

TORRANCE HIGH SCHOOL GIRLS VOLLEYBALL

Tartar Pride!

10/2

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