

Summer Workout Program

2013 Lady Cavalier Volleyball

HOW BAD DO YOU
WANT IT???

WHEN YOU WANT TO
SUCCEED
AS BAD AS YOU WANT TO
BREATHE,
THEN YOU WILL BE
SUCCESSFUL.



VOLLEYBALL

User Guide & Table of Contents

1. Letter & Program Info	1 - 2
2. Weight Training Workout	3-4
3. Plyometrics Workout.....	5-6
4. Sprint & Agility Workout.....	7-10
5. Friday Conditioning Workout	10
6. Agility Exercises Explanation.....	11-12
7. Weight Exercises Explanation.....	13-16

GOALS FOR THE SUMMER:

- Play at least 3 times a week or more!
- Gain power, speed and explosiveness. Do workout everyday!
- Improve conditioning. Do workout everyday!
- Develop leadership characteristics. Read 5 pages about leadership daily.
- Challenge yourself mentally & physically. Make yourself PUSH!

Elite Camp

Don't forget Elite Camp will be July 29-Aug. 1 (Mon.-Thurs.) 9 am to 12:00pm. The cost is 100.00 and will be run at Dripping Springs High School. This camp will be high intensity in preparation for our Season which begins August 5th. Plan on attending. You can get forms from the website or Volleyball Office.

Lake Travis Volleyball Players of 2013:

Here is the plan for the summer of 2013. The overview is on this page. You have about 8 weeks to maintain & improve your strength, speed, conditioning, vertical and skill. This workout gives you the opportunity to come in for fall practice at YOUR BEST. Even on vacation, you must commit to pushing yourself to train for a championship. If you struggle motivating yourself to workout, sign up for the Lake Travis **CAVS COURSE**.

Here is an overview of your workout:

- You will lift 2-3 days a week (lift 3 times if you can)
- You will do plyos, sprints, or core along with weights.
- You will sprint 2 days & run 1 day.
- There are planned days of active rest...make sure you rest on those days.

<u>RUNNING PROGRAM</u>	<u>Things to Remember:</u> <ol style="list-style-type: none"> 1. Follow the program as it is written: warm-up first, then start 2. You need a partner or a timer – NEVER RUN ALONE 3. Bring water with you. Stay hydrated. 4. Try to run on a marked field – use the practice fields or track. 5. Sprints – run in sets, rest by time. Each run should be a SPRINT – as fast as possible for you.
<u>AGILITIES</u>	<ol style="list-style-type: none"> 1. Same rules apply to agilities as to the running program. 2. If you don't have the proper equipment, use a substitute exercise.
<u>PLYO TRAINING</u>	<ol style="list-style-type: none"> 1. Be sure to jump balanced, in control, & land softly. 2. Overload works! If you use MAX effort every time, you will improve.
<u>CORE TRAINING</u>	<ol style="list-style-type: none"> 1. These are important to PREVENT injury! Do not skip! 2. Focus on tightening your core while working!!
<u>VOLLEYBALL</u>	<ol style="list-style-type: none"> 1. PLAY AS MUCH AS YOU CAN!

If you have questions, call my cell at 979-595-5204 and leave a message. I'll call you back with answers.

BEFORE EVERY WORKOUT, DO YOUR AGILITIES TO WARM UP!! IN THE WEIGHT ROOM DO HURDLES! AFTER EVERY WORKOUT, STRETCH FOR AT LEAST 15 MINUTES!!

Bring this folder with you to every workout. Strength workouts will include different circuits on different days which are located on the explanation sheets, so plan for workouts to take longer in the beginning due to unfamiliarity. Try to workout with a partner – this will keep you accountable and motivated.

There will be a conditioning test on **August 5th**. If you complete this program, **YOU WILL BE READY!**

Lake Travis Summer Weight Program 2013

June 65-75% of Max

Monday

500 Abs everyday – be creative and focus on your back too! Check out You Tube for ideas!

Exercise	Set 1 Reps	Set 2 Reps	Set 3 Reps	Wk 1 Weights (Set 1,2,3)			Wk 2 Weights (Set 1,2,3)			Wk 3 Weights (Set 1,2,3)			Wk 4 Weights (Set 1,2,3)		
Squat – 1	12	10	8												
Upright Row – 1	12	12	12												
Step Ups – 1	6	6	6												
Bench Press – 2	12	10	8												
Hang Clean Press – 2	8	8	8												
Reverse Pullups - 2	8	8	8												
Single Leg Deadlift -3	12	12	12												
Body Curls - 3	6	6	6												
Standing Military Press – 3	12	12	12												

