

At-Home SVHS VB Workout - 2022

"The Harder You Work, the Harder it is to Surrender"

Goal is to workout 3 times a week.

You can use a timer on your phone, or family member to help with time 30 seconds on, then 10 second switch. Do each line twice, with the goal after a month (or sooner) to be doing each line three times.

These activities are to help with speed and strength. Last year at state speed and strength are areas we need to improve. Commit now to make yourself faster and stronger. (3X's a Week)

Ladders/5 Dots.....Hurdle Jump/Ski Jumps
180 Squat Jumps.....Scissor Jumps
Square Squat.....Triple Bear

**Can do with or without weights...if you want to do weights and don't have any, can use Gatorade bottles or other house-hold items for weight.*

Front/Back Lunge.....Swimmers
Statue of Liberty.....Side Lunge
Bicep Flip.....Single Leg RDL

Plank Side Touch.....Windshield Wiper
Traveling Pushup.....Plank Twist/Mountain Climbers Cross
Plank Jack Pushup.....Burpees