

TORRANCE HIGH SCHOOL GIRLS VOLLEYBALL

Tartar Pride!

12/1

FULL BODY BOOTCAMP

5 circuits -- 25 minutes

TRISSET 1

3 exercises @ 30 seconds -- 3 laps

- Pop Squat
- Reverse Lunge
- Frog Pump

TRISSET 2

3 exercises @ 30 seconds -- 3 laps

- X Push Up
- Plank Rotation
- Plank Jacks

TRISSET 3

3 exercises @ 30 seconds -- 3 laps

- Straight-Leg Raise
- Superman Hold
- X Plank

SUPERSET 1

2 exercises @ 30 seconds -- 2 laps

- Kneel to Squat
- High Knees

SUPERSET 1

2 exercises @ 30 seconds -- 2 laps

- Shoulder Tap & Rocking Chair
- Reverse Table Top Hold

BALL CONTROL

2 circuits -- 10 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