

# TORRANCE HIGH SCHOOL GIRLS VOLLEYBALL

## Tartar Pride!

11/17

### FULL BODY BOOTCAMP

5 circuits -- 25 minutes

#### TRISSET 1

3 exercises @ 30 seconds -- 3 laps

- Kneel Squat
- Lateral Lunge
- Glute Bridge

#### TRISSET 2

3 exercises @ 30 seconds -- 3 laps

- Lay-Down Push Up
- Reverse Table Top Hold
- Bear Crawl

#### TRISSET 3

3 exercises @ 30 seconds -- 3 laps

- Straight-Leg Raise & Hip Lift
- Alternating Superman
- X Plank

#### SUPERSET 1

2 exercises @ 30 seconds -- 2 laps

- Pop Squat
- Hover to Plank

#### SUPERSET 1

2 exercises @ 30 seconds -- 2 laps

- Plank Jack & Shoulder Tap
- Plank Dips

### BALL CONTROL, FOOTWORK, & PLYOS

2 circuits -- 20 minutes

#### BALL CONTROL

5 exercises @ 60 reps -- 3 laps

- Pass-Set to Yourself
- 10 Foot Side-Side Pass & Move
- 10 Foot Front-Back Pass & Move
- 10 Foot Diagonal V Pass & Move
- Right Arm - Pass to Yourself - Left Arm - Pass to Yourself

#### PLYOS

6 exercises @ listed reps -- 3 laps

**WITH NOT BREAKS DURING THE EXERCISE**

- 50 Popcorns  
[AS FAST AS YOU CAN]
- 15 Broadjump to Backwards High Knees
- 20 Right-Leg Single-Leg Bound to Jump
- 20 Right-Leg Single-Leg Bound to Jump
- 2-minute Speed Jump Rope
- 25 Double Jumps with Jump Rope