



KRVA

HOME WORKOUTS FOR VOLLEYBALL ATHLETES

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NO GYM? NO
PROBLEM. STAY
STRONG, QUICK,
AND READY TO
PLAY.



This simple, equipment-free workout is built for volleyball players who want to maintain strength, endurance, and agility at home. Do it 2–3 times per week to stay game-ready through winter. Always warm up first and listen to your body.

Warm-Up (5–7 Minutes)

- 30 seconds jumping jacks
- 30 seconds high knees
- 30 seconds arm circles (forward + backward)
- 20 bodyweight squats
- 10 lunges each leg
- 20 toe touches
- Light jog or jump rope (1–2 minutes)

Core + Stability (2 Rounds)

- 20 bicycle crunches
- 30-second forearm plank
- 15 Russian twists each side
- 10 superman lifts
- 20 glute bridges

Tip: Volleyball power starts from the core – focus on tight control and good form.

Lower Body Power (2–3 Rounds)

- 15 squats
- 10 jump squats
- 10 lunges each leg
- 15 calf raises
- 30-second wall sit

Optional Challenge: Add a volleyball – hold it overhead or between knees for added tension.

Upper Body & Reaction (2 Rounds)

- 10 pushups (or on knees)
- 10 tricep dips (use a sturdy chair)
- 10 shoulder taps (from plank position)
- 15 overhead ball tosses (light volleyball or small ball)
- 10 forearm pass motions (simulate passing form)

Footwork & Agility (2 Rounds)

- 20 quick feet (in place)
- 10 lateral shuffles each direction
- 10 forward-back hops
- 15 crossover steps
- 5 burpees to finish strong

Focus: Stay light on your feet – quick, quiet, controlled movements.

Cool Down (3–5 Minutes)

- Stretch hamstrings, quads, calves, and shoulders
- Deep breathing (5 slow inhales + exhales)
- Reflect: What felt strong today? What can I improve next time?

Weekly Goal: Complete this workout 2–3 times per week.
Track your progress: number of rounds, reps, or how you feel after each session