

DIGS CLUB WORKOUT

AGILITY - EXPLOSIVENESS - SPEED - STRENGTH

Exercise	Amount
Agility	
Stair Toe Taps	30 sec
The Invisible Ladder	30 sec
The Jump Rope (jump in place)	30 sec
	Rest for 1 min
	Repeat x3

Explosiveness	
Plyo Skips	30 sec
Standing Broad Jumps	30 sec
Double Kettlebell Swing	30 sec
	Rest for 1
	