

# TORRANCE HIGH SCHOOL GIRLS VOLLEYBALL

## Tartar Pride!

10/30

### **EXPRESS LEGS & ABS**

8 circuits -- 25 minutes

#### **LEG CIRCUIT**

*7 exercises @ 30 seconds -- 4 laps*

- Modified Jump Lunge
- High Knees
- Sumo Squats
- Skaters
- Glute Bridge
- Burpee
- Bent-Leg Sit-Up & Reach

#### **AB CIRCUIT**

*7 exercises @ 30 seconds -- 4 laps*

- Plank Jacks
- High Knees
- Toe Tap
- Burpee
- X Mountain Climber
- Air Skipping
- Bent & Straight-Leg Raise

### **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