

## Cardio Circuit

### Warm Up Stretches:

#### Stretch 1 (Net and Back)

1. Free Style Swim on balls of feet
2. Backstroke Swim on heels
3. Lunges
4. Karaoke (Facing both ways)
5. Side lunges

### Warm up

Round 1 (30 secs)	Round 2 (30 secs)	Round 3 (15 secs)
Jog	Jog	Jog
Jumping Jacks	Jumping Jacks	Jumping Jacks
Heisman's	Heisman's	Heisman's
Butt Kicks	Butt Kicks	Butt Kicks
High Knees	High Knees	High Knees
Mummy Kicks	Mummy Kicks	Mummy Kicks

***Water Break – 25 Seconds...Keep moving, DO NOT STOP.***

### Workout 1—30 second break between rounds. Keep Moving, DO NOT STOP

Round 1 (10)	Round 2 (10)	Round 3 (5)
Slide Drill	Slide Drill	Slide Drill
Power Squats	Power Squats	Power Squats
Mountain Climbers	Mountain Climbers	Mountain Climbers
Ski Jumps	Ski Jumps	Ski Jumps

## **Descriptions:**

### **Slide Drill**

**Volleyball Specific:** Every time you move side to side, you are touching the line with your foot with your platform extended calling mine. Make sure you keep your core tight. The distance should be 10ft between lines.

**Cardio Workout:** Every time you move side to side, you are touching the ground with you're opposite hand of the side you are drilling on (so for left side). You would touch the ground with your right hand, then side step to your opposite side and repeat with your other hand. Make sure you keep your core tight.

### **Power Squats**

Power Squats are just normal squats with a small jump when you come to the top.

### **Mountain Climbers**

This exercise is the standing-up version. Just pretend like you are rock climbing, extend those arms way up, and bring your knee to a 90 degree angle. It's very important to get your knees and arms up. If not, you are just cheating yourself. Can also do floor version.

### **Ski Jumps**

Imagine you are downhill skiing, keep both feet together and use your arms to propel yourself down the hill, then with each arm propel you are jumping side to side with your feet together, the key here is to find a groove and cover some ground. Land softly on your feet.

***Water Break – 25 Seconds...Keep moving, DO NOT STOP.***

### **Volleyball Wide Sprints**

Up-Down: Start laid out flat on the floor. Push yourself up using you upper body and swing your feet underneath you. DO NOT USE YOUR KNEES. Stay in passing position with platform extended and calling mine.

Quick sprints: 5 quick sprints covering about a 10 to 15 foot area. Down and back is one. Touch line with hand.

Net Jumps: 5 net jumps. Make sure you are using correct blocking form. The squat for your jump should have you eye level with the bottom of the net.

Set: Each set consist of the following: up-down—quick sprint—up-down—net jumps—

up-down. There are no breaks within the set. There will be a slight pause to get on floor for the up-down.

**Water Break – 25 Seconds...Keep moving, DO NOT STOP.**

Workout 2—30 second break between rounds. Keep Moving, DO NOT STOP

Round 1 (5 sets each)	Round 2 (5 sets each)	Round 3 (5 sets each)
Push Drill	Push Drill	Push Drill
Ski Drill	Ski Drill	Ski Drill
In-and-Outs	In-and-Outs	In-and-Outs

### **Push Drills:**

Set: 4 Push-ups with 4 floor mountain climbers between each. After last mountain climber, stand up and put your hands in the air – Great you just completed 1 Level I Drill.

### **Ski Drills**

Set:

- Start off in the Plank position (keep your core tight).
- Use your abs and legs (keep your legs and knees together) to jump out to the right (knees toward your chest) while staying in the plank position.
- Use your abs and legs to jump back into the center.
- Use your abs and legs (keep your legs and knees together) to jump out to the left (knees toward your chest) while staying in the plank position.
- Use your abs and legs to jump back into the center. – Great you just completed 1 Ski Drill.