Wednesday

Exercise	Set 1 Reps	Set 2 Reps	Set 3 Reps	Wk 1 Weights (Set 1,2,3)			Wk 2 Weights (Set 1,2,3)			Wk 3 Weights (Set 1,2,3)			Wk 4 Weights (Set 1,2,3)		
DB Lunges	10	10	10												
Single Arm Row	10	10	10												
MB Squat Push Press	10	10	10												
Asst. Pull Ups	8	8	8												
RDL (dead lift)	10	10	10												
Back Hypo	10	10	10												
Incline Press	10	10	10												
Box Jumps	12	12	12												

Friday

Exercise	Set 1 Reps	Set 2 Reps	Set 3 Reps	Wk 1 Weights Set 1,2,3)			Wk 2 Weights (Set 1,2,3)			Wk 3 Weights (Set 1,2,3)			Wk 4 Weights (Set 1,2,3)		
Squat	12	10	8												
Squat Jumps	10	10	10												
Hamstrings Curls	7	7	7												
DB single leg RDL	10	10	10												
DB Sh Complex	8	8	8												
Step-ups	10	10	10												
Push-ups (BOSU)	10	10	10												
Military Press on Ball	10	10	10												

DB – Dumbbell

BB - Barbell

MB – Medicine Ball

BW – Body Weight

Lake Travis Summer Weight Program 2013

July 75-85% of Max

Monday

**** (Increase the weight you are working with – reps have gone down)**

Exercise	Set 1 Reps	Set 2 Reps	Set 3 Reps	Wk 5 Weights (Set 1,2,3)			Wk 6 Weights (Set 1,2,3)			Wk 7 Weights (Set 1,2,3)			Wk 8 Weights (Set 1,2,3)		
Squat	8	6	4												
Hang Clean	8	6	4												
Body Curl	8	8	8												
Bench Press	8	6	4												
DB Military Press	10	10	10												
REV Pullups	10	10	10												
Back Hypo	12	12	12												
Dips	15	15	15												
Box Jumps	10	10	10												

Wednesday

Exercise	Set 1 Reps	Set 2 Reps	Set 3 Reps	Wk 5 Weights (Set 1,2,3)			Wk 6 Weights (Set 1,2,3)			Wk 7 Weights (Set 1,2,3)			Wk 8 Weights (Set 1,2,3)		
DB Lunges	10	8	6												
RDL (dead lift)	10	8	6												
MB Squat Push Press	10	10	10												
Incline Press	8	6	4												
Assisted Pullups	10	8	6												
Lat Pull down	10	8	6												
Tri-cep Extension	10	10	10												
Step-up Explosion	12	12	12												
DBL Box Jumps	12	12	12												

Friday

Exercise	Set 1 Reps	Set 2 Reps	Set 3 Reps	Wk 5 Weights Set 1,2,3)			Wk 6 Weights (Set 1,2,3)			Wk 7 Weights (Set 1,2,3)			Wk 8 Weights (Set 1,2,3)		
Squat	8	6	4												
Squat Jumps	6	4	2												
Body Curl	8	8	8												
DB single leg RDL	8	8	8												
DB Sh Complex	6	6	6												
Back Hypo	10	10	10												
Push-ups	10	10	10												
Military Press on Ball	10	10	10												
Jump Rope	1 min	1 min	1 min												

DB – Dumbbell

BB - Barbell

MB – Medicine Ball

BW – Body Weight

Plyometrics (Jump Training)

Weeks 1 & 2 – Mondays & Wednesdays

Plyo Routine

equipment needed: box & elastic line or cones

Exercises	Set 1 - Reps	Set 2 - Reps	Set 3 - Reps
Step-Downs (Box)	8	8	
Squat Jumps	8	8	
Tuck Jumps	8	8	
Bounding	8	8	

Rest 2 minutes

Jump Rope Routine

equipment needed: jump rope

Exercises	Set 1 - Reps	Set 2 - Reps	Set 3 - Reps
Dbl Bunny Jump	50	50	
Single Leg Bunny Jump	25 each leg	25 each leg	
In Out	50	50	
Stride	50	50	
Speed Jump – as fast as can go	25	25	

Rest 2 minutes

Box & Cone Drill Routine

equipment needed: box & cone

Exercises	Set 1 - Reps	Set 2 - Reps	Set 3 - Reps
Depth Jumps (deep squat) onto box	5	5	
Lateral Cone Jumps	20 seconds	20 seconds	
Forward Cone Jumps	20 seconds	20 seconds	
Sand Drills (Approach and Block Jumps)	10 each	10 each	10 each

Rest 2 minutes

Descriptions:

Step-downs – you will step off the box and land on 2 feet in a half squat position (helps teach proper landing technique and builds muscles around the knee to help cushion).

