


VOLLEYBALL CAMP CONDITIONING PROGRAM

In order for you to get the most out of your camp experience, and to minimize the amount of muscle soreness, here are some suggested exercises for you to do at home. They are designed to strengthen your legs and arms, and to help improve your "wind" for volleyball. We suggest that you start these exercises about 3 weeks prior to the beginning of camp.

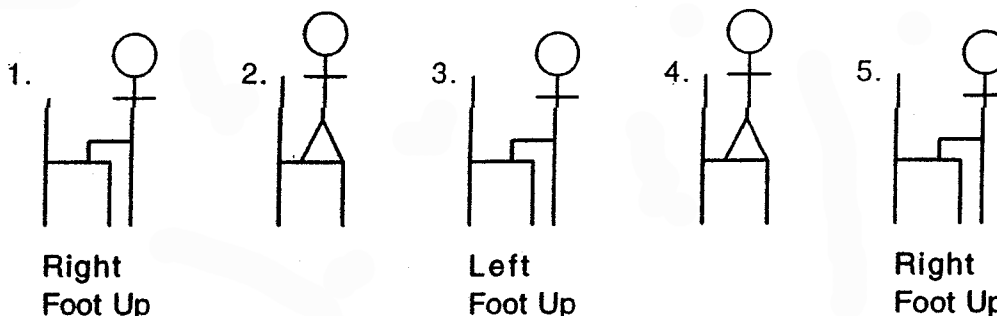
1. Pushups - modified  if you can't do regular ones.
 - a. 3 sets of 5 repetitions - rest 1 min. Between each set of 5*
*If you can't do 5, start with 3 sets or whatever number you can do.
 - b. Increase 2 repetitions/sets each week.

2. Situps - same as #1.

Knees should be bent, heels flat on the floor with arms crossed in front of chest.

3. Bench blasts - 3 sets of 10 repetitions, increasing by 5 reps/sets the second week. Remaining weeks go back to 3 sets of 10 and 3 sets of 15 respectively, holding a book (2-5 lbs.) in each hand.

Bench blasts - Step up on a bench, chair or whatever and extend as hard as you can; while in air, switch legs and come down on the opposite foot. Repeat.



4. Half-squats - 50 times keeping feet parallel and shoulder width apart. Keep heels on the floor and go half way down (90 degree angle).
5. Stair running - 2 sets of 10 repetitions taking steps 1 at a time as fast as you can. Walk down and repeat.
 - 2 sets of 10 repetitions taking steps 1 at a time as fast as you can, walk down.
 - Every few days add one more set of 10 repetitions.

These exercises will help you get the most out of your camp experience so I'd strongly recommend you do them prior to your arrival.

SEE YOU SOON!