

## Workout from home – 60 min workout

10 min warmup

2 min jog in place

30 sec high knee in place

30 sec butt kick in place

30 sec jumping jacks

60 sec jump rope front

60 sec jump rope back

Hip swings

Swoosh in place

Lung in place and stretch in place (10)

Squat and twist in place (10)

Lay down – leg cross over lower back stretch (5)

10 min Ab workout:

<https://www.youtube.com/watch?v=1919eTCoESo>

20 min Volleyball Wall workout:

5 min – Wall serving progression: [https://www.youtube.com/watch?v=3t7jBWzW9\\_M](https://www.youtube.com/watch?v=3t7jBWzW9_M)

10 min – Setters- 1,000 baby sets, 250 4 balls sets that need to hit the SAME spot

Setters – 2x50 spider sets

Setters – 1x25 of all setting footwork (perfect, 1 step off, 4 step off, and back)

Attackers – 3x10 – approaches. Then 5x2- approaches with throwing your kneepad towards wall

Blockers – 20 block jumps against wall (press- see thumbs in front of you). LOAD, PRESS, LOCK against the wall

Defenders – 2 min of juggling the ball (arm, arm; arm, set punch etc)

Everyone – 250 baby sets, 100 4 ball sets

10 min- 100 passing left, 100 passing midline, 100 pass right

2 min – 2x50 pass left, then middle then right (in a row)

20 min Yoga Stretch:

<https://www.youtube.com/watch?v=GGJzZx4H2K4>