Bounding – Jump out as far as you can go, landing on 2 feet in control

Weeks 3 & 4 – Mondays & Wednesdays

Plyo Routine

equipment needed: box & elastic line or cones

Exercises	Set 1 - Reps	Set 2 - Reps	Set 3 - Reps
Step-Downs (Box)	10	10	
Squat Jumps	10	10	
Tuck Jumps	10	10	
180 degree jumps	15 yds	15 yds	

Rest 2 minutes

Jump Rope Routine

equipment needed: jump rope

Exercises	Set 1 - Reps	Set 2 - Reps	Set 3 - Reps
Dbl Bunny Jump	10 yds	10 yds	10 yds
Single Leg Bunny Jump	10 yds	10 yds	10 yds
Scissors – R/L	10 yds	10 yds	10 yds
Bell Jumps – R/L	10 yds	10 yds	10 yds
Ski Jumps	10 yds	10 yds	10 yds

Rest 2 minutes

Box & Cone Drill Routine

equipment needed: box & cone

Exercises	Set 1 - Reps	Set 2 - Reps	Set 3 - Reps
Depth Jumps	8	8	
Box Shuffle	30 seconds	30 seconds	
Double Box Shuffle	30 seconds	30 seconds	
Lateral Box Jumps	30 seconds	30 seconds	
Cone Jumps	30 seconds	30 seconds	

Rest 2 minutes

Harness Drill Routine

equipment needed: harness or sand

Exercises	Set 1 - Reps	Set 2 - Reps	Set 3 - Reps
Forward run	15 yds	15 yds	
Shuffle R/L	15 yds	15 yds	
Approaches	15 yds	15 yds	

Weeks 5 & 6 – Mondays & Wednesdays

Plyo Routine

equipment needed: box & elastic line or cones

Exercises	Set 1 - Reps	Set 2 - Reps	Set 3 - Reps
Step-Downs (Box)	8	8	8
Squat Jumps	8	8	8
Tuck Jumps	8	8	8
180 degree jumps	10 yds	10 yds	10 yds

Rest 2 minutes

Jump Rope Routine

equipment needed: jump rope

Exercises	Set 1 - Reps	Set 2 - Reps	Set 3 - Reps
Dbl Bunny Jump	15 yds	15 yds	15 yds
Single Leg Bunny Jump	15 yds	15 yds	15 yds
Scissors – R/L	15 yds	15 yds	15 yds
Bell Jumps – R/L	15 yds	15 yds	15 yds
Ski Jumps	15 yds	15 yds	15 yds

Rest 2 minutes

Box & Cone Drill Routine

equipment needed: box & cone

Exercises	Set 1 - Reps	Set 2 - Reps	Set 3 - Reps
Depth Jumps	6	6	6
Box Shuffle	20 seconds	20 seconds	20 seconds
Double Box Shuffle	20 seconds	20 seconds	20 seconds
Lateral Box Jumps	20 seconds	20 seconds	20 seconds
Cone Jumps	20 seconds	20 seconds	20 seconds

Rest 2 minutes

Harness Drill Routine

equipment needed: harness or sand

Exercises	Set 1 - Reps	Set 2 - Reps	Set 3 - Reps
Forward run	10 yds	10 yds	10 yds
Shuffle R/L	10 yds	10 yds	10 yds
Approaches	10yds	10 yds	10 yds

Weeks 7 & 8 – Mondays & Wednesdays

Plyo Routine

equipment needed: box & elastic line or cones

Exercises	Set 1 - Reps	Set 2 - Reps	Set 3 - Reps
Step-Downs (Box)	10	10	10
Squat Jumps	10	10	10
Tuck Jumps	10	10	10
180 degree jumps	10 yds	10 yds	10 yds

