



Bears Women's Volleyball Late Spring Lift

General Warm-up: 5 minutes (row, bike, run, etc)

Foam Rolling:

- Calves
- Glutes
- Hamstrings
- Quads
- Back

Movement Prep (2x 10 reps ea exercise)

- Shoulder Circles
- World's Greatest Stretch
- Lateral Step Ups
- Lunge and Rotate
- Band Side Steps

Dynamic Flexibility (1 x 8 reps ea side)

- Walking Knee Hug
- Walking Leg Cradle
- Walking Quad w/opp arm reach
- Frankensiteins
- Slide and Stretch

One Day a week. Stationary bike or on a real bike, 3 minutes moderate speed 30 seconds all out. 5 total cycle 17 minutes 30 seconds with a 4 minute cool down.

Ladders One day a week. Use any 10 exercises online. (Jump lunge squats as one of them)

TRX Lift

3x10 reps circuit format

Group 1:

High Row
Low Row
Burpees (BW)

Group 2:

Diamond Push Ups
Chest Press
SL Hurdle Hops (BW)

Group 3:

Banded Hip Press
KB/DB Rear Lunge
Banded Squat w/Step Back
DB Single Leg Squat to Single Leg Deadlift

Group 4:

Knee Tucks
Power Pull (Right)
Pistol Squat (Right)
Power Pull (Left)
Pistol Squat (Left)
Atomic Push Up