

## Week 1 Workout (questions call Ligon 795-4393 or Maggart 205-3548)

Workout		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Crunch+Reach	6x8						
Crunch+Cross	6x8						
Plank	30sec	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX
Push-up	6x5		XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX
Squats	6x8		XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX
Calf Raises	6x5		XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX
Hips out	6x5		XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX
Hips cross	6x5		XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX
Tricep dips	6x5	XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX	
Hips Front	6x5	XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX	
Hips Back	6x5	XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX	
Lunge	6x5	XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX	
Can Can	6x8	XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX	
Run - 6mins, 250 Jump Rope, 2 min wall push							
Wall Set	45sec		XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX
Wall Set Squats	45sec		XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX
Platform Juggle	10		XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX
Pass, Set	10		XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX
Pass, Set, R, L	10		XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX
Serv Tosses	15	XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX	
3 position block	16	XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX	
3 Step Approach	15	XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX	
Passing	15	XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX	
10 Yard Sprint	5	XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX	
Calories - myfitnesspal							

Number after 5 tries

## Week 2 Workout (questions call Ligon 795-4393 or Maggart 205-3548)

Workout		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Crunch+Reach	6x8						
Crunch+Cross	6x8						
Plank	30sec	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX
Push-up	6x5		XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX
Squats	6x8		XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX
Calf Raises	6x5		XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX
Hips out	6x5		XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX
Hips cross	6x5		XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX
Tricep dips	6x5	XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX	
Hips Front	6x5	XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX	
Hips Back	6x5	XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX	
Lunge	6x5	XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX	
Can Can	6x8	XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX	
Run - 6mins, 300 Jump Rope, 2 min wall push							
Wall Set	45sec		XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX
Wall Set Squats	45sec		XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX
Platform Juggle	10		XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX
Pass, Set	10		XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX
Pass, Set, R, L	10		XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX
Serv Tosses	15	XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX	
3 position block	16	XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX	
3 Step Approach	15	XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX	
Passing	15	XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX	
10 Yard Sprint	5	XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX	
Calories - myfitnesspal							

Number after 5 tries

## Week 3 Workout (questions call Ligon 795-4393 or Maggart 205-3548)

Workout		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Crunch+Reach	6x10						
Crunch+Cross	6x10						
Plank	45sec	XXXX	XXXX	XXXX	XXXX	XXXX	XXXX
Push-up	6x7		XXXXXX		XXXXXX		XXXXXX
Squats	6x10		XXXXXX		XXXXXX		XXXXXX
Calf Raises	6x7		XXXXXX		XXXXXX		XXXXXX
Hips out	6x7		XXXXXX		XXXXXX		XXXXXX
Hips cross	6x7		XXXXXX		XXXXXX		XXXXXX
Tricep dips	6x7	XXXXXX		XXXXXX		XXXXXX	
Hips Front	6x7	XXXXXX		XXXXXX		XXXXXX	
Hips Back	6x7	XXXXXX		XXXXXX		XXXXXX	
Lunge	6x7	XXXXXX		XXXXXX		XXXXXX	
Can Can	6x10	XXXXXX		XXXXXX		XXXXXX	
Run - 8mins, 350 Jump Rope, 2:30 min wall push							
Wall Set	50sec		XXXX		XXXX		XXXX
Wall Set Squats	50sec		XXXX		XXXX		XXXX
Platform Juggle	12		XXXX		XXXX		XXXX
Pass, Set	12		XXXX		XXXX		XXXX
Pass, Set, R, L	12		XXXX		XXXX		XXXX
Serv Tosses	20	XXXX		XXXX		XXXX	
3 position block	20	XXXX		XXXX		XXXX	
3 Step Approach	20	XXXX		XXXX		XXXX	
Passing	20	XXXX		XXXX		XXXX	
10 Yard Sprint	7	XXXX		XXXX		XXXX	
Calories - myfitnesspal							