Rest 2-3 minutes

Jump Rope Routine

equipment needed: jump rope

Exercises	Set 1 - Reps	Set 2 - Reps	Set 3 - Reps
Dbl Bunny Jump	15 yds	15 yds	15 yds
Single Leg Bunny Jump	15 yds	15 yds	15 yds
Scissors – R/L	15 yds	15 yds	15 yds
Bell Jumps – R/L	15 yds	15 yds	15 yds
Ski Jumps	15 yds	15 yds	15 yds

Rest 2-3 minutes

Box Drill Routine

equipment needed: box & cone

Exercises	Set 1 - Reps	Set 2 - Reps	Set 3 - Reps
Depth Jumps	8	8	8
Box Shuffle	30 seconds	30 seconds	30 seconds
Double Box Shuffle	30 seconds	30 seconds	30 seconds
Lateral Box Jumps	30 seconds	30 seconds	30 seconds
Cone Jumps	30 seconds	30 seconds	30 seconds

Rest 2-3 minutes

Harness Drill Routine

equipment needed: harness or sand

Exercises	Set 1 - Reps	Set 2 - Reps	Set 3 - Reps
Forward run	15 yds	15 yds	15 yds
Shuffle R/L	15 yds	15 yds	15 yds
Approaches	15 yds	15 yds	15 yds

Sprint & Agility Workout

Warm-up Drills: ALL ARE DONE FOR 20 YARDS

- High Knees
- Butt Kicks
- High Knees w/ Extensions
- Grapevines- Small to large
- Buildups- slow to fast

WEEK 1: **Tuesday, June 11**

>>JOG ONE LAP & DO WARM-UP DRILLS:

SET #1:

30 yards x 4 (15 sec rest)
50 yards x 4 (20 sec rest)
80 yards x 4 (25 sec rest)

REST 3:00 minutes

SET #3:

Agilities 1

SET #2:

100 yards x 2 (30 sec rest)
70 yards x 4 (25 sec rest)
40 yards x 4 (15 sec rest)

WEEK 1: **Thursday, June 13**

>>JOG ONE LAP & DO WARM-UP DRILLS

SET #1:

30 yards x 4 (15 sec rest)
50 yards x 4 (20 sec rest)
80 yards x 4 (25 sec rest)

REST 3:00 minutes

SET #3:

Agilities 2

SET #2:

Bleachers:
Trip 1: Up the big side & at top do 15 tuck jumps
Trip 2: Up the big side & at top do 15 lunges alt. legs
Trip 3: Up the big side

WEEK 2: **Tuesday, June 18**

>>JOG ONE LAP & DO WARM-UP DRILLS:

SET #1:

30 yards x 4 (15 sec rest)
50 yards x 4 (20 sec rest)
80 yards x 4 (25 sec rest)

REST 3:00 minutes

SET #3:

Agilities 1

SET #2:

100 yards x 2 (30 sec rest)
70 yards x 4 (25 sec rest)
40 yards x 4 (15 sec rest)

WEEK 2: **Thursday, June 20**

>>JOG ONE LAP & DO WARM-UP DRILLS:

SET #1:

40 yards x 4 (15 sec rest)
80 yards x 4 (25 sec rest)
30 yards x 4 (30 sec rest)

REST 4:00 minutes

SET #3:

30 yards x 2 (15 sec rest)
70 yards x 2 (25 sec rest)
100 yards x 2 (30 sec rest)

SET #2:

100 yards x 2 (30 sec rest)
30 yards x 4 (25 sec rest)
60 yards x 4 (15 sec rest)

REST 4:00 minutes

SET #4:

Agilities 2

WEEK 3: Tuesday, June 25

>>JOG ONE LAP & DO WARM-UP DRILLS

SET #1:

40 yards x 4 (15 sec rest)
80 yards x 4 (25 sec rest)
30 yards x 4 (30 sec rest)

REST 4:00 minutes

SET #3:

Bleachers:

Trip 1: Up the big side & at top do 15 tuck jumps

Trip 2: Up the big side & at top do 15 lunges alternating legs

Trip 3: Up the big side

WEEK 3: Thursday, June 27

>>JOG ONE LAP & DO WARM-UP DRILLS:

SET #1:

40 yards x 4 (15 sec rest)
80 yards x 4 (25 sec rest)
30 yards x 4 (30 sec rest)

REST 4:00 minutes

SET #3:

30 yards x 2 (15 sec rest)
70 yards x 2 (25 sec rest)
100 yards x 2 (30 sec rest)

SET #2:

100 yards x 2 (30 sec rest)
30 yards x 4 (25 sec rest)
60 yards x 4 (15 sec rest)

REST 4:00 minutes

SET #4

Agilities 1

WEEK 4: Tuesday, July 2

>>JOG ONE LAP & DO WARM-UP DRILLS:

SET #1:

100 yards x 4 (15 sec rest)
40 yards x 4 (25 sec rest)
20 yards x 4 (30 sec rest)

REST 3:00 minutes

SET #3:

70 yards x 4 (15 sec rest)
40 yards x 4 (25 sec rest)
100 yards x 2 (30 sec rest)

SET #2:

30 yards x 4 (30 sec rest)
80 yards x 4 (25 sec rest)
30 yards x 4 (15 sec rest)

REST 3:00 minutes

SET #4

Agilities 1

WEEK 4: Thursday, July 4

>>JOG ONE LAP & DO WARM-UP DRILLS

SET #1:

100 yards x 4 (15 sec rest)
40 yards x 4 (25 sec rest)
20 yards x 4 (30 sec rest)

REST 3:00 minutes

SET #3:

Bleachers:

Trip 1: Up the big side & at top do 15 tuck jumps

Trip 2: Up the big side & at top do 15 lunges alternating legs

Trip 3: Up the big side

SET #2:

30 yards x 4 (30 sec rest)
80 yards x 4 (25 sec rest)
30 yards x 4 (15 sec rest)

REST 3:00 minutes

SET #4

Agilities 2

WEEK 5: Tuesday, July 9

>>JOG ONE LAP & DO WARM-UP DRILLS:

SET #1:

100 yards x 4 (15 sec rest)
40 yards x 4 (25 sec rest)
20 yards x 4 (30 sec rest)

REST 3:00 minutes

SET #3:

70 yards x 4 (15 sec rest)
40 yards x 4 (25 sec rest)
100 yards x 2 (30 sec rest)

WEEK 5: Thursday, July 11

>>JOG ONE LAP & DO WARM-UP DRILLS:

SET #1:

70 yards x 4 (15 sec rest)
50 yards x 4 (25 sec rest)
70 yards x 4 (30 sec rest)

REST 2:30 minutes

SET #3:

70 yards x 4 (15 sec rest)
50 yards x 4 (25 sec rest)
40 yards x 4 (30 sec rest)

SET #2:

30 yards x 4 (30 sec rest)
80 yards x 4 (25 sec rest)
30 yards x 4 (15 sec rest)

REST 3:00 minutes

SET #4

Agilities 1

SET #2:

40 yards x 4 (30 sec rest)
20 yards x 4 (25 sec rest)
100 yards x 4 (15 sec rest)

REST 2:30 minutes

SET #4

Agilities 2

WEEK 6: Tuesday, July 16

>>JOG ONE LAP & DO WARM-UP DRILLS

SET #1:

70 yards x 4 (15 sec rest)
50 yards x 4 (25 sec rest)
70 yards x 4 (30 sec rest)

REST 2:30 minutes

SET #3:

Bleachers:

Trip 1: Up the big side & at top do 15 tuck jumps

Trip 2: Up the big side & at top do 15 lunges alternating legs

Trip 3: Up the big side

WEEK 6: Thursday, July 18

>>JOG ONE LAP & DO WARM-UP DRILLS:

SET #1:

50 yards x 4 (15 sec rest)
100 yards x 4 (25 sec rest)
20 yards x 4 (30 sec rest)

REST 2:00 minutes

SET #3:

40 yards x 4 (15 sec rest)
30 yards x 4 (25 sec rest)
20 yards x 4 (30 sec rest)

SET #2:

50 yards x 4 (30 sec rest)
100 yards x 2 (25 sec rest)
20 yards x 4 (15 sec rest)

REST 2:00 minutes

SET #4

Agilities 2

WEEK 7: Tuesday, July 23

>>JOG ONE LAP & DO WARM-UP DRILLS:

SET #1:

80 yards x 4 (15 sec rest)
40 yards x 4 (25 sec rest)
100 yards x 2 (30 sec rest)

REST 2:00 minutes

SET #3:

60 yards x 4 (15 sec rest)
40 yards x 4 (25 sec rest)
20 yards x 4 (30 sec rest)

