



Volleyball Summer Workout

Sponsored by:



Week 1: Day 1, 2

Week 1: Day 1					Notes
Activation					
Exercise	Set 1	Set 2			
Cook Hip Lift	/10 sec.	/10 sec.			
Band Hip Flexor	/10 sec.	/10 sec.			
Scap Push-Up	/10				
Split-Squat Hold	/10 sec.	/10 sec.			
Mobility					
Exercise	Set 1				
Physioball Internal Rotation	/10				
T-Spine Peanut	/3				Each position
Half-Kneeling Three-Way Ankle	/5				Each leg, each position
Power					
Exercise	Set 1	Set 2	Set 3		
Two-Leg Box Jump	/5	/5	/5		
Kneeling Overhead Med Ball Bounce	/8	/8			
Kneeling Med Ball Chest Pass	/8	/8			
Acceleration/Deceleration/COD					
Exercise	Set 1	Set 2			
Wall Push Drive	/6	/6			Each leg
Wall High Knee Switch	/6	/6			Each leg
Wall 1-2-3	/6	/6			Each leg
Falling Starts	/6x10 yards				
Strength					
Exercise	Set 1	Set 2	Set 3		
Hang Clean	/5	/5	/5		
Trap Bar Deadlift	/8	/8	/8		
Chin-Up	/6	/6	/6		
Single-Leg Deadlift	/8	/8			Each leg; one DB
Kneeling Wood Chop	/8	/8			Each direction
Inverted Row	/6	/6			
Rear-Foot-Elevated Split Squat	/10 sec.	/10 sec.			Each leg

Week 1: Day 2					Notes
Activation					
Exercise	Set 1	Set 2			
90/90	/10 sec.	/10 sec.			
Band Pull Apart	/5				Each position
Single-Leg Standing Hip Flexor Hold	/10 sec.	/10 sec.			Each leg
Lateral Band Walks	/10	/10			Each direction
Mobility					
Exercise	Set 1				
Three-Way Split Squat	/5				Each leg, each position
Wall Slides	/8				
Ankle Swings	/10				Each leg
Power					
Exercise	Set 1	Set 2	Set 3		
Lateral Bound	/5	/5	/5		Each direction
Half-Kneeling Med Ball Rotational Throw	/8	/8			Each direction
Acceleration/Deceleration/COD					
Exercise	Set 1	Set 2	Set 3	Set 4	
Partner Band Shuffle	/5	/5			Each direction
[1-2]	/3	/3	/3		
Partner Band Crossover	/10	/10			Each direction
Crossover	/3	/3	/3		Each direction
Strength					
Exercise	Set 1	Set 2	Set 3		
Squat Jumps	/5	/5	/5		
Push-Up	/8	/8	/8		
Band Squat	/6	/6	/6		
Half-Kneeling DB Overhead Press	/5	/5			
Kneeling Face Pull	/6	/6			
Tall Kneeling Anti-Rotation	/8	/8			Each side

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Volleyball Summer Workout

Sponsored by:



Week 1: Day 3, 4

Week 1: Day 3					Notes
Activation					
Exercise	Set 1	Set 2			
Cook Hip Lift	/10 sec.	/10 sec.			
Band Hip Flexor	/10 sec.	/10 sec.			
Scap Push-Up	/10				
Split-Squat Hold	/10 sec.	/10 sec.			
Mobility					
Exercise	Set 1				
Physioball Internal Rotation	/10				
T-Spine Peanut	/3				Each position
Half-Kneeling Three-Way Ankle	/5				Each leg, each position
Power					
Exercise	Set 1	Set 2	Set 3		
Two-Leg Box Jump	/5	/5	/5		
Kneeling Overhead Med Ball Bounce	/8	/8			
Kneeling Med Ball Chest Pass	/8	/8			
Acceleration/Deceleration/COD					
Exercise	Set 1	Set 2			
Wall Push Drive	/6	/6			Each leg
Wall High Knee Switch	/6	/6			Each leg
Wall 1-2-3	/6	/6			Each leg
Falling Starts	/6x10 yards				
Strength					
Exercise	Set 1	Set 2	Set 3		
Light Hang Clean	/5	/5	/5		
DB Split Squat	/6	/6	/6		
Cable X Pulldowns	/8	/8	/8		
Slideboard Hamstring Curl	/6	/6			
Kneeling Cable Lift	/8	/8			Each direction
DB Row	/8	/8			Each arm

Week 1: Day 4					Notes
Activation					
Exercise	Set 1	Set 2			
90/90	/10 sec.	/10 sec.			
Band Pull Aparts	/5				Each position
Single-Leg Standing Hip Flexor Hold	/10 sec.	/10 sec.			Each leg
Lateral Band Walks	/10	/10			Each direction
Mobility					
Exercise	Set 1				
Three-Way Split Squat	/5				Each leg, each position
Wall Slides	/8				
Ankle Swings	/10				Each leg
Power					
Exercise	Set 1	Set 2	Set 3		
Lateral Bound	/5	/5	/5		Each direction
Half-Kneeling Med Ball Rotational Throw	/8	/8			Each direction
Acceleration/Deceleration/COD					
Exercise	Set 1	Set 2	Set 3		
Partner Band Shuffle	/5	/5			Each direction
[1-2]	/3	/3	/3		
Partner Band Crossover	/10	/10			Each direction
Crossover	/3	/3	/3		Each direction
Strength					
Exercise	Set 1	Set 2	Set 3		
Squat Jumps	/5	/5	/5		
Push-Up	/6	/6	/6		
Band Squat	/6	/6	/6		
Half-Kneeling DB Overhead Press	/8	/8			
Y.T.L.	/6	/6			Each movement
Landmine	/8	/8			Each side