Number after 5 tries

## Week 4 Workout (questions call Ligon 795-4393 or Maggart 205-3548)

Workout		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Crunch+Reach	6x12						
Crunch+Cross	6x12						
Plank	45sec	XXXX	XXXX	XXXX	XXXX	XXXX	XXXX
Push-up	6x9		XXXXXX		XXXXXX		XXXXXX
Squats	6x10		XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX
Calf Raises	6x9		XXXXXX		XXXXXX		XXXXXX
Hips out	6x9		XXXXXX		XXXXXX		XXXXXX
Hips cross	6x9		XXXXXX		XXXXXX		XXXXXX
Tricep dips	6x9	XXXXXX		XXXXXX		XXXXXX	
Hips Front	6x9	XXXXXX		XXXXXX		XXXXXX	
Hips Back	6x9	XXXXXX		XXXXXX		XXXXXX	
Lunge	6x9	XXXXXX		XXXXXX		XXXXXX	
Can Can	6x10	XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX	
Run - 10mins, 400 Jump Rope, 2:30 min wall push							
Wall Set	55sec		XXXXXX		XXXXXX		XXXXXX
Wall Set Squats	55sec		XXXXXX		XXXXXX		XXXXXX
Platform Juggle	15		XXXXXX		XXXXXX		XXXXXX
Pass, Set	15		XXXXXX		XXXXXX		XXXXXX
Pass, Set, R, L	15		XXXXXX		XXXXXX		XXXXXX
Serv Tosses	25	XXXXXX		XXXXXX		XXXXXX	
3 position block	26	XXXXXX		XXXXXX		XXXXXX	
3 Step Approach	25	XXXXXX		XXXXXX		XXXXXX	
Passing	25	XXXXXX		XXXXXX		XXXXXX	
10 Yard Sprint	10	XXXXXX		XXXXXX		XXXXXX	
Calories - myfitnesspal							

Number after 5 tries

## Week 5 Workout (questions call Ligon 795-4393 or Maggart 205-3548)

Workout		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Crunch+Reach	6x15						
Crunch+Cross	6x15						
Plank	45sec	XXXX	XXXX	XXXX	XXXX	XXXX	XXXX
Push-up	6x10		XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX
Squats	6x10		XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX
Calf Raises	6x10		XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX
Hips out	6x10		XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX
Hips cross	6x10		XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX
Tricep dips	6x10	XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX	
Hips Front	6x10	XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX	
Hips Back	6x10	XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX	
Lunge	6x10	XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX	
Can Can	6x10	XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX	
Run - 12mins, 450 Jump Rope, 2:45 min wall push							
Wall Set	60sec		XXXXXX		XXXXXX		XXXXXX
Wall Set Squats	60sec		XXXXXX		XXXXXX		XXXXXX
Platform Juggle	20		XXXXXX		XXXXXX		XXXXXX
Pass, Set	20		XXXXXX		XXXXXX		XXXXXX
Pass, Set, R, L	20		XXXXXX		XXXXXX		XXXXXX
Serv Tosses	25	XXXXXX		XXXXXX		XXXXXX	
3 position block	26	XXXXXX		XXXXXX		XXXXXX	
3 Step Approach	25	XXXXXX		XXXXXX		XXXXXX	
Passing	25	XXXXXX		XXXXXX		XXXXXX	
10 Yard Sprint	10	XXXXXX		XXXXXX		XXXXXX	
Calories - myfitnesspal							