SET #2:

40 yards x 4 (30 sec rest)
20 yards x 4 (25 sec rest)
100 yards x 4 (15 sec rest)

REST 2:00 minutes

SET #4

Agilities 1

WEEK 7: Thursday, July 25

>>JOG ONE LAP & DO WARM-UP DRILLS:

SET #1:

50 yards x 4 (15 sec rest)
100 yards x 4 (25 sec rest)
20 yards x 4 (30 sec rest)

REST 2:00 minutes

SET #3:

40 yards x 4 (15 sec rest)
30 yards x 4 (25 sec rest)
20 yards x 4 (30 sec rest)

SET #2:

50 yards x 4 (30 sec rest)
100 yards x 2 (25 sec rest)
20 yards x 4 (15 sec rest)

REST 2:00 minutes

SET #4

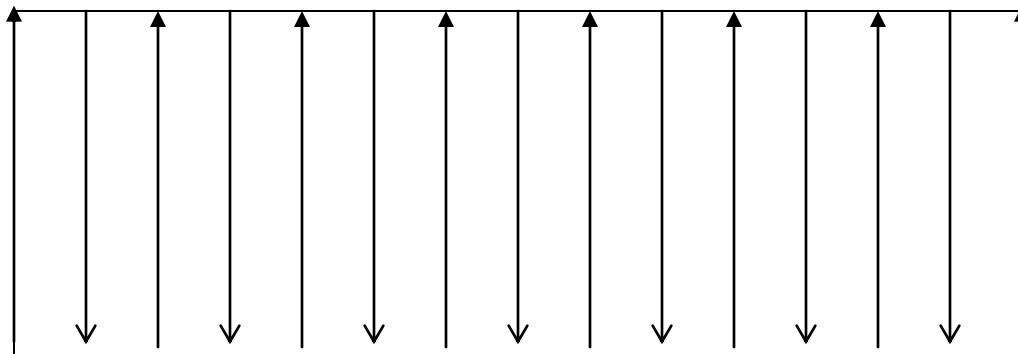
Agilities 2

- **July 29 – Aug. 1 – Elite CAMP – No Sprints & Agilities**
- **GET ACTIVE REST! Swim, ride your bike, play!**
- **LET YOUR BODY RECOVER & RELOAD!**
- **NO WEIGHTS THIS WEEK!!1 week ‘til volleyball starts!**

Friday Conditioning Workout

Football Field Weave –

Sprint across the field side to side starting on the goal line, jog over 5 yards and jog back on the 5 yard line, then jog over 5 yards to the 10 yard line and sprint up to the other side...continue sprint and jog until you reach the opposite goal line. (when looking at the diagram below sprint the thick arrows, jog the thin arrows)



Or

Track Workout –

Sprint the straights and jog the curves for **6 laps** weeks 1-3, **8 laps** weeks 4 – 7, and **10 laps** weeks 8-10.

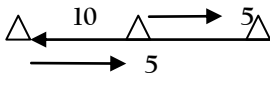
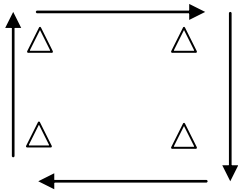
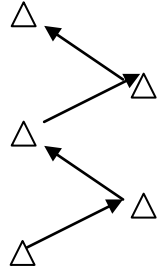
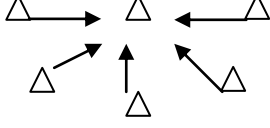
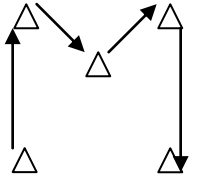

Conditioning is extremely important to coming in August 5th and being ready to compete and preventing injuries!!!!

Explanation of Agility Exercises

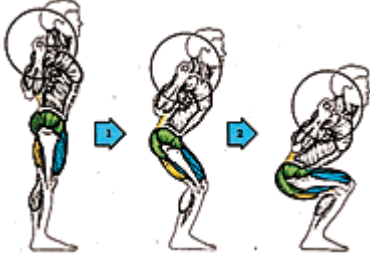




All agilities start with speed dynamics!!!

