Weekly Work Out Sheets

15 and Older

Day 1: Wednesday Practice

Name:	Date	Date	Date	Date	Date	Date	Date	Date
8 (minimum) squats with bar only x 2 reps (min) - *Use a partner, rest bar on shoulders, with legs squat as low as you can go and then return up. Do not straighten your legs and DO NOT bend your back!! Keep it straight- head pointed to ceiling*	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps
10 (min) each legs of Lunges w/ weights x 2 reps (min) - Low weights step into a lunge and step back, make sure front knee stays behind front foot. The do opposite leg	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps
8 (min) of shoulder press x 2 reps (min) - *Dumbbells starting resting on shoulders, press up until arms are almost straight, bring back down and repeat*	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps
8 (min) of ball pushups x 2 reps (min) - *Feet on ball, hands on floor. Push up, roll ball forward until you are in a pike position and then return to plank position. Repeat*	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps
15 (min) Stair Calf Raises x 2 reps (min) - *With low weights, step on edge of stair, hold weights on the side of body, all the way down and back up on tippy toes*	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps
8 (min) Ball Bench Press x 2 reps (min) - *Lie on left side, with left hand on ground by stomach and right hand supporting neck. Bring your right arm up and crunch, hold for 3 seconds.*	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps
8 (min) Pull up x 2 reps (min) - Using a bar, turn hands backwards and pull yourself up until chin is over bar. (Pull up a chair and rest your foot on chair if you need help.)	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps

Weekly Work Out Sheets

Silver State Volleyball Club

Day 2: Own Practice

Name:	Date	Date	Date	Date	Date	Date	Date	Date
8 (minimum) squats with bar only x 2 reps (min) - *Use a partner, rest bar on shoulders, with legs squat as low as you can go and then return up. Do not straighten your legs and DO NOT bend your back!! Keep it straight- head pointed to ceiling*	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps
10 (min) each legs of Lunges w/ weights x 2 reps (min) - Low weights step into a lunge and step back, make sure front knee stays behind front foot. The do opposite leg	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps
8 (min) of shoulder press x 2 reps (min) - *Dumbbells starting resting on shoulders, press up until arms are almost straight, bring back down and repeat*	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps
8 (min) of ball pushups x 2 reps (min) - *Feet on ball, hands on floor. Push up, roll ball forward until you are in a pike position and then return to plank position. Repeat*	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps
15 (min) Stair Calf Raises x 2 reps (min) - *With low weights, step on edge of stair, hold weights on the side of body, all the way down and back up on tippy toes*	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps
8 (min) Ball Bench Press x 2 reps (min) - *Lie on left side, with left hand on ground by stomach and right hand supporting neck. Bring your right arm up and crunch, hold for 3 seconds.*	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps
8 (min) Pull up x 2 reps (min) - Using a bar, turn hands backwards and pull yourself up until chin is over bar. (Pull up a chair and rest your foot on chair if you need help.)	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps	_____ # x _____ Reps