

# TORRANCE HIGH SCHOOL GIRLS VOLLEYBALL

## Tartar Pride!

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### FULL BODY BOOTCAMP

5 circuits -- 25 minutes

#### TRISSET 1

3 exercises @ 30 seconds -- 3 laps

- Kneel Squat
- Lateral Lunge
- Glute Bridge

#### TRISSET 2

3 exercises @ 30 seconds -- 3 laps

- Lay-Down Push Up
- Reverse Table Top Hold
- Bear Crawl

#### TRISSET 3

3 exercises @ 30 seconds -- 3 laps

- Straight-Leg Raise & Hip Lift
- Alternating Superman
- X Plank

#### SUPERSET 1

2 exercises @ 30 seconds -- 2 laps

- Pop Squat
- Hover to Plank

#### SUPERSET 1

2 exercises @ 30 seconds -- 2 laps

- Plank Jack & Shoulder Tap
- Plank Dips

### BALL CONTROL

2 circuits -- 10 minutes

#### BALL CONTROL

5 exercises @ 100 reps -- 2 laps

- Pass to Yourself
- Set to Yourself
- Pass-Set to Yourself
- Pass to Yourself with Touch the Ground
- Set to Yourself with 180 turn

#### SINGLE-ARM BALL CONTROL

5 exercises @ 50 reps -- 2 laps

- Right Arm
- Left Arm
- Right Arm - Left Arm
- Right Arm - Left Arm - Pass to Yourself
- Right Arm - Pass to Yourself - Left Arm - Pass to Yourself