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Volleyball Summer Workout



Sponsored by:

sound mind, sound body

Week 2: Day 1, 2

Week 2: Day 1					Notes
Activation					
Exercise	Set 1	Set 2	Set 3		
Cook Hip Lift	/10 sec.	/10 sec.	/10 sec.		
Band Hip Flexor	/10 sec.	/10 sec.	/10 sec.		
Scap Push-Up	/12				
Split-Squat Hold	/20 sec.	/20 sec.			
Mobility					
Exercise	Set 1				
Physioball Internal Rotation	/10				
T-Spine Peanut	/3				Each position
Half-Kneeling Three-Way Ankle	/5				Each leg, each position
Power					
Exercise	Set 1	Set 2	Set 3		
Two-Leg Box Jump	/5	/5	/5		
Kneeling Overhead Med Ball Bounce	/8	/8			
Kneeling Med Ball Chest Pass	/8	/8			
Acceleration/Deceleration/COD					
Exercise	Set 1	Set 2			
Wall Push Drive	/6	/6			Each leg
Wall High Knee Switch	/6	/6			Each leg
Wall 1-2-3	/6	/6			Each leg
Falling Starts	/6x10 yards				
Strength					
Exercise	Set 1	Set 2	Set 3		
Hang Clean	/5	/5	/5		
Trap Bar Deadlift	/8	/8	/8		
Chin-Up	/6	/7	/8		
Single-Leg Deadlift	/8	/8			Each leg; one DB
Kneeling Wood Chop	/8	/8			Each direction
Inverted Row	/6	/6			
Rear-Foot-Elevated Split Squat	/10 sec.	/10 sec.			Each leg

Week 2: Day 2					Notes
Activation					
Exercise	Set 1	Set 2	Set 3		
90/90	/10 sec.	/10 sec.	/10 sec.		
Band Pull Aparts	/5				Each position
Single-Leg Standing Hip Flexor Hold	/10 sec.	/10 sec.	/10 sec.		Each leg
Lateral Band Walks	/10	/10	/10		Each direction
Mobility					
Exercise	Set 1				
Three-Way Split Squat	/6				Each leg, each position
Wall Slides	/10				
Ankle Swings	/10				Each leg
Power					
Exercise	Set 1	Set 2	Set 3		
Lateral Bound	/5	/5	/5		Each leg
Half-Kneeling Med Ball Rotational Throw	/8	/8			Each direction
Acceleration/Deceleration/COD					
Exercise	Set 1	Set 2	Set 3	Set 4	
Partner Band Shuffle	/5	/5			Each direction
[1-2]	/3	/3	/3		
Partner Band Crossover	/10	/10			Each direction
Crossover	/3	/3	/3		Each direction
Strength					
Exercise	Set 1	Set 2	Set 3		
Squat Jumps	/5	/5	/5		
Push-Up	/8	/8	/8		
Band Squat	/6	/6	/6		
Half-Kneeling DB Overhead Press	/5	/5			
Kneeling Face Pull	/6	/6			
Kneeling Cable Anti-Rotation	/8	/8			Each side

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Volleyball Summer Workout

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Week 2: Day 3, 4

Week 2: Day 3				Notes
Activation				
Exercise	Set 1	Set 2	Set 3	
Cook Hip Lift	/10 sec.	/10 sec.	/10 sec.	
Band Hip Flexor	/10 sec.	/10 sec.	/10 sec.	
Scap Push-Up	/12			
Split-Squat Hold	/20 sec.	/20 sec.		
Mobility				
Exercise	Set 1			
Physioball Internal Rotation	/10			
T-Spine Peanut	/3			Each position
Half-Kneeling Three-Way Ankle	/5			Each leg, each position
Power				
Exercise	Set 1	Set 2	Set 3	
Two-Leg Box Jump	/5	/5	/5	
Kneeling Overhead Med Ball Bounce	/8	/8		
Kneeling Med Ball Chest Pass	/8	/8		
Acceleration/Deceleration/COD				
Exercise	Set 1	Set 2		
Wall Push Drive	/6	/6		Each leg
Wall High Knee Switch	/6	/6		Each leg
Wall 1-2-3	/6	/6		Each leg
Falling Starts	/6x10 yards			
Strength				
Exercise	Set 1	Set 2	Set 3	
Light Hang Clean	/5	/5	/5	
DB Split Squat	/6	/6	/6	
Cable X Pulldowns	/8	/8	/8	
Slideboard Hamstring Curl	/6	/6		
Kneeling Cable Lift	/8	/8		Each direction
DB Row	/8	/8		Each arm

Week 2: Day 4				Notes
Activation				
Exercise	Set 1	Set 2	Set 3	
90/90	/10 sec.	/10 sec.	/10 sec.	
Band Pull Apart	/5			Each position
Single-Leg Standing Hip Flexor Hold	/10 sec.	/10 sec.	/10 sec.	Each leg
Lateral Band Walks	/10	/10	/10	Each direction
Mobility				
Exercise	Set 1			
Three-Way Split Squat	/6			Each leg, each position
Wall Slides	/10			
Ankle Swings	/10			Each leg
Power				
Exercise	Set 1	Set 2		
Lateral Bound	/5	/5	/5	Each leg
Half-Kneeling Med Ball Rotational Throw	/8	/8		Each direction
Acceleration/Deceleration/COD				
Exercise	Set 1	Set 2	Set 3	
Partner Band Shuffle	/5	/5		Each direction
[1-2]	/3	/3	/3	
Partner Band Crossover	/10	/10		Each direction
Crossover	/3	/3	/3	Each direction
Strength				
Exercise	Set 1	Set 2	Set 3	
Squat Jumps	/5	/5	/5	
Push-Up	/8	/8	/8	
Band Squat	/6	/6	/6	
Half-Kneeling DB Overhead Press	/5	/5		
Y.T.L.	/6	/6		
Landmine	/10	/10		Each side

