

**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