### **In-and-Outs**

Set:

- These are just like the Ski Drill you just completed – Keep your core tight.
- Start off in the Plank position (keep your core tight).
- Use your abs and legs (keep your legs and knees together) to jump your knees into your chest while staying in the plank position. – Great you just completed 1 In-and-Out Drill.

**Water Break – 25 Seconds...Keep moving, DO NOT STOP. If you're not exhausted,**

*you're not pushing hard enough.*

## **Upper Body**

### **Jabs**

Take your boxing stance and throw your jabs (fists) with both hands.  
Repeat for 30 seconds.

### **Uppercuts**

Take your boxing stance and throw your uppercuts with both hands.  
Repeat 30 seconds.

### **Attacks**

Take your boxing stance and throw open palm hits against an imaginary opponent.  
Repeat 30 seconds.

***Water Break – 25 Seconds...Keep moving, DO NOT STOP. DONE!!!!!!***

## Cool Down Stretching

### Cool Down 1

#### 1. Quadriceps

Lying on your right side, pull left heel into left glute, feeling the stretch in the front of the thigh. Repeat with the right leg.

#### 2. Hamstrings

Lying on your back, lift and straighten one leg directly above hips. Holding the calf or thigh, press heel toward ceiling as you pull leg back toward chest. Switch legs.

#### 3. Glutes

Lying on your back, cross right leg over bent left knee. Then bring left knee to chest, holding onto the back of your thigh, gently pressing right knee wide. Switch legs.

#### 4. Chest

Standing straight, interlace fingers behind your back as you straighten out your arms and lift chin to ceiling.

#### 5. Triceps/shoulders

Take one arm overhead, bend at elbow joint, and extend palm down centre of your back, gently pulling elbow with opposite hand. Take same arm across the chest, gently pulling at the elbow joint, to extend through the shoulder. Switch arms.

#### 6. Core/back

On all fours, round out your back (like an angry cat), and then invert it, making a C-shape with your spine, Repeat three times. Then sit back between your heels, forehead on the mat, arms extended in front of you, as you lengthen your back.

### Scorpions

### Cool Down 2

1.

You are doing various cool down stretches to gain flexibility in your now hot muscles. Make sure you replenish your muscles with some type of protein and carbs, whether through a shake, a light meal or whatever.

#### Jump Ropes

- Standard
- High Jump
- Left
- Right
- Alternate
- 

#### Agility Ladder

- Salome: Both, right, and left
- Hop Scotch
- Quick feet

#### Plyo

- One Leg tuck jumps
- Scissor Jumps(swinging arms, hands on head)
- Single leg broad jumps

## Core

- V-sits
- Superman
- Planks
- Side Planks
- Lying Hip Extensions
- Bicycles
- Broad Jumps
- Burpees

5 min—Stretch

10 min—Core Work out (2 Rounds, 30 seconds each)

- V-Sit-ups
- Superman
- Planks
- Side Planks (Left and Right)
- Burpees
- Bicycles

5 min—Plyo and Water (2 Rounds, 30 seconds each)

- Scissor Jumps (swinging arms, hands on head)
- Single leg broad jumps

10 min—Cardio Warm-up

Warm up

Round 1	Round 2	Round 3
Jog	Jog	Jog
Jumping Jacks	Jumping Jacks	Jumping Jacks
Heisman's	Heisman's	Heisman's
Butt Kicks	Butt Kicks	Butt Kicks
High Knees	High Knees	High Knees
Mummy Kicks	Mummy Kicks	Mummy Kicks

**Water Break – 25 Seconds...Keep moving, DO NOT STOP.**

10 min—Workout 2

Round 1 (5 sets each)	Round 2 (5 sets each)	Round 3 (5 sets each)
Push Drill	Push Drill	Push Drill
Ski Drill	Ski Drill	Ski Drill
In-and-Outs	In-and-Outs	In-and-Outs

30 second break between rounds. Keep Moving, DO NOT STOP

10 min – Agility Ladder and Jump Ropes

5 min—Cool Down

## Cool Down 1

### 1. Quadriceps

Lying on your right side, pull left heel into left glute, feeling the stretch in the front of the thigh. Repeat with the right leg.

