGHT SQUATS

Body squats are a great strength builder for blocking and jumping, focusing on the major lower muscles. I would like for you to perform all repetitions with your hands on the top of your head. On your way down, keep your back straight and simply bend at the knee, making sure your knees do not exceed past your toes.



### **BODY WEIGHT LUNGES**

Body weight lunges work the major lower muscles. Again, place hands on your head for all repetitions. Keep your back foot stationary and lunge forward on your opposite foot. Be sure your lunging knee does not exceed past your toe, but your shin is directly perpendicular to the ground.



### **SUPERMAN EXTENSIONS**

This is a great exercise for core strength in the lower back. Start face down, bring your hands straight off the ground as well as your thighs (while keeping your arms and legs straight), hold for 1 second, then back down and repeat.

### **MOUNTAIN CLIMBER**

The Mountain Climber is when you are in push-up formation with your butt slightly higher and you run in place on the ground, bringing your legs in and up towards your chest.

### **SPRINTS / STADIUM WORKOUT**

Weather and temperature permitting, we will do summer conditioning exercises at the stadium. In addition to the above exercises, the following work will be done.

- ½ Mile Jog (2 laps around the track)
- 4 50-meter sprints
- 2 100-meter sprints
- 1 200-meter sprint
- 1 set of stadium steps (west side bleachers)