

TORRANCE HIGH SCHOOL GIRLS VOLLEYBALL

Tartar Pride!

12/4

EXPRESS LEGS & ABS

4 circuits -- 15 minutes

EXPRESS LEGS

7 exercises @ 30 seconds -- 2 laps

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

EXPRESS ABS

7 exercises @ 30 seconds -- 2 laps

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

BALL CONTROL

1 circuits -- 5 minutes

BALL CONTROL

5 exercises @ 100 reps -- 2 laps

- Pass to Yourself
- Set to Yourself
- Pass-Set to Yourself
- Pass to Yourself with Touch the Ground
- Set to Yourself with 180 turn

SINGLE-ARM BALL CONTROL

5 exercises @ 50 reps -- 2 laps

- Right Arm
- Left Arm
- Right Arm - Left Arm
- Right Arm - Left Arm - Pass to Yourself
- Right Arm - Pass to Yourself - Left Arm - Pass to Yourself