

Mandarin Volleyball

Summer Workouts

****All exercises can be found with a quick Google/YouTube search****

Athletes should aim to do 3-4 days per week of activity/cardio

Mobility Warmup

Child's Pose: 5 sec hold, 5 sec reach to left, 5 sec hold, back to center, 5 sec reach to right, back to center. Repeat 3 times each side.

Seated Snow Angels: pinch shoulder blades backward, reach hands overhead. 10 total.

Plank to Downward Dog: 5 total

Kneeling Hip Flexor Stretch: 3 second hold, 5 times each leg

Kneeling Adductor Stretch: 3 second hold, 5 times each leg

Glute Bridge: 3 second hold at top, 10 total

Clamshells: 10 each side

Walking Plank: 5 to each side

Armswings: front to back 10 each side, diagonal 10 each side

T Rotation Armswings: 10 each side

May 30 - June 4

4-rounds + 30 minutes cardio

15 total	Squat to Jack Jump
10 each leg	Curtsey Lunge
10 each leg	Single Leg Glute Bridge
10 total	Kneeling Push Ups
20 total	Supermans
15 total	Scapular Chair Retractions
20 total	Plank with Spiderman Knees

June 6 - June 11

4-rounds + sprint workout

10 total	Vertical Jump to Broad Jump
10 each leg	Lateral Lunges
15 total	Frog Bridges
20 total	Reverse Plank with Toe Touch
10 total	Incline Plyo-Push Ups
20 total	Plank Shoulder Taps
30 total	Bicycle crunches

June 13 - June 18

4-rounds + 30 minutes cardio

15 total	Pogos
10 each leg	Split Squats
15 each leg	Single Leg Calf Raises
10 total	Incline Pushups
20 total	Flutterkicks
10 each leg	Single Leg ankle Hops
10 total	Tuck Jumps

June 20 - June 25

5-rounds + sprint workout

10 each leg	Single Leg Hops
15 total	Squat to Jack Jump
10 each	Side Plank Hip Lifts
10 total	Push Ups to Inchworm
45-sec	Plank
15 each leg	Single Leg Calf Raises
20 total	Mountain Climber

June 27 - July 2

5-rounds + 30 minutes cardio

16 total	Alternating Lunge Jumps
10 each leg	Single Leg Glute Bridge
10 each leg	Curtsey Lunge
20 total	Plank with Spiderman Knees
10 total	Tuck Jumps
10 total	Kneeling Push Ups
20 total	Supermans

July 4 - July 9

5-rounds + sprint workout

15 total	Pogos
10 each leg	Split Squats
15 each leg	Single Leg Calf Raises
10 total	Incline Pushups
20 total	Flutterkicks
10 each leg	Single Leg ankle Hops
10 total	Tuck Jumps

July 11 - July 16

5-rounds + 30 minutes cardio

15 total	Squat to Jack Jump
10 each leg	Curtsey Lunge
10 each leg	Single Leg Glute Bridge
10 total	Kneeling Push Ups
20 total	Supermans
15 total	Scapular Chair Retractions
20 total	Plank with Spiderman Knees

July 18 - July 23

5-rounds + sprint workout

10 total	Vertical Jump to Broad Jump
10 each leg	Lateral Lunges
15 total	Frog Bridges
20 total	Reverse Plank with Toe Touch
10 total	Incline Plyo-Push Ups
20 total	Plank Shoulder Taps
30 total	Bicycle crunches

Volleyball Sprint Workout

TIME	ACTIVITY
25-sec	10 sideline touches
30-sec	rest
25-sec	10 sideline touches
1 min, 30 sec	long rest
25-sec	10 sideline touches
30-sec	rest
25-sec	10 sideline touches
1 min, 30 sec	long rest
25-sec	10 sideline touches
30-sec	rest
25-sec	10 sideline touches
1 min, 30 sec	long rest
25-sec	10 sideline touches
30-sec	rest
25-sec	10 sideline touches
1 min, 30 sec	long rest

Stationary Bike Workout

TIME	Resistance	NOTES	RPM
0:00 - 5:00	Level 8	Warmup	
05:00 - 05:30	Level 15	Sprint	RPM over 115
05:30 - 06:30	Level 8	Recover	RPM at 80
06:30 - 7:00	Level 15	Sprint	RPM over 115
07:00 - 8:00	Level 8	Recover	RPM at 80
08:00 - 08:45	Level 15	Sprint	RPM over 115
08:45 - 09:45	Level 8	Recover	RPM at 80
09:45 - 10:30	Level 15	Sprint	RPM over 115
10:30 - 11:30	Level 8	Recover	RPM at 80
11:30 - 12:30	Level 15	Sprint	RPM over 115
12:30 - 13:30	Level 8	Recover	RPM at 80
13:30 - 14:30	Level 15	Sprint	RPM over 115
14:30 - 15:30	Level 8	Recover	RPM at 80
15:30 - 16:00	Level 15	Sprint	RPM over 115
16:00 - 17:00	Level 8	Recover	RPM at 80
17:00 - 17:30	Level 15	Sprint	RPM over 115
17:30 - 18:30	Level 8	Recover	RPM at 80
18:30 - 19:15	Level 15	Sprint	RPM over 115
19:15 - 20:15	Level 8	Recover	RPM at 80
20:15 - 21:00	Level 15	Sprint	RPM over 115
21:00 - 22:00	Level 8	Recover	RPM at 80
22:00 - 23:00	Level 15	Sprint	RPM over 115
23:00 - 24:00	Level 8	Recover	RPM at 80
24:00 - 25:00	Level 15	Sprint	RPM over 115
25:00 - 26:00	Level 8	Recover	RPM at 80
26:00 - 30:00	Level 5	Cooldown	