

UCSD WOMEN'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			

UCSD WOMEN'S VOLLEYBALL

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

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

1		x	5						
---	--	---	---	--	--	--	--	--	--

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

1		x	6						
2		x	6						
3		x	6						