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Volleyball Summer Workout



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Week 3: Day 1, 2

Week 3: Day 1					Notes
Activation					
Exercise	Set 1	Set 2	Set 3	Set 4	
Cook Hip Lift	/10 sec.	/10 sec.	/10 sec.	/10 sec.	
Band Hip Flexor	/10 sec.	/10 sec.	/10 sec.	/10 sec.	
Scap Push-Up	/14				
Split-Squat Hold	/30 sec.	/30 sec.			
Mobility					
Exercise	Set 1				
Physioball Internal Rotation	/10				
T-Spine Peanut	/3				Each position
Half-Kneeling Three-Way Ankle	/5				Each leg, each position
Power					
Exercise	Set 1	Set 2	Set 3		
Two-Leg Box Jump	/5	/5	/5		
Kneeling Overhead Med Ball Bounce	/8	/8			
Kneeling Med Ball Chest Pass	/8	/8			
Acceleration/Deceleration/COD					
Exercise	Set 1	Set 2			
Wall Push Drive	/6	/6			Each leg
Wall High Knee Switch	/6	/6			Each leg
Wall 1-2-3	/6	/6			Each leg
Falling Starts	/6x10 yards				
Strength					
Exercise	Set 1	Set 2	Set 3		
Hang Clean	/5	/5	/5		
Trap Bar Deadlift	/8	/8	/8		
Chin-Up	/6	/7	/8		
Single-Leg Deadlift	/8	/8			Each leg; one DB
Kneeling Wood Chop	/8	/8			Each direction
Inverted Row	/6	/6			
Rear-Foot-Elevated Split Squat	/10 sec.	/10 sec.			Each leg

Week 3: Day 2					Notes
Activation					
Exercise	Set 1	Set 2	Set 3	Set 4	
90/90	/10 sec.	/10 sec.	/10 sec.	/10 sec.	
Band Pull Aparts	/5				Each position
Single-Leg Standing Hip Flexor Hold	/10 sec.	/10 sec.	/10 sec.	/10 sec.	Each leg
Lateral Band Walks	/10	/10	/10	/10	Each direction
Mobility					
Exercise	Set 1				
Three-Way Split Squat	/7				Each leg, each position
Wall Slides	/12				
Ankle Swings	/10				Each leg
Power					
Exercise	Set 1	Set 2	Set 3		
Lateral Bound	/5	/5	/5		Each leg
Half-Kneeling Med Ball Rotational Throw	/8	/8			Each direction
Acceleration/Deceleration/COD					
Exercise	Set 1	Set 2	Set 3	Set 4	
Partner Band Shuffle	/5	/5			Each direction
[1-2]	/3	/3	/3		
Partner Band Crossover	/10	/10			Each direction
Crossover	/3	/3	/3		Each direction
Strength					
Exercise	Set 1	Set 2	Set 3		
Squat Jumps	/5	/5	/5		
Push-Up	/8	/8	/8		
Band Squat	/6	/6	/6		
Half-Kneeling DB Overhead Press	/5	/5			
Kneeling Face Pull	/6	/6			
Kneeling Cable Anti-Rotation	/8	/8			Each side

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Volleyball Summer Workout

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Week 3: Day 3, 4

Week 3: Day 3					Notes
Activation					
Exercise	Set 1	Set 2	Set 3	Set 4	
Cook Hip Lift	/10 sec.	/10 sec.	/10 sec.	/10 sec.	
Band Hip Flexor	/10 sec.	/10 sec.	/10 sec.	/10 sec.	
Scap Push-Up	/14				
Split-Squat Hold	/30 sec.	/30 sec.			
Mobility					
Exercise	Set 1				
Physioball Internal Rotation	/10				
T-Spine Peanut	/3				Each position
Half-Kneeling Three-Way Ankle	/5				Each leg, each position
Power					
Exercise	Set 1	Set 2	Set 3		
Two-Leg Box Jump	/5	/5	/5		
Kneeling Overhead Med Ball Bounce	/8	/8			
Kneeling Med Ball Chest Pass	/8	/8			
Acceleration/Deceleration/COD					
Exercise	Set 1	Set 2			
Wall Push Drive	/6	/6			Each leg
Wall High Knee Switch	/6	/6			Each leg
Wall 1-2-3	/6	/6			Each leg
Falling Starts	/6x10 yards				
Strength					
Exercise	Set 1	Set 2	Set 3		
Light Hang Clean	/5	/5	/5		
DB Split Squat	/6	/6	/6		
Cable X Pulldowns	/8	/8	/8		
Slideboard Hamstring Curl	/6	/6			
Kneeling Cable Lift	/8	/8			Each direction
DB Row	/8	/8			Each arm

Week 3: Day 4					Notes
Activation					
Exercise	Set 1	Set 2	Set 3	Set 4	
90/90	/10 sec.	/10 sec.	/10 sec.	/10 sec.	
Band Pull Aparts	/5				Each position
Single-Leg Standing Hip Flexor Hold	/10 sec.	/10 sec.	/10 sec.	/10 sec.	Each leg
Lateral Band Walks	/10	/10	/10	/10	Each direction
Mobility					
Exercise	Set 1				
Three-Way Split Squat	/7				Each leg, each position
Wall Slides	/12				
Ankle Swings	/10				Each leg
Power					
Exercise	Set 1	Set 2			
Lateral Bound	/5	/5	/5		Each leg
Half-Kneeling Med Ball Rotational Throw	/8	/8			Each direction
Acceleration/Deceleration/COD					
Exercise	Set 1	Set 2	Set 3		
Partner Band Shuffle	/5	/5			Each direction
[1-2]	/3	/3	/3		
Partner Band Crossover	/10	/10			Each direction
Crossover	/3	/3	/3		Each direction
Strength					
Exercise	Set 1	Set 2	Set 3		
Squat Jumps	/5	/5	/5		
Push-Up	/8	/8	/8		
Band Squat	/6	/6	/6		
Half-Kneeling DB Overhead Press	/5	/5			
Y.T.L.	/6	/6			
Landmine	/12	/12			Each side

