

Del Val Volleyball Summer Workout Choice Board

I would encourage all of you to make a **copy** of this board, and keep track of the exercises you do below. You can even show them to me in August if you want a sense of accomplishment! Keep each other motivated too! If you find a workout you love, share it with the team! Aim for 4-5 exercises a week. If I can do it, you can too! You **DO NOT** have to do cardio every day, strength, agility, core, and plyometrics are more important in volleyball! There are a million free youtube videos out there, the Nike Training app is great, the Fitbit Coach app is great, as are many others. If you have any questions, ask! You got this!!!

Cardio	Agility	Strength	Core	Skills
5 mile walk or hike	Agility ladder work	Upper body workout (any)	Any Pilates class blogilates	Footwork <ul style="list-style-type: none"> • Shuffling (defense) • Blocking • Attacking
Long (slow) run 40-60 minutes	Snakes (sprint, shuffles, grapevine both ways, run backward, lunges)	Lower body workout (any)	Any Yoga class	Serving <ul style="list-style-type: none"> • Against a wall • At a park/backyard net
HITT workout: -run in place (45 sec) -bodyweight squats (30 sec) -Cat Cows (30 secs) -Alternating Fire Hydrants (30 sec) -Pike Presses (30 secs) -Drop Squats (45 secs) -Pushups (30 secs) -Drop Squats (45 secs) -Superman shoulder presses (30 secs) -forearm plank left (30) -forearm plank right (30) -bicycle kicks (60 sec) -Sumo Squats (30 sec) -high knees (45 sec) -butt kicks (45 sec) -stretch	Cone drills: https://www.youtube.com/watch?v=oJRFri_gVc	Any strength HITT workout	10 minute abs: -Bicycle kicks (30 sec) -forearm plank (45 sec) -straight leg lifts (12) -russian twists (30 sec) -mountain climbers (20 sec) -superman planks (12) -forearm planks Left & rights (30 secs each) -windshield wipers (15) -bicycle kicks (30 sec) -mountain climbers (30 sec) -crunches (50) Or: https://www.youtube.com/watch?v=Pd9Rqv07CH8	Setting <ul style="list-style-type: none"> • To self • To target spots (basket/cone/area that is the distance from setter's spot)
Bike ride (40-60 minutes)	Plyometric and Core: https://www.youtube.com/watch?v=8DNmou8hUgc	-lift at a gym -home bodyweight workouts -strength bands workouts -other	30-minute abs!! https://www.youtube.com/watch?v=PuyoDYCI5g	
Strong Run 20 minutes or 3 miles		**Try to make sure that you are working out your whole body, don't just focus on one muscle group!		Pass to self <ul style="list-style-type: none"> • Set self in ready position/passing platform and hold
Other	Other	Other	Other	Other

Use this area to keep a running log of your workouts, list the date, category, and type of workout completed. Alternatively, you can type the dates of each workout right into each cell in a fun color!