

Ridge Volleyball Workouts - A

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.)

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W

5-4-3-2-1

Set your timer for 5 minutes, do the exercises in that box until time's up, then move to the next box for 4 minutes and so on. Repeat 2X

5 minutes

15 block jumps
25 calf jumps
10 good mornings

4 minutes

20 plank toe touch
40 bicycle crunches
10 pushups

3 minutes

20 lateral shuffles
10 Alt. V-ups
50 high knees

2 minutes

20 lunch switches
5 broad jumps
10 alt. toe touch

1 minute

Chest to ground burpees

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Waterfall

Start at the top. Complete exercise 1,2,3, then 2,3,4, then 3,4,5 until you reach the bottom!

- 1- 100 squats
- 2- 50 Curb taps
- 3- 25 leg lifts
- 4- 20 tricep dips
- 5- 50 mountain climbers
- 6- 50 penguins
- 7- 10 volleyball approaches
- 8- 30 plank shoulder taps
- 9- 20 pushups
- 10- 20 half burpees

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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****