Speed Dynamics (Use 10 yards = 30 feet) Do each one 2 times (down and back) and as quickly as possible

- | | |
|-----------------------|------------------------------|
| 1. Butt Kicks | 4. Grapevines |
| 2. Jumping High Knees | 5. Shuffle |
| 3. Fast High Knees | 6. Ready position and sprint |

Drill	Drill Explanation	Equipment Needed	Drill Set-up	Wkout Reps
5-10-5	Start touching the middle cone. Sprint to 1 outside cone touch it with hand, then sprint across 10 yards to other outer cone touch it, change directions and sprint through the middle cone	3 cones Directions: 1. Sprint all 2. Shuffle all 3. Sprint/Shuffle/Sprint 4. Shuffle/Sprint/Shuffle 5. Sprint/Back peddle/Sprint 6. Back Peddle/Sprint/BP		#1 X 2 ea
Square Drill	Start on one corner and perform activity around all 4 cones. Stay as close to the cones as possible. Make quick crisp movements.	4 cones 1. Sprint all 2. Shuffle all 3. Sprint/Shuffle/Sprint/Shuffle 4. Sprint/Grapevine/BP/Grapevine 5. Sprint/Shuffle/BP/Shuffle		#2 X 2 ea
5 Cone Weave	Start at one end and perform activity up and back through the cones. Touch every cone with your hand.	5 cones 1. Sprint all 2. Shuffle all forward 3. Shuffle all pivot and shuffle 4. Sprint/Backpeddle		#1 X 2 ea
Star Drill	Start touching the first cone and shuffle in towards the center cone, going in and out through the entire set-up.	5 cones Shuffle all		#2 X 10
M Drill	Start touching the 1st cone sprint forward to 2nd cone, BP to 3rd cone, sprint to 4th cone, and BP through the 5th	5 cones Sprint/BP all		#2 X 10
Lateral Hop to Sprint	4 lateral jumps over and back; 2 cones then sprint 10 yards	2 cones		#1 X 10

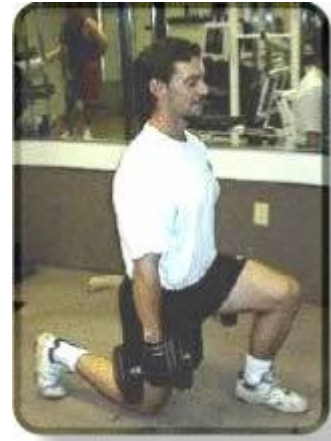
Explanation of Lifts in Weight Program

Lift	Equipment Used	Key Points	Picture
Squat	Rack, Bar, Wt. Plates	<ul style="list-style-type: none"> • Keep head forward, back straight and feet flat on the floor • equal distribution of weight throughout forefoot and heel • Get parallel • Knees should be in line with the toes from start to finish 	
Bench Press	Rack, Bar, Bench, Wt. Plates	<ul style="list-style-type: none"> • Dismount barbell from rack over the upper chest using an overhand grip just wider than shoulder width. • Lower weight to upper chest. Use the center of your chest as a target to bring the bar down to. • Press bar until arms are extended. 	
DB Military Press	DB's	<ul style="list-style-type: none"> • Using the muscles of the shoulders press the weight above your head. • Finish the exercise by locking out the dumbbells directly above your head. • Lower the dumbbells to the start position and repeat the process. 	
Upright Row	Curl Bar or DB's	<ul style="list-style-type: none"> • Grasp dumbbells with hands close together and stand with palms facing front of thighs. • Pull dumbbells to front of shoulder with elbows leading. Allow wrists to flex as dumbbell rises upward. • Elbows need to stay higher than wrists! 	
Back Hyper	Back Hypo Machine	<ul style="list-style-type: none"> • Lie face down on a hyperextension bench, tucking your ankles securely under the footpads • Start with your body in a straight line. Cross your arms in front of you or behind your head. You can also hold a weight for extra resistance. • Slowly bend forward at the waist as far as you can while keeping your back FLAT. Do not round your back. • Slowly raise your torso until your legs and upper body are in a straight line again. • Do NOT arch your back past a straight line! 	

DB Lunges

DB

- Stand upright with your feet shoulder width apart. Hold a pair of dumbbells in your hands.
- Take a 2-3 foot step forward. Once the stepping foot is planted, the upper body and the front knee should not move forward during the lowering and raising of the body.
- Keeping the upper body vertical, dip your lower body straight down until back knee comes close to the ground.
- Hold the tension in the front of your leg, then raise your body straight up and return to starting position.
- You may do repeated repetitions on a single leg before switching or alternate legs.