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Volleyball Summer Workout

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Week 4: Day 1, 2

Week 4: Day 1					Notes
Activation					
Exercise	Set 1	Set 2			
Cook Hip Lift	/10	/10			
Band Hip Flexor	/10	/10			
Scap Push-Up	5				
Split-Squat Hold	/20 sec.	/20 sec.			
Mobility					
Exercise	Set 1				
T-Spine Peanut	/3				Each position
Three-Way Ankle	/5				Each leg, each position
Power					
Exercise	Set 1	Set 2	Set 3		
Two-Leg Hurdle	/5	/5	/5		Stick landing
Overhead Med Ball Throw	/8	/8			
Med Ball Chest Pass	/8	/8			
Acceleration/Deceleration/COD					
Exercise	Set 1				
Sled Bound	/2				Each direction
Staggered Stance Acceleration	/6				Each direction
Sled March	/6				Each direction
Strength					
Exercise	Set 1	Set 2	Set 3	Set 4	
Hang Clean	/3	/3	/3	/3	Add weight each set
Trap Bar Deadlift	/5	/5	/5		Add weight each set
Neutral-Grip Chin-Up	/6	/6	/6		
Single-Leg Deadlift	/6	/6			Each leg; one DB
Half-Kneeling Wood Chop	/8	/8			Each direction
Inverted Row	/8	/8			Feet elevated
Rear-Foot-Elevated Split Squat	/8	/8			Each leg; one DB

Week 4: Day 2					Notes
Activation					
Exercise	Set 1	Set 2			
Bent Leg Abduction	/10 sec.	/10 sec.			Each leg
Band Pull Aparts	/5				Keep one arm stable; each position
Single-Leg Standing Hip Flexor Hold	/10 sec.	/10 sec.			Each leg
X Band Walks	/10				Each direction
Mobility					
Exercise	Set 1				
Three-Way Lunge	/5				Each leg, each position
Wall Slides	/12				
Ankle Swings	/10				Each leg
Power					
Exercise	Set 1	Set 2	Set 3		
Single-Leg Medial/Lateral Hurdle Hop	/3	/3	/3		Stick landing; each leg, each direction
Med Ball Step and Rotate Throw	/8	/8			Each direction
Acceleration/Deceleration/COD					
Exercise	Set 1	Set 2	Set 3	Set 4	
1-2 Quick Drop Step	/3	/3	/3	/3	Each direction
Crossover With Hip Turn	/3	/3	/3	/3	Each direction
Strength					
Exercise	Set 1	Set 2	Set 3		
Squat Jumps	/5	/5	/5		
Push-Up	/10	/10	/10		
Overhead Squat	/6	/6	/6		
Alternating Overhead DB Press	/5	/5			
Staggered Face Pull	/8	/8			
Half-Kneeling Anti-Rotation	/8	/8			Set 1: inside knee up; set 2: outside knee up

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Volleyball Summer Workout

Sponsored by:



Week 4: Day 3, 4

Week 4: Day 3					Notes
Activation					
Exercise	Set 1	Set 2			
Cook Hip Lift	/10	/10			
Band Hip Flexor	/10	/10			
Scap Push-Up	/5				
Split-Squat Hold	/20 sec.	/20 sec.			
Mobility					
Exercise	Set 1				
T-Spine Peanut	/3				Each position
Half-Kneeling Ankle	/5				Each leg, each position
Power					
Exercise	Set 1	Set 2	Set 3		
Single-Leg Linear Hurdle Jump	/5	/5	/5		Stick landing; each leg
Overhead Med Ball Throw	/8	/8			
Med Ball Chest Pass	/8	/8			
Acceleration/Deceleration/COD					
Exercise	Set 1				
Sled Bound	/2				Each direction
Staggered Stance Acceleration	/6				Each direction
Sled March	/6				Each direction
Strength					
Exercise	Set 1	Set 2	Set 3		
Hang Snatch	/5	/5	/5		
Barbell Split Squat	/6	/6	/6		
Neutral-Grip Chin-Up	/6	/6	/6		
Bodyweight Slideboard Hamstring Curl	/8	/8			
Half-Kneeling Cable Lift	/8	/8			Each direction
Single-Arm Split Squat Cable Row	/8	/8			Each arm
Reverse Lunge	/8	/8			Each leg

Week 4: Day 4					Notes
Activation					
Exercise	Set 1	Set 2			
Bent Leg Abduction	/10 sec.	/10 sec.			Each leg
Band Pull Aparts	/5				One arm stable; each position
Single-Leg Standing Hip Flexor Hold	/10 sec.	/10 sec.			Each leg
X Band Walks	/10	/10			Each direction
Mobility					
Exercise	Set 1				
Three-Way Lunge	/5				Each leg, each position
Wall Slides	/12				
Ankle Swings	/10				Each leg
Power					
Exercise	Set 1	Set 2	Set 3		
Diagonal Bound	/5	/5	/5		Stick landing; each leg
Med Ball Step and Rotate Throw	/8	/8			Each direction
Acceleration/Deceleration/COD					
Exercise	Set 1	Set 2	Set 3	Set 4	
1-2 Quick Drop Step	/3	/3	/3	/3	Each direction
Crossover With Hip Turn	/3	/3	/3	/3	Each direction
Strength					
Exercise	Set 1	Set 2	Set 3		
Split-Stance Squat Jumps	/6	/6	/6		
Push-Up	/10	/10	/10		
Overhead Squat	/6	/6	/6		
Waiter's Carry	/30 yards				Each arm
Y.T.L.	/8	/8			Each movement
Landmine	/8	/10			Each side

