**John Marshall Rockets Volleyball Conditioning Program**

**Each circuit should be done two times per week. Circuits do not need to be done on the same day. Do not stop to rest between exercises unless written.**

**Leg Circuit – 2x through**

**10 Jump Squats with a turn**

Jump and turn 90 degrees to your right, landing in a low position. Then to the left.

**20 Glute Bridges**

Lay on back, knees bent, feet flexed. Raise your hips, lower slowly to the ground.

Try this with a volleyball squeezed between your knees for added difficulty.

**20 Walking Lunges**

Legs Alternating, Lower knee as far as possible each time

**1 Minute Break**

**20 Bulgarian Split Squats**

10 on each leg. Prop up your back foot, bend knee low to the ground.

**10 Block Jumps**

Arms swing from hips, extend fully overhead, pressing forward.

**20 Pistol Squats**

10 on each leg. Chair or box behind you, stand on one leg with the other in front of you. Lower yourself slowly to a sitting position, rise slowly to standing.

**1 Minute Break**

**Jump Rope Circuit – 2x through**

30 sec. Single hop Jump Rope at full speed

30 sec. Rest

30 sec. Single hop Jump Rope on right foot

30 sec. Rest

30 sec. Single hop Jump Rope on left foot

30 sec. Rest

30 sec. Single hop Jump Rope at relaxed speed

30 sec. Rest

**Core Circuit – 2x through**

1 Minute Plank

15 single leg pelvic bridges (15 right, 15 left)

30 Mountain Climbers

1 Minute Break

30 Bicycles, with arms overhead

30 Russian twists, with feet crossed and lifted

30 Dead bugs

1 Minute Break