Number after 5 tries

## Week 6 Workout (questions call Ligon 795-4393 or Maggart 205-3548)

Workout		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Crunch+Reach	6x17						
Crunch+Cross	6x17						
Plank	60sec	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX
Push-up	6x10		XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX
Squats	6x10		XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX
Calf Raises	6x10		XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX
Hips out	6x10		XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX
Hips cross	6x10		XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX
Tricep dips	6x10	XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX	
Hips Front	6x10	XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX	
Hips Back	6x10	XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX	
Lunge	6x10	XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX	
Can Can	6x10	XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX	
Run - 12mins, 500 Jump Rope, 3:00 min wall push							
Wall Set	1:05m		XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX
Wall Set Squats	1:05m		XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX
Platform Juggle	25		XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX
Pass, Set	25		XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX
Pass, Set, R, L	25		XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX
Serv Tosses	25	XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX	
3 position block	26	XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX	
3 Step Approach	25	XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX	
Passing	25	XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX	
10 Yard Sprint	12	XXXXXXXXXX		XXXXXXXXXX		XXXXXXXXXX	
Calories - myfitnesspal							

Number after 5 tries

## Week 7 Workout (questions call Ligon 795-4393 or Maggart 205-3548)

Workout		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Crunch+Reach	6x20						
Crunch+Cross	6x20						
Plank	60sec	X	X	X	X	X	X
Push-up	6x10		X		X		X
Squats	6x10		X		X		X
Calf Raises	6x10		X		X		X
Hips out	6x10		X		X		X
Hips cross	6x10		X		X		X
Tricep dips	6x10	X		X		X	
Hips Front	6x10	X		X		X	
Hips Back	6x10	X		X		X	
Lunge	6x10	X		X		X	
Can Can	6x10	X		X		X	
Run - 13mins, 500 Jump Rope, 3:00 min wall push							
Wall Set	1:10m		X		X		X
Wall Set Squats	1:10m		X		X		X
Platform Juggle	25		X		X		X
Pass, Set	25		X		X		X
Pass, Set, R, L	25		X		X		X
Serv Tosses	25	X		X		X	
3 position block	26	X		X		X	
3 Step Approach	25	X		X		X	
Passing	25	X		X		X	
10 Yard Sprint	13	X		X		X	
Calories - myfitnesspal							

Number after 5 tries

## Week 8 Workout (questions call Ligon 795-4393 or Maggart 205-3548)

Workout		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Crunch+Reach	6x20						
Crunch+Cross	6x20						
Plank	60sec	X	XX	X	XX	X	XX
Push-up	6x10		XXXXXX		XXXXXX		XXXXXX
Squats	6x10		XXXXXX		XXXXXX		XXXXXX
Calf Raises	6x10		XXXXXX		XXXXXX		XXXXXX
Hips out	6x10		XXXXXX		XXXXXX		XXXXXX
Hips cross	6x10		XXXXXX		XXXXXX		XXXXXX
Tricep dips	6x10	XXXXXX		XXXXXX		XXXXXX	
Hips Front	6x10	XXXXXX		XXXXXX		XXXXXX	
Hips Back	6x10	XXXXXX		XXXXXX		XXXXXX	
Lunge	6x10	XXXXXX		XXXXXX		XXXXXX	
Can Can	6x10	XXXXXX		XXXXXX		XXXXXX	
Run - 14mins, 550 Jump Rope, 3:15 min wall push							
Wall Set	1:15m		XXXXXX		XXXXXX		XXXXXX
Wall Set Squats	1:15m		XXXXXX		XXXXXX		XXXXXX
Platform Juggle	27		XXXXXX		XXXXXX		XXXXXX
Pass, Set	27		XXXXXX		XXXXXX		XXXXXX
Pass, Set, R, L	27		XXXXXX		XXXXXX		XXXXXX
Serv Tosses	27	XXXXXX		XXXXXX		XXXXXX	
3 position block	28	XXXXXX		XXXXXX		XXXXXX	
3 Step Approach	27	XXXXXX		XXXXXX		XXXXXX	
Passing	27	XXXXXX		XXXXXX		XXXXXX	
10 Yard Sprint	14	XXXXXX		XXXXXX		XXXXXX	
Calories - myfitnesspal							

