

# LADY ELKS VOLLEYBALL SPRING & SUMMER ROUTINE

## WEIGHT ROOM (45 minutes)

Bench	2 sets of 8
Squat	2 sets of 8
Bicep curls	2 sets of 8
Tricep extension	2 sets of 8
Shoulder raises	2 sets of 8
Back row	2 sets of 8
Straight-leg dead lift	2 sets of 8
Calf raises	2 sets of 30
Push ups (GOOD ONES)	4 sets of 5

## Running / Conditioning (45 minutes)

Cone Jumps – 8 sets of 5-6 cone jumps  
Lateral Jumps – 4 sets of 20 jumps  
30 Pike Sit Ups  
50 Body Weight Lunges  
100 Jumping Jacks  
40 Mountain Climbers  
20 Super Man Extensions  
Sprints / Stadium Work – see below

## CONE JUMPS

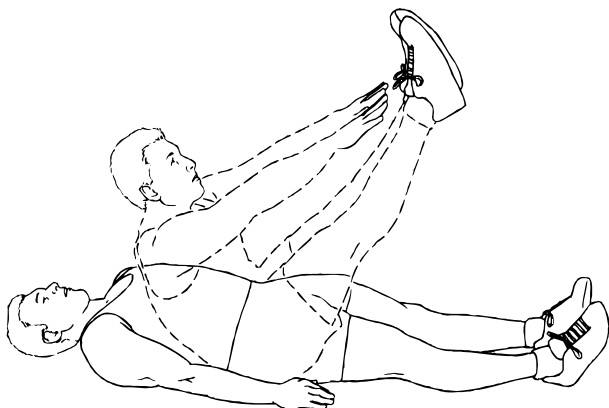
Use the small cones in the weight room or P.E. closet.  
Set up 5 to 6 cones in a row about 2 to 3 feet apart.  
With feet together, jump over the series of cones without stopping.

## 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 with feet together sideways back and forth across the rope/stick.

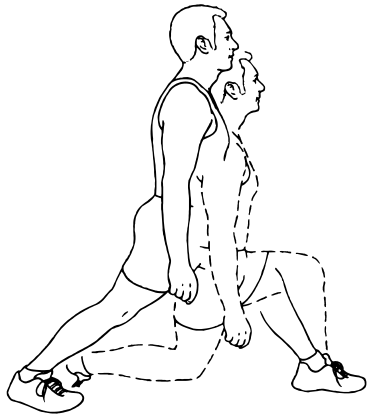
## PIKE SIT-UPS/V-UPS

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.



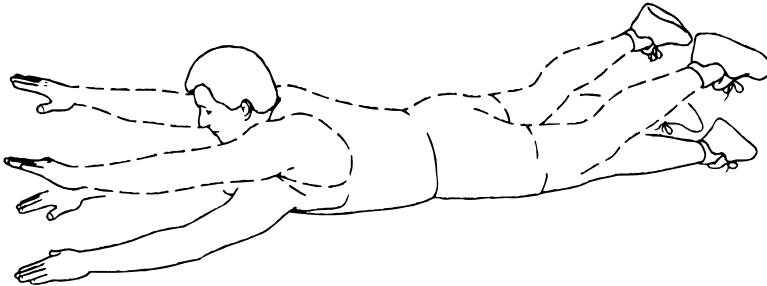
### **BODY WEIGHT LUNGES**

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 conditioning exercises at the stadium. In addition to the listed exercises, the following work will be done.

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