January’s Workout

Warm Up

5 laps light jog around the court

2 sets of jumping jacks 30 secs

Walking lunges end line to net and back

2 sets of Shuffle’s, in a volleyball stance(defense), end line to net and back

Circuits (2 rounds of 45 seconds)

1. Push-ups, attempt to do normal pushes up before going to the knee push ups
   1. Focus on slower decent and a faster reset
2. Planks, on elbows
   1. Backs straight
3. Jump rope (speed is not important)
4. Wall sits
5. Hip Flexor workout
   1. Standing at arm’s length away from the wall with hands flat on the wall.
   2. Driving left leg up to the up towards the elbow (controlled motion)
6. Hip Flexor workout (opposite side)
7. High Knees with the ladders
   1. Both feet should hit every square
   2. Bringing knees above waist line
8. Sprints
   1. If being completed at the beginning of practice go 75%
   2. If being completed at the end of practice go max effort
9. Squat Jumps
   1. Bend knees to a 45-degree angle
   2. Use arms to explode high
   3. And focus on soft landings
10. Shoulder Bands on the wall
    1. Hands should be 6 inches apart on the band

Cool down

Lightly jog 3 laps

Walk 2 laps

Stretch