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Volleyball Summer Workout



Sponsored by:

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Week 5: Day 1, 2

Week 5: Day 1					Notes
Activation					
Exercise	Set 1	Set 2	Set 3		
Cook Hip Lift	/10	/10	/10		
Band Hip Flexor	/10	/10	/10		
Scap Push-Up	7				
Split-Squat Hold	/20 sec.	/20 sec.	/20 sec.		Each leg
Mobility					
Exercise	Set 1				
T-Spine Peanut	/3				Each position
Three-Way Ankle	/5				Each leg, each position
Power					
Exercise	Set 1	Set 2	Set 3		
Two-Leg Hurdle	/5	/5	/5		Stick landing
Overhead Med Ball Throw	/8	/8			
Med Ball Chest Pass	/8	/8			
Acceleration/Deceleration/COD					
Exercise	Set 1	Set 2			
Sled Bound	/2				Each direction
Staggered Stance Acceleration	/6				Each direction
Sled March	/6				Each direction
Strength					
Exercise	Set 1	Set 2	Set 3	Set 4	
Hang Clean	/3	/3	/3	/3	Add weight each set
Trap Bar Deadlift	/5	/5	/5		Add weight each set
Neutral-Grip Chin-Up	/7	/7	/7		
Single-Leg Deadlift	/6	/6			Each leg; one DB
Half-Kneeling Wood Chop	/8	/8			Each direction
Inverted Row	/8	/8			Feet elevated
Rear-Foot-Elevated Split Squat	/8	/8			Each leg; one DB

Week 5: Day 2					Notes
Activation					
Exercise	Set 1	Set 2	Set 3		
Bent Leg Abduction	/10 sec.	/10 sec.	/10 sec.		Each leg
Band Pull Aparts	/5				Keep one arm stable; each position
Single-Leg Standing Hip Flexor Hold	/10 sec.	/10 sec.	/10 sec.		Each leg
X Band Walks	/10				Each direction
Mobility					
Exercise	Set 1				
Three-Way Lunge	/6				Each leg, each position
Wall Slides	/12				
Ankle Swings	/10				Each leg
Power					
Exercise	Set 1	Set 2	Set 3		
Single-Leg Medial/Lateral Hurdle Hop	/3	/3	/3		Stick landing; each leg, each direction
Med Ball Step and Rotate Throw	/8	/8			Each direction
Acceleration/Deceleration/COD					
Exercise	Set 1	Set 2	Set 3	Set 4	
1-2 Quick Drop Step	/3	/3	/3	/3	Each direction
Crossover With Hip Turn	/3	/3	/3	/3	Each direction
Strength					
Exercise	Set 1	Set 2	Set 3		
Squat Jumps	/5	/5	/5		
Push-Up	/10	/10	/10		
Overhead Squat	/8	/8	/8		
Alternating Overhead DB Press	/5	/5			
Staggered Face Pull	/8	/8			
Half-Kneeling Anti-Rotation	/8	/8			Set 1: inside knee up; set 2: outside knee up

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Volleyball Summer Workout



Sponsored by:

Week 5: Day 3, 4

Week 5: Day 3					Notes
Activation					
Exercise	Set 1	Set 2	Set 3		
Cook Hip Lift	/10	/10	/10		
Band Hip Flexor	/10	/10	/10		
Scap Push-Up	/5				
Split-Squat Hold	/20 sec.	/20 sec.	/20 sec.		Each leg
Mobility					
Exercise	Set 1				
T-Spine Peanut	/3				Each position
Half-Kneeling Ankle	/5				Each leg, each position
Power					
Exercise	Set 1	Set 2	Set 3		
Single-Leg Linear Hurdle Jump	/5	/5	/5		Stick landing; each leg
Overhead Med Ball Throw	/8	/8			
Med Ball Chest Pass	/8	/8			
Acceleration/Deceleration/COD					
Exercise	Set 1	Set 2			
Sled Bound	/2				Each direction
Staggered Stance Acceleration	/6				Each direction
Sled March	/6				Each direction
Strength					
Exercise	Set 1	Set 2	Set 3		
Hang Snatch	/5	/5	/5		
Barbell Split Squat	/6	/6	/6		
Neutral-Grip Chin-Up	/7	/7	/7		
Bodyweight Slideboard Hamstring Curl	/10	/10			
Half-Kneeling Cable Lift	/8	/8			Each direction
Single-Arm Split Squat Cable Row	/8	/8			Each arm
Reverse Lunge	/8	/8			Each leg

Week 5: Day 4					Notes
Activation					
Exercise	Set 1	Set 2	Set 3		
Bent Leg Abduction	/10 sec.	/10 sec.	/10 sec.		Each leg
Band Pull Aparts	/5				One arm stable; each position
Single-Leg Standing Hip Flexor Hold	/10 sec.	/10 sec.	/10 sec.		Each leg
X Band Walks	/10				Each direction
Mobility					
Exercise	Set 1				
Three-Way Lunge	/6				Each leg, each position
Wall Slides	/12				
Ankle Swings	/10				Each leg
Power					
Exercise	Set 1	Set 2	Set 3		
Diagonal Bound	/5	/5	/5		Stick landing; each leg
Med Ball Step and Rotate Throw	/8	/8			Each direction
Acceleration/Deceleration/COD					
Exercise	Set 1	Set 2	Set 3	Set 4	
1-2 Quick Drop Step	/3	/3	/3	/3	Each direction
Crossover With Hip Turn	/3	/3	/3	/3	Each direction
Strength					
Exercise	Set 1	Set 2	Set 3		
Split-Stance Squat Jumps	/6	/6	/6		
Push-Up	/10	/10	/10		
Overhead Squat	/8	/8	/8		
Waiter's Carry	/30 yards	/30 yards			Each arm
Y.T.L.	/10	/10			Each movement
Landmine	/10	/10			Each side