### 2. Hamstrings

Lying on your back, lift and straighten one leg directly above hips. Holding the calf or thigh, press heel toward ceiling as you pull leg back toward chest. Switch legs.

### 3. Glutes

Lying on your back, cross right leg over bent left knee. Then bring left knee to chest, holding onto the back of your thigh, gently pressing right knee wide. Switch legs.

### 4. Chest

Standing straight, interlace fingers behind your back as you straighten out your arms and lift chin to ceiling.

### 5. Triceps/shoulders

Take one arm overhead, bend at elbow joint, and extend palm down centre of your back, gently pulling elbow with opposite hand. Take same arm across the chest, gently pulling at the elbow joint, to extend through the shoulder. Switch arms.

### 6. Core/back

On all fours, round out your back (like an angry cat), and then invert it, making a C-shape with your spine, Repeat three times. Then sit back between your heels, forehead on the mat, arms extended in front of you, as you lengthen your back.

## Scorpions



16's and 18's Practice Schedule (1 ½ hour Workout)

5 min—Stretch

10 min—Cardio Warm-up

Warm up

Round 1	Round 2	Round 3
Jog	Jog	Jog
Jumping Jacks	Jumping Jacks	Jumping Jacks
Heisman's	Heisman's	Heisman's
Butt Kicks	Butt Kicks	Butt Kicks
High Knees	High Knees	High Knees
Mummy Kicks	Mummy Kicks	Mummy Kicks

***Water Break – 25 Seconds...Keep moving, DO NOT STOP.***

10 min—Workout 1

Round 1 (10)	Round 2 (10)	Round 3 (5)
Slide Drill	Slide Drill	Slide Drill
Power Squats	Power Squats	Power Squats
Mountain Climbers	Mountain Climbers	Mountain Climbers
Ski Jumps	Ski Jumps	Ski Jumps

30 second break between rounds. Keep Moving, DO NOT STOP

10 min—Workout 2

Round 1 (5 sets each)	Round 2 (5 sets each)	Round 3 (5 sets each)
Push Drill	Push Drill	Push Drill
Ski Drill	Ski Drill	Ski Drill
In-and-Outs	In-and-Outs	In-and-Outs

30 second break between rounds. Keep Moving, DO NOT STOP

10 min—Core Work out (2 Rounds, 30 seconds each)

- V-Sit-ups
- Superman
- Planks
- Side Planks (Left and Right)
- Burpees
- Bicycles

5 min—Plyo and Water (2 Rounds, 30 seconds each)

- Scissor Jumps (swinging arms, hands on head)
- Single leg broad jumps

10 min – Agility Ladder and Jump Ropes

10 min—Cool Down

Cool Down 1

1. Quadriceps

Lying on your right side, pull left heel into left glute, feeling the stretch in the front of the thigh. Repeat with the right leg.

2. Hamstrings

Lying on your back, lift and straighten one leg directly above hips. Holding the calf or thigh, press heel toward ceiling as you pull leg back toward chest. Switch legs.

3. Glutes

Lying on your back, cross right leg over bent left knee. Then bring left knee to chest, holding onto the back of your thigh, gently pressing right knee wide. Switch legs.

4. Chest

Standing straight, interlace fingers behind your back as you straighten out your arms and lift chin to ceiling.

5. Triceps/shoulders

Take one arm overhead, bend at elbow joint, and extend palm down centre of your back, gently pulling elbow with opposite hand. Take same arm across the chest, gently pulling at the elbow joint, to extend through the shoulder. Switch arms.

6. Core/back

On all fours, round out your back (like an angry cat), and then invert it, making a C-shape

with your spine, Repeat three times. Then sit back between your heels, forehead on the mat, arms extended in front of you, as you lengthen your back.

Scorpions