RDL

Bar

- Start out with the barbell in your hands.
- Pull your shoulders back and tighten your lower back.
- Push your hips back and bend forward as far as you can, keeping your back flat.
- Reverse direction until you are standing straight again. This trains your hamstrings and lower back.



MB Squat Push Press

MB

- Hold a substantial medicine ball at your chest, with feet shoulder width apart.
- Squat down with ball at your chest, and as you stand, press the ball up overhead as far as you can throw it.
- Be sure you keep your torso erect, weight back in the heels, and shoulders back to remain in the proper position.



Incline Press

Rack, Bar, Bench, Wt. Plates

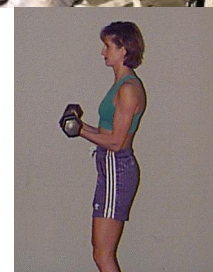
- Lie on your back on the Incline Press so that the barbell crosses above your nose.
- Take a grip just wider than shoulder width and bend your elbows slightly. Push the bar off of the support racks by locking your elbows, and bring it in line with the top of your chest.
- Angle your arms outward and lower the bar in a controlled manner until it touches your chest.
- Now contract your shoulder and arm muscles quickly as you explode the bar back to a locked out over-body position.



Bicep Curl

Curl Bar or DB's

- Grasp the bar with a closed, supinated grip that is slightly wider than shoulder width apart.
- Stand erect with feet shoulder width apart and knees slightly bent.



Lat Pull Down

Lat Pull Down Machine

- Grasp the bar with a closed, pronated grip that is wider than shoulder width apart
- With torso erect, head slightly down and arms fully extended slowly pull the bar down slightly touching the base of the neck.



Hamstring Curl

Partner

- Get on your knees and have your partner hold your heels.
- Try to lower your upper body to the ground without bending at the waist.
- Go as far as you can and catch yourself in a push-up position.
- Great for hamstring flexibility and strength
- Assume single-leg stance with slight flex in hip and knee of balancing leg
- Keeping back flat and without changing flex in knee, bend forward by shifting hips back
- Lower dumbbell as far as possible, then return to standing position through same motion

DB Single Leg RDL

DB's



DB Shoulder Complex 1

DB's

- **Lateral raise** – to you side parallel to the floor
- **Frontal raise** – to the front parallel to the floor
- **Bent over row** – bend over, flat back, chest out, knees bent; pull DB from hanging position to your shoulders.
- **Curl to Press** – stand upright do a DB bicep curl and from there press overhead (military press)

DB Shoulder Complex 2

DB's

- Houston Series
 - Front Raise (thumbs up)
 - 45 degree raise (pinkies up)
 - Lateral raise (palms down)
 - Rear Delt Raise (pinkies down)
 - Straight Back (palms up)

MB Decline 3-way Crunch

MB & Decline Bench

- Using a decline bench, position yourself with your feet locked in at the top.
- Start in an up position waiting to catch the ball from your partner
- Raise your body slowly while you contract your abs. Crunch up, twisting the ball (at chest level) to your right, go back down, then crunch up and twist to your left, come back down, then crunch up throwing the ball back to your partner.



MB Circles & 8's

MB & Partner

- That sequence equals one rep.
- **Circles**- Stand back to back and pass the ball to your partner from side to side in a circle pattern.
- **8's** - Take one step forward and pass the ball between each other – figure 8 pattern.

MB Seated Side Toss

MB

- Sit facing the same direction as your partner.
- Lean back slightly with your knees bent, feet flat on the floor, and aim for a spot just above your partner's knees for easier catching.
- The farther back you lean, the harder your abdominal and oblique have to work.
- Keep your abdominal tight in order to protect the lower back, and exhale as you toss to your partner.



Hang Clean

Bar, Wt. Plates

- Stand with barbell with over hand grip slightly wider than shoulder width.
- Bend knees and hips so barbell touches mid-thigh; shoulders over the bar with the back arched.
- Arms are straight with elbows pointed along the bar
- Jump upward extending the body.
- Shrug the shoulders and pull the barbell upward with the arms allowing the elbows to flex out to the sides, keeping the bar close to the body.
- Aggressively pull the body under the bar, rotating the elbows around the bar.
- Catch the bar on the shoulders while moving into a squat position.
- Hitting the bottom of the squat, stand up immediately

