

TORRANCE HIGH SCHOOL GIRLS VOLLEYBALL

Tartar Pride!

9/30

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