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Volleyball Summer Workout



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Week 6: Day 1, 2

Week 6: Day 1					Notes
Activation					
Exercise	Set 1	Set 2	Set 3		
Cook Hip Lift	/10	/10	/10		
Band Hip Flexor	/10	/10	/10		
Scap Push-Up	/9				
Split-Squat Hold	/20 sec.	/20 sec.			Each leg
Mobility					
Exercise	Set 1				
T-Spine Peanut	/3				Each position
Three-Way Ankle	/5				Each leg, each position
Power					
Exercise	Set 1	Set 2	Set 3		
Two-Leg Hurdle	/5	/5	/5		Stick landing
Overhead Med Ball Throw	/8	/8			
Med Ball Chest Pass	/8	/8			
Acceleration/Deceleration/COD					
Exercise	Set 1				
Sled Bound	/2				Each direction
Staggered Stance Acceleration	/6				Each direction
Sled March	/6				Each direction
Strength					
Exercise	Set 1	Set 2	Set 3	Set 4	
Hang Clean	/3	/3	/3	/1@max	Add weight each set
Trap Bar Deadlift	/5	/5	/1@max		Add weight each set
Neutral-Grip Chin-Up	/8	/8	/8		
Single-Leg Deadlift	/6	/6			Each leg; one DB
Half-Kneeling Wood Chop	/8	/8			Each direction
Inverted Row	/8	/8			Feet elevated
Rear-Foot-Elevated Split Squat	/8	/8			Each leg; one DB

Week 6: Day 2					Notes
Activation					
Exercise	Set 1	Set 2	Set 3	Set 4	
Bent Leg Abduction	/10 sec.	/10 sec.	/10 sec.	/10 sec.	Each leg
Band Pull Aparts	/5				Keep one arm stable; each position
Single-Leg Standing Hip Flexor Hold	/10 sec.	/10 sec.	/10 sec.	/10 sec.	Each leg
X Band Walks	/10				Each direction
Mobility					
Exercise	Set 1				
Three-Way Lunge	/7				Each leg, each position
Wall Slides	/12				
Ankle Swings	/10				Each leg
Power					
Exercise	Set 1	Set 2	Set 3		
Single-Leg Medial/Lateral Hurdle Hop	/3	/3	/3		Stick landing; each leg, each direction
Med Ball Step and Rotate Throw	/8	/8			Each direction
Acceleration/Deceleration/COD					
Exercise	Set 1	Set 2	Set 3	Set 4	
1-2 Quick Drop Step	/3	/3	/3	/3	Each direction
Crossover With Hip Turn	/3	/3	/3	/3	Each direction
Strength					
Exercise	Set 1	Set 2	Set 3		
Squat Jumps	/5	/5	/5		
Push-Up	/10	/10	/10		
Overhead Squat	/10	/10	/10		
Alternating Overhead DB Press	/5	/5			
Staggered Face Pull	/8	/8			
Half-Kneeling Anti-Rotation	/8	/8			Set 1: inside knee up; set 2: outside knee up

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Volleyball Summer Workout

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Week 6: Day 3, 4

Week 6: Day 3					Notes
Activation					
Exercise	Set 1	Set 2	Set 3		
Cook Hip Lift	/10	/10	/10		
Band Hip Flexor	/10	/10	/10		
Scap Push-Up	/9				
Split-Squat Hold	/20 sec.	/20 sec.			Each leg
Mobility					
Exercise	Set 1				
T-Spine Peanut	/3				Each position
Half-Kneeling Ankle	/5				Each leg, each position
Power					
Exercise	Set 1	Set 2	Set 3		
Single-Leg Linear Hurdle Jump	/5	/5	/5		Stick landing; each leg
Overhead Med Ball Bounce	/8	/8			
Med Ball Chest Pass	/8	/8			
Acceleration/Deceleration/COD					
Exercise	Set 1				
Sled Bound	/2				Each direction
Staggered Stance Acceleration	/6				Each direction
Sled March	/6				Each direction
Strength					
Exercise	Set 1	Set 2	Set 3		
Hang Snatch	/5	/5	/5		
Barbell Split Squat	/6	/6	/6		
Neutral-Grip Chin-Up	/8	/8	/8		
Bodyweight Slideboard Hamstring Curl	/12	/12			
Half-Kneeling Cable Lift	/8	/8			Each direction
Single-Arm Split Squat Cable Row	/8	/8			Each arm
Reverse Lunge	/8	/8			Each leg

Week 6: Day 4					Notes
Activation					
Exercise	Set 1	Set 2	Set 3		
Bent Leg Abduction	/10 sec.	/10 sec.	/10 sec.	/10 sec.	Each leg
Band Pull Aparts	/5				One arm stable; each position
Single-Leg Standing Hip Flexor Hold	/10 sec.	/10 sec.	/10 sec.	/10 sec.	Each leg
X Band Walks	/10				Each direction
Mobility					
Exercise	Set 1				
Three-Way Lunge	/7				Each leg, each position
Wall Slides	/12				
Ankle Swings	/10				Each leg
Power					
Exercise	Set 1	Set 2	Set 3		
Diagonal Bound	/5	/5	/5		Stick landing; each leg
Med Ball Step and Rotate Throw	/8	/8			Each direction
Acceleration/Deceleration/COD					
Exercise	Set 1	Set 2	Set 3	Set 4	
1-2 Quick Drop Step	/3	/3	/3	/3	Each direction
Crossover With Hip Turn	/3	/3	/3	/3	Each direction
Strength					
Exercise	Set 1	Set 2	Set 3		
Split-Stance Squat Jumps	/6	/6	/6		
Push-Up	/10	/10	/10		
Overhead Squat	/10	/10	/10		
Waiter's Carry	/30 yards	/30 yards	/30 yards		Each arm
Y.T.L.	/12	/12			Each movement
Landmine	/12	/12			Each side