Number after 5 tries



## Week 9 Workout (questions call Ligon 795-4393 or Maggart 205-3548)

Workout		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Crunch+Reach	6x25						
Crunch+Cross	6x25						
Plank	60sec	X	X	X	X	X	X
Push-up	6x12		X		X		X
Squats	6x12		X		X		X
Calf Raises	6x12		X		X		X
Hips out	6x12		X		X		X
Hips cross	6x12		X		X		X
Tricep dips	6x12	X		X		X	
Hips Front	6x12	X		X		X	
Hips Back	6x12	X		X		X	
Lunge	6x12	X		X		X	
Can Can	6x12	X		X		X	
Run - 15mins, 550 Jump Rope, 3:30 min wall push							
Wall Set	1:20m		X		X		X
Wall Set Squats	1:20m		X		X		X
Platform Juggle	30		X		X		X
Pass, Set	30		X		X		X
Pass, Set, R, L	30		X		X		X
Serv Tosses	30	X		X		X	
3 position block	30	X		X		X	
3 Step Approach	30	X		X		X	
Passing	30	X		X		X	
10 Yard Sprint	15	X		X		X	
Calories - myfitnesspal							

Number after 5 tries

**Week 10 Workout** (questions call Ligon 795-4393 or Maggart 205-3548)

Workout		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Crunch+Reach	6x25						
Crunch+Cross	6x25						
Plank	60sec	X	X	X	X	X	X
Push-up	6x12		X		X		X
Squats	6x12		X		X		X
Calf Raises	6x12		X		X		X
Hips out	6x12		X		X		X
Hips cross	6x12		X		X		X
Tricep dips	6x12	X		X		X	
Hips Front	6x12	X		X		X	
Hips Back	6x12	X		X		X	
Lunge	6x12	X		X		X	
Can Can	6x12	X		X		X	
Run - 15mins, 550 Jump Rope, 3:30 min wall push							
Wall Set	1:20m		X		X		X
Wall Set Squats	1:20m		X		X		X
Platform Juggle	30		X		X		X
Pass, Set	30		X		X		X
Pass, Set, R, L	30		X		X		X
Serv Tosses	30	X		X		X	
3 position block	30	X		X		X	
3 Step Approach	30	X		X		X	
Passing	30	X		X		X	
10 Yard Sprint	15	X		X		X	
Calories - myfitnesspal							

Number after 5 tries

## Week 11 Workout (questions call Ligon 795-4393 or Maggart 205-3548)

Workout		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Crunch+Reach	6x30						
Crunch+Cross	6x30						
Plank	60sec	X	X	X	X	X	X
Push-up	6x12						
Squats	6x12						
Calf Raises	6x12						
Hips out	6x12						
Hips cross	6x12						
Tricep dips	6x12						
Hips Front	6x12						
Hips Back	6x12						
Lunge	6x12						
Can Can	6x12						
Run - 17mins, 550 Jump Rope, 3:30 min wall push							
Wall Set	1:25m						
Wall Set Squats	1:25m						
Platform Juggle	30						
Pass, Set	30						
Pass, Set, R, L	30						
Serv Tosses	30						
3 position block	30						
3 Step Approach	30						
Passing	30						
10 Yard Sprint	15						
Calories - myfitnesspal							

Number after 5 tries

## Week 12 Workout (questions call Ligon 795-4393 or Maggart 205-3548)

Workout		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Crunch+Reach	6x30						
Crunch+Cross	6x30						
Plank	60sec						
Push-up	6x~ (failure)						
Squats	6x~						
Calf Raises	6x~						
Hips out	6x~						
Hips cross	6x~						
Tricep dips	6x~						
Hips Front	6x~						
Hips Back	6x~						
Lunge	6x~						
Can Can	6x~						
Run - 20mins, 550 Jump Rope, 3:30 min wall push							
Wall Set	1:30m						
Wall Set Squats	1:30m						
Platform Juggle	30						
Pass, Set	30						
Pass, Set, R, L	30						
Serv Tosses	30						
3 position block	30						
3 Step Approach	30						
Passing	30						
10 Yard Sprint	15						
Calories - myfitnesspal							

Number after 5 tries