

# TORRANCE HIGH SCHOOL GIRLS VOLLEYBALL

## Tartar Pride!

9/15

### FULL BODY BOOTCAMP

5 circuits -- 25 minutes

#### TRISSET 1

3 exercises @ 30 seconds -- 3 laps

- Pop Squat & Extend
- Curtsy Lunge
- Straddle Hinge

#### TRISSET 2

3 exercises @ 30 seconds -- 3 laps

- Kneel to Knee-Up
- Lateral Bound
- Reverse Plank Walkout

#### TRISSET 3

3 exercises @ 30 seconds -- 3 laps

- Ab Bikes
- Superman Hold
- Hover leg Extension

#### SUPERSET 1

2 exercises @ 30 seconds -- 2 laps

- Pop Squat \* Extend
- glute Bridge Walkout

#### SUPERSET 1

2 exercises @ 30 seconds -- 2 laps

- Should Tap & Rocking Chair
- Mountain Climber

### FOOTWORK & PLYOS

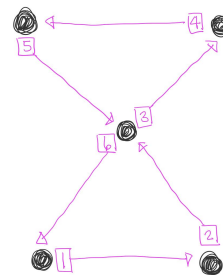
2 circuits -- 15 minutes

#### FOOTWORK

5 exercises @ listed reps -- 2 laps

**WITH NO BREAKS DURING THE EXERCISE**

- 40 2-Foot Jump Boxes  
[AS FAST AS YOU CAN]
- 20 Right Leg Jump Boxes  
[AS FAST AS YOU CAN]
- 20 Left Leg Jump Boxes  
[AS FAST AS YOU CAN]
- 25 Approach Footwork
- 1-minute 10 foot Side-Side Shuffle  
[AS FAST AS YOU CAN]
- 1-minute 10 foot Front-Back Shuffle  
[AS FAST AS YOU CAN]



#### PLYOS

6 exercises @ listed reps -- 2 laps

**WITH NO BREAKS DURING THE EXERCISE**

- 2-minute Speed Jump Rope
- 25 Double Jumps with Jump Rope
- 2-minute Speed Jump Rope
- 50 Popcorns  
[AS FAST AS YOU CAN]
- 20 Right-Leg Single-Leg Lateral Bound to Jump
- 20 Left-Leg Single-Leg Lateral Bound to Jump