



SUMMER SHAPE-UP

VOLLEYBALL CROSS-TRAINING WORK-OUT

Everything you do makes you and your team better!

Stretch every major muscle group before and after workouts.

Three Days a Week

1. Jump rope—begin 1 minute and work up to 5 minutes, adding a minute each week
2. Sprint 100 yards
3. Pass ball to yourself or another person 35 times, increasing by 10 each week
4. Set ball to yourself or another person 25 times, increasing by 10 each week; setters 100 times
5. Jog $\frac{1}{4}$ mile, increasing $\frac{1}{4}$ mile each week
6. 5 push-ups, increasing by 2 per week—guys' style preferred
7. Crunches, increasing by 2 to every sequence each week
 - a. 10 to bent knees
 - b. 10 to legs straight up
 - c. 10 elbow to opposite knee of legs straight up
 - d. 10 elbow to opposite knee while bicycling legs

Two Days a Week

1. 2 sets of 10 block jumps, increasing by 2 each week
2. Shuffle step 100 yards in passing position
3. Sprint 100 yards
4. 10 squat thrusts, increasing by 2 each week
5. 5 push-ups, increasing by 2 per week—guys' style preferred
6. Crunches, increasing by 2 to every sequence each week
 - a. 10 to bent knees
 - b. 10 to legs straight up
 - c. 10 elbow to opposite knee of legs straight up
 - d. 10 elbow to opposite knee while bicycling legs