

UCSD MEN'S VOLLEYBALL

Day 1

Dynamic Warm Up Jumping Jacks x 20, Split Jacks x 20, Mountain Climbers x 20, High Knees, Butt Kicks, A-Skips, B-Skips, Power Skips, St Leg Skips, Leg Swings

Shoulder Stability I, Y, T Plate Catches 2 x 15 (use small plate 2.5 - 5lb, raise it up in I, Y, or T - release and catch it - repeat)

Glute Act/Strength SL Hip Bridge Shoulders on Bench 2 x 15 each Add Weight each week!

Conditioning See Conditioning Sheet

Order	Max	Exercise	Set	Week 1 wt	x	Week 1 reps	Week 2 wt	x	Week 2 reps	Week 3 wt	x	Week 3 reps
		Clean Complex RDL, Pull, High Pull, Clean, Front Squat			x 5 ea			x 5 ea			x 5 ea	
1	#N/A	Hang Clean Max Speed!	1		warm up set #1	x 2			x 2			x 2
			2		warm up set #2	x 2			x 2			x 2
			3			x 2			x 2			x 2
			4			x 2			x 2			x 2
			5			x 2			x 2			x 2
			6			x 2			x 2			x 2
2	#N/A	Back Squat Max Speed!	1		warm up set #1	x 3			x 3			x 3
			2		warm up set #2	x 3			x 3			x 3
			3			x 3			x 3			x 3
			4			x 3			x 3			x 3
			5			x 3			x 3			x 3
			6			x 3			x 3			x 3
3	#N/A	Tuck Jump Counter Attack - Hold-Jump-Stick	1			x 5			x 5			x 5
4	#N/A	SL SB Leg Curl	1			x 6e			x 7e			x 8e
			2			x 6e			x 7e			x 8e
			3			x 6e			x 7e			x 8e
5	#N/A	Lat Pulldowns	1			x 6e			x 6e			x 6e
			2			x 6e			x 6e			x 6e
			3			x 6e			x 6e			x 6e

Day 2

Dynamic Warm-Up Jump Rope 3:00 min, Knee Hugs, Lateral Lunge, Figure 4, Lunge & Twist x 10 each - Hurdle Mobility: High Hurdle Walk overs- Lateral Walk Overs, Over/Unders x 6 hurdles

Glute Strength SL Mini Hurdle Hops Turn 90° each Jump 2 x 8 Hurdles R/L

Shoulder Stability Blackburns 2 x 15, W-Press 2 x 15

Conditioning See Conditioning Sheet

Order	Max	Exercise	Set	Week 1 wt	x	Week 1 reps	Week 2 wt	x	Week 2 reps	Week 3 wt	x	Week 3 reps
		Jerk Complex Shouler Press, Push Press, Push Jerk, Split Jerk			x 5 ea			x 5 ea			x 5 ea	
1	#N/A	Push Jerk Max Speed!	1		warm up set #1	x 2			x 2			x 2
			2		warm up set #2	x 2			x 2			x 2
			3			x 2			x 2			x 2
			4			x 2			x 2			x 2
			5			x 2			x 2			x 2
			6			x 2			x 2			x 2
2	#N/A	Rack Deadlift Max Speed!	1		warm up set #1	x 3			x 3			x 3
			2		warm up set #2	x 3			x 3			x 3
			3			x 3			x 3			x 3
			4			x 3			x 3			x 3
			5			x 3			x 3			x 3
			6			x 3			x 3			x 3
3	#N/A	Split Squat Jump Counter Attack - Hold-Jump-Stick	1			x 3e			x 3e			x 3e
4	#N/A	GH Raise	1			x 6			x 7			x 8
			2			x 6			x 7			x 8
			3			x 6			x 7			x 8
5	#N/A	MB Lying Chest Punches Max Speed!	1			10lb x 8			12lb x 8			14lb x 8
			2			x 8			x 8			x 8
			3			x 8			x 8			x 8

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Day 3

Dynamic Warm Up Speed Ladder (Pick Drill) + 15yd Sprint x 8

Shoulder Stability Band Internal/External Rotation x 20 each, Arm Adducted Internal/External Rotation x 20 each

Glute Act/Strength SL Squat to Box 2 x 10 each leg

Conditioning See Conditioning Sheet

Order Max Exercise
CG Snatch Complex
 RDL, Bent Over Row, Pull, High Pull, CG Snatch

Set	Week 1 wt	x	Week 1 reps	Week 2 wt	x	Week 2 reps	Week 3 wt	x	Week 3 reps
	x 5 ea			x 5 ea			x 5 ea		

1	#N/A	CG Snatch Max Speed! Pair w/ Below
2	#N/A	Front Squat Max Speed! Pair w/ Below
3	#N/A	Vert Jump Counter Attack - Hold-Jump-Stick
4		SL DB RDL Increase Weight Eac Week Pair w/ Below
5		BB Bentover Rows Increase Weight Eac Week

1	warm up set #1	x	2			x	2		
2	warm up set #2	x	2			x	2		
3		x	2			x	2		
4		x	2			x	2		
5		x	2			x	2		
6		x	2			x	2		

1	warm up set #1	x	3			x	3		
2	warm up set #2	x	3			x	3		
3		x	3			x	3		
4		x	3			x	3		
5		x	3			x	3		
6		x	3			x	3		

1		x	5			x	5		
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1		x	6e			x	6e		
2		x	6e			x	6e		
3		x	6e			x	6e		

1		x	6			x	6		
2		x	6			x	6		
3		x	6			x	6		

