

# TORRANCE HIGH SCHOOL GIRLS VOLLEYBALL

## Tartar Pride!

9/9

### FULL BODY BOOTCAMP

5 circuits -- 25 minutes

#### TRISSET 1

3 exercises @ 30 seconds -- 3 laps

- Pop Squat & Extend
- Curtsy Lunge
- Straddle Hinge

#### TRISSET 2

3 exercises @ 30 seconds -- 3 laps

- Rocking Chair Push Up
- Lateral Shoot Through
- Hover Arm Extension

#### TRISSET 3

3 exercises @ 30 seconds -- 3 laps

- Bent-Leg Sit-Up & Reach
- Single Arm Superman
- X Mountain Climbers

#### SUPERSET 1

2 exercises @ 30 seconds -- 2 laps

- Kneel to Knee-Up
- Extended Plank

#### SUPERSET 1

2 exercises @ 30 seconds -- 2 laps

- Plank Jacks
- Lay-Down Push-Up

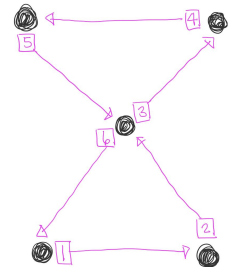
### FOOTWORK & PLYOS

2 circuits -- 15 minutes

#### FOOTWORK

5 exercises @ listed reps -- 2 laps

- 20 1-Step Shuffle Boxes
- 10 3-Step Shuffle Boxes



- 1-minute Perfecting Passing Hold

[KNEES WIDER THAN SHOULDERS, SHOULDERS OVER KNEES, RIGHT FOOT SLIGHTLY IN FRONT, ARMS OUT, & YOU SHOULD BE ABLE TO TOUCH THE GROUND]

- 1-minute 10 foot Side-Side Shuffle  
[AS FAST AS YOU CAN]
- 1-minute 10 foot Front-Back Shuffle  
[AS FAST AS YOU CAN]

#### PLYOS

6 exercises @ listed reps -- 2 laps

**WITH NOT BREAKS DURING THE EXERCISE**

- 50 Popcorns  
[AS FAST AS YOU CAN]
- 15 Broadjump to Backwards High Knees
- 20 Right-Leg Single-Leg Bound to Jump
- 20 Right-Leg Single-Leg Bound to Jump
- 2-minute Speed Jump Rope
- 25 Double Jumps with Jump Rope