

Cardinal Volleyball Strength Training      2 to 3 times a week

Warm up   45 Seconds   15 Second rest

Jog in Place, Jumping Jacks, Body Squats, [Lateral Lunges](#), Band steps sideways, Band around knees push knees in and out, Knee pulls-step and pull up knee

[Side Plank series](#)   8 Side lifts, 8 knee drives, 8 toe taps   X 2 (both sides)

Core Exercises

[Bosu Mountain Climber](#) 12 each leg

[Bosu Old Mountain Climbers](#)   1 minute

[Half Knee Lunge Wall Toss](#)   10 each side

Burpees   10 X 2

Bounding

[Split Jump](#)   30

[Scissors Jump](#) 12 X 2- each leg forward

[Lateral Lunge](#) 15 X 2 to each side

[Box Jump SL Landing](#)   20

[Depth Jump w 90 over hurdle](#)   10 X 2

Strength

[Hinge Plate Prisoners](#) 15

[Plate Halos](#)   20

[Single Leg Safety Bar Squat](#) 15 each leg

[Deadlift](#)   12 X 2

[Hang Clean](#)   12 X 2

[Single Leg Snatch](#) 12 each side

Dumbbell Rows w knee on bench   12 each side

Standing Chest Press   12 X 2

Standing Row Pulls   12 X 2

[Preview YouTube video Side Plank Series](#)



[Preview YouTube video Bosu Mountain Climber](#)



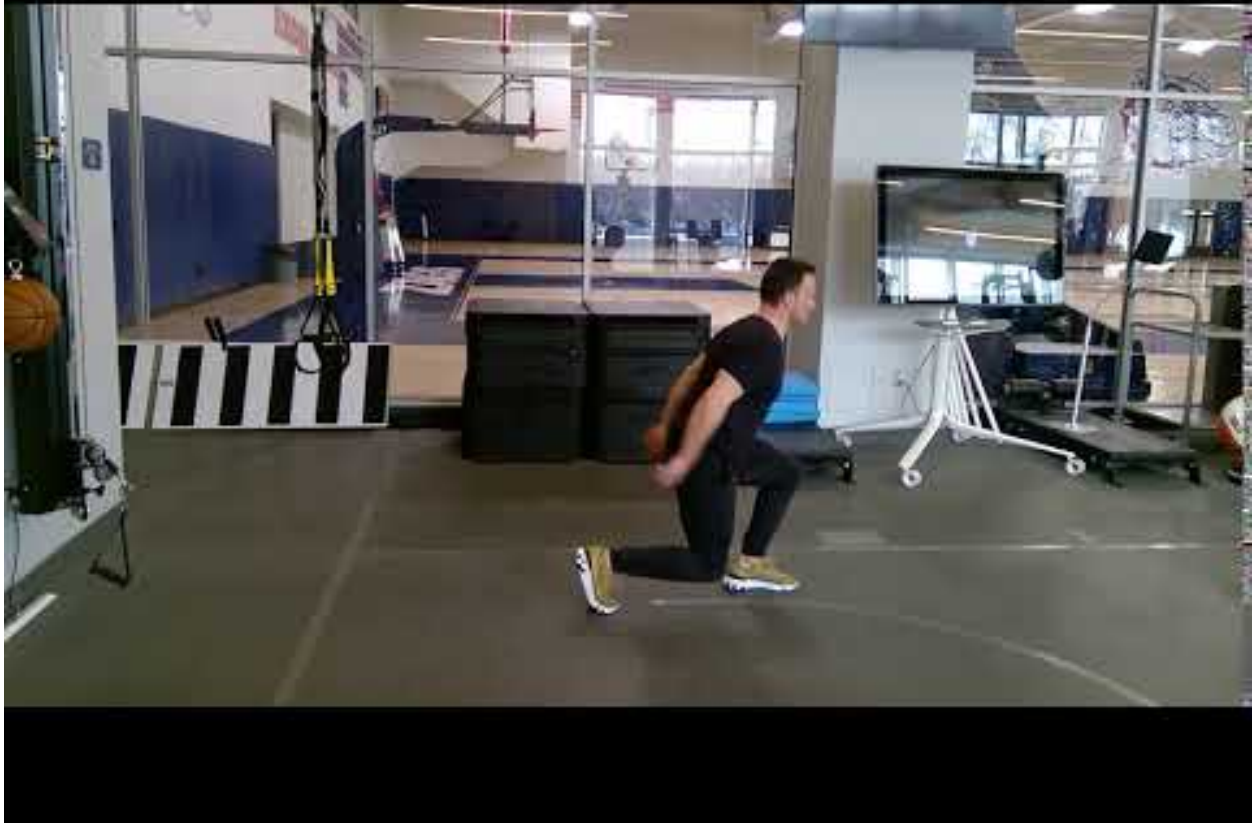
Preview YouTube video BOSU Mountain Climber



Preview YouTube video Half Kneel Lunge MB Wall Toss



Preview YouTube video Split Jump



Preview YouTube video Scissor Jump



Preview YouTube video Lateral Lunge



Preview YouTube video Box Jump (SL Landing)





Preview YouTube video Depth Jump w 90 over hurdle



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Preview YouTube video SL Safety Bar Squat



Preview YouTube video Deadlift



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Preview YouTube video SL Snatch

