

# GOLDSBORO HIGH SCHOOL

## *Lady Cougars Volleyball*

Volleyball Workout Off-Season 1: 2x A Week

Day: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_ am/pm

Cardio Today? YES NO Exercise: \_\_\_\_\_ Duration: \_\_\_\_\_

Length of Workout: \_\_\_\_\_ Weight: \_\_\_\_\_ Location: \_\_\_\_\_

Mood When Starting: \_\_\_\_\_

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

Exercise	Set #1	Set #2	Set #3
Dumbbell Squat: 3 sets of 15 reps			
Dumbbell Alternating Bench Press: 3 sets of 15 reps			
Hang Cleans: 2 sets of 5 reps			
Dumbbell Front Raises: 3 sets of 15 reps			
Reverse Flyes: 3 sets of 15 reps			
Overhead Tricep Extensions: 3 sets of 15 reps			
Dumbbell Bicep Curls: 3 sets of 15 reps			
Jackknife Crunches: 3 sets of 20 reps			
Oblique Crunches: 3 sets of 20 reps			
External Rotation: 3 sets of 15 reps			

# GOLDSBORO HIGH SCHOOL

## *Lady Cougars Volleyball*

Volleyball Workout Off-Season 2: 2x A Week

**Day:** \_\_\_\_\_ **Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_ am/pm

**Cardio Today? YES NO**     **Exercise:** \_\_\_\_\_ **Duration:** \_\_\_\_\_

**Length of Workout:** \_\_\_\_\_ **Weight:** \_\_\_\_\_ **Location:** \_\_\_\_\_

**Mood When Starting:** \_\_\_\_\_

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

Exercise	Set #1	Set #2	Set #3	Set #4
<b>Dumbbell Lunge:</b> 4 sets of 12 reps				
<b>Hip Bridges: 4 sets of 12 reps</b> Hold for 4 secs				
<b>Dumbbell Chest Fly: 4 sets of 12 reps</b>				
<b>Dumbbell Pullovers: 4 sets of 12 reps</b>				
<b>Dumbbell Lateral Raises: 4 sets of 12 reps</b>				
<b>Bench Press: 3 sets of 8 reps</b>				
<b>Standing Bent-over Tricep Extensions: 4 sets of 12 reps</b>				
<b>Crunches on Stability Ball: 3 sets of 20 reps</b>				
<b>Jump Squats: 3 sets of 10 reps</b>				
<b>Parallel Squats: 3 sets of 6 reps</b>				

# GOLDSBORO HIGH SCHOOL

## *Lady Cougars Volleyball*

Volleyball Agility and Quickness Workout: 4x A Week

**Day:** \_\_\_\_\_ **Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_ **am/pm**

**Cardio Today? YES NO**    **Exercise:** \_\_\_\_\_ **Duration:** \_\_\_\_\_

**Length of Workout:** \_\_\_\_\_ **Weight:** \_\_\_\_\_ **Location:** \_\_\_\_\_

**Mood When Starting:** \_\_\_\_\_

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

Exercise	Reps
<b>Box Drill</b>	<b>4 reps</b>
<b>Dot Drill: Figure 8's, Hour Glass, Scissors</b>	<b>2 reps of each for 20 secs</b>
<b>Agility Ladder: One Foot Run, Two Foot Run</b>	<b>3 reps of each pattern</b>
<b>AL: Hop Scotch, Backwards Hop Scotch</b>	<b>3 reps of each pattern</b>
<b>AL: Icky Shuffle, Double Icky Shuffle</b>	<b>3 reps of each pattern</b>
<b>AL: Arm Press, Scissor Skips</b>	<b>3 reps of each pattern</b>
<b>AL: Bunny Hops, IN-and-OUTs, Quick Feet</b>	<b>3 reps of each pattern</b>
<b>AL: One Legged Hip Rotations</b>	<b>3 reps of each pattern each Leg</b>
<b>Platforms: Step Ups, Lateral Shuffles</b>	<b>4 reps of each for 30 secs</b>
<b>Platforms: Scissors, Calf Raises</b>	<b>4 reps of each for 30 secs</b>
<b>Four Square: 1-2-3-4, 1-3-2-4, 4-3-1-2</b>	<b>2 reps of each for 20 secs</b>
<b>Chimney Jumps: Tucks, Quick Jumps</b>	<b>4 reps of each</b>
<b>T-Drill: Slides</b>	<b>4 reps</b>