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Volleyball Summer Workout



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Week 7: Day 1, 2

Week 7: Day 1					Notes
Activation					
Exercise	Set 1	Set 2			
Shoulder Elevated Cook Hip Lift	/10	/10			
Band Hip Flexor	/10 sec.	/10 sec.			
Scap Push-Up	10				
Split-Squat Hold	/35 sec.	/35 sec.			Each leg
Mobility					
Exercise	Set 1				
Three-Way Single-Leg Deadlift	/5				Each direction
Three-Way Ankle	/5				Each leg
Power					
Exercise	Set 1	Set 2	Set 3		
Two-Leg Hurdle	/5	/5	/5		Continuous
Med Ball Chest Pass	/8	/8			
Acceleration/Deceleration/COD					
Exercise	Set 1	Set 2			
Staggered Stance Acceleration	/6				Each direction
Strength					
Exercise	Set 1	Set 2	Set 3	Set 4	
Hang Clean	/3@75%	/3@80%	/1@90%	/1@100%	Base percent off 1 Rep Max
Trap Bar Deadlift	/5@70%	/5@80%	/3@85%	/3@90%	Base percent off 1 Rep Max
Pull-Up	/3	/3	/3	/3	
Standing Wood Chop	/8	/8			Each direction
Inverted Row	/8	/8			Feet elevated
Rear-Foot-Elevated Split Squat	/8	/8			Two dumbbells; each leg

Week 7: Day 2					Notes
Activation					
Exercise	Set 1	Set 2			
Bent Leg Abduction	/10	/10			Each leg
Band Pull Apart	/5				Keep one arm stable; each position
Single-Leg Standing Hip Flexor Hold	/10				Each leg
X Band Walks	/10	/10			Each direction
Mobility					
Exercise	Set 1				
Med Ball Three-Way Lunge	/5				Each leg, each position
Ankle Swings	/10				Each leg
Power					
Exercise	Set 1	Set 2	Set 3		
Single-Leg Medial/Lateral Hurdle Hop	/3	/3	/3		Continuous; each leg, each direction
Med Ball Step and Rotate Throw	/8	/8			Each direction
Acceleration/Deceleration/COD					
Exercise	Set 1	Set 2	Set 3	Set 4	
1-2 Quick Drop Step	/3	/3	/3	/3	Each direction
Crossover With Hip Turn	/3	/3	/3	/3	Each direction
Strength					
Exercise	Set 1	Set 2	Set 3	Set 4	
Squat Jumps	/5	/5	/5	/5	
Bosu/Physioball Push-Up	/10	/10	/10		
Single-Leg Deadlift	/6	/6	/6		Each leg; one DB
DB Squat to Overhead Press	/5	/5			
Standing Face Pull	/8	/8			
Split-Squat Anti-Rotation	/10	/10			Set 1: inside knee up; set 2: outside knee up

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Volleyball Summer Workout

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Week 7: Day 3, 4

Week 7: Day 3					Notes
Activation					
Exercise	Set 1	Set 2	Set 3		
Shoulder Elevated Cook Hip Lift	/10	/10			
Band Hip Flexor	/10 sec.	/10 sec.			
Scap Push-Up	/10				
Split-Squat Hold	/35 sec.	/35 sec.			Each leg
Mobility					
Exercise	Set 1				
Three-Way Single-Leg Deadlift	/5				Each direction
Three-Way Ankle Swings	/5				Each leg
Power					
Exercise	Set 1	Set 2	Set 3		
Single-Leg Linear Hurdle Hops	/5	/5	/5		Continuous; each leg
Med Ball Step Chest Pass	/8	/8			
Acceleration/Deceleration/COD					
Exercise	Set 1	Set 2			
Staggered Stance Acceleration	/6				
Strength					
Exercise	Set 1	Set 2	Set 3	Set 4	
Hang Snatch	/5	/5	/5	/5	
Barbell Split Squat	/6@70%	/6@80%	/3@90%	/1@95%	Base percent off 1 Rep Max
Pull-Up	/3	/3	/3	/3	
DB Squat to Press	/8	/8			
Single-Arm, Single-Leg Cable Row	/8	/8			Each arm
Reverse Lunge	/8	/8			Each leg

Week 7: Day 4					Notes
Activation					
Exercise	Set 1	Set 2	Set 3		
Bent Leg Abduction	/10	/10			Each leg
Band Pull Aparts	/5				One arm stable; each position
Single-Leg Standing Hip Flexor Hold	/10 sec.	/10 sec.			Each leg
X Band Walks	/10	/10			Each direction
Mobility					
Exercise	Set 1				
Med Ball Three-Way Lunge	/5				Each leg, each position
Ankle Swings	/10				Each leg
Power					
Exercise	Set 1	Set 2	Set 3		
Diagonal Bound	/5	/5	/5		Continuous; each leg
Med Ball Step and Rotate Throw	/8	/8			Each direction
Acceleration/Deceleration/COD					
Exercise	Set 1	Set 2	Set 3	Set 4	
1-2 Quick Drop Step	/3	/3	/3	/3	Each direction
Crossover With Hip Turn	/3	/3	/3	/3	Each direction
Strength					
Exercise	Set 1	Set 2	Set 3	Set 4	
Split-Stance Squat Jumps	/6	/6	/6	/6	
Bosu/Physioball Push-Up	/10	/10	/10		
Waiter's Carry	/30 yards				Each arm
Y.T.L.	/8	/8			Each movement
Landmine	/8	/8			Each side

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Volleyball Summer Workout



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Week 8: Day 1, 2

Week 8: Day 1					Notes
Activation					
Exercise	Set 1	Set 2	Set 3		
Shoulder Elevated Cook Hip Lift	/10	/10	/10		
Band Hip Flexor	/15 sec.	/15 sec.			
Scap Push-Up	/12				
Split-Squat Hold	/40 sec.	/40 sec.			Each leg
Mobility					
Exercise	Set 1				
Three-Way Single-Leg Deadlift	/5				Each direction
Three-Way Ankle	/5				Each leg
Power					
Exercise	Set 1	Set 2	Set 3		
Two-Leg Hurdle	/5	/5	/5		Continuous
Med Ball Chest Pass	/8	/8			
Acceleration/Deceleration/COD					
Exercise	Set 1	Set 2			
Sled Bound	/3				Each direction
Staggered Stance Acceleration	/6				
Sled March	/4				
Strength					
Exercise	Set 1	Set 2	Set 3	Set 4	
Hang Clean	/5@65%	/5@70%	/3@75%		Base percent off 1 Rep Max
Trap Bar Deadlift	/8 @60%	/5@70%	/5@75%		Base percent off 1 Rep Max
Pull-Up	/3	/3	/3	/3	
Standing Wood Chop	/8	/8			Each direction
Inverted Row	/8	/8			Feet elevated
Rear-Foot-Elevated Split Squat	/8	/8			Two dumbbells; each leg

Week 8: Day 2					Notes
Activation					
Exercise	Set 1	Set 2			
Bent Leg Abduction	/15	/15			Each leg
Band Pull Aparts	/5				One arm stable; each position
Single-Leg Standing Hip Flexor Hold	/15				Each leg
X Band Walks	/10	/10			Each direction
Mobility					
Exercise	Set 1				
Med Ball Three-Way Lunge	/6				Each leg, each position
Ankle Swings	/10				Each leg
Power					
Exercise	Set 1	Set 2	Set 3		
Single-Leg Medial/Lateral Hurdle Hop	/3	/3	/3		Continuous; each leg, each direction
Med Ball Step and Rotate Throw	/8	/8			Each direction
Acceleration/Deceleration/COD					
Exercise	Set 1	Set 2	Set 3	Set 4	
1-2 Quick Drop Step	/3	/3	/3	/3	Each direction
Crossover With Hip Turn	/3	/3	/3	/3	Each direction
Strength					
Exercise	Set 1	Set 2	Set 3	Set 4	
Squat Jumps	/5	/5	/5	/5	
Bosu/Physioball Push-Up	/10	/10	/10		
Single-Leg Deadlift	/6	/6	/6		Each leg; one DB
DB Squat to Overhead Press	/5	/5			
Standing Face Pull	/8	/8			
Split-Squat Anti-Rotation	/15	/15			Set 1: inside knee up; set 2: outside knee up

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Volleyball Summer Workout

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Week 8: Day 3, 4

Week 8: Day 3					Notes
Activation					
Exercise	Set 1	Set 2	Set 3		
Shoulder Elevated Cook Hip Lift	/10	/10	/10		
Band Hip Flexor	/15 sec.	/15 sec.			
Scap Push-Up	12				
Split-Squat Hold	/40 sec.	/40 sec.			Each leg
Mobility					
Exercise	Set 1				
Three-Way Single-Leg Deadlift	/5				Each direction
Three-Way Ankle	/5				Each leg
Power					
Exercise	Set 1	Set 2	Set 3		
Single-Leg Linear Hurdle Hops	/5	/5	/5		Continuous; each leg
Med Ball Step Chest Pass	/8	/8			
Acceleration/Deceleration/COD					
Exercise	Set 1	Set 2			
Sled Bound	/3				Each direction
Staggered Stance Acceleration	/6				
Sled March	/4				
Strength					
Exercise	Set 1	Set 2	Set 3	Set 4	
Hang Snatch	/5	/5	/5	/5	
Barbell Split Squat	/5@65%	/5@70%	/3@75%		Base percent off 1 Rep Max
Pull-Up	/3	/3	/3	/3	
DB Squat to Press	/8	/8			
Single-Arm, Single-Leg Cable Row	/8	/8			Each arm
Reverse Lunge	/8	/8			Each leg

Week 8: Day 4					Notes
Activation					
Exercise	Set 1	Set 2	Set 3		
Bent Leg Abduction	/15	/15			Each leg
Band Pull Aparts	/5				One arm stable; each position
Single-Leg Standing Hip Flexor Hold	/15				Each leg
X Band Walks	/10	/10			Each direction
Mobility					
Exercise	Set 1				
Med Ball Three-Way Lunge	/6				Each leg, each position
Ankle Swings	/10				Each leg
Power					
Exercise	Set 1	Set 2	Set 3		
Diagonal Bound	/5	/5	/5		Continuous; each leg
Med Ball Step and Rotate Throw	/8	/8			Each direction
Acceleration/Deceleration/COD					
Exercise	Set 1	Set 2	Set 3	Set 4	
1-2 Quick Drop Step	/3	/3	/3	/3	Each direction
Crossover With Hip Turn	/3	/3	/3	/3	Each direction
Strength					
Exercise	Set 1	Set 2	Set 3	Set 4	
Split-Stance Squat Jumps	/6	/6	/6	/6	
Bosu/Physioball Push-Up	/10	/10	/10		
Waiter's Carry	/30 yards	/30 yards			Each arm
Y.T.L.	/8	/8			Each movement
Landmine	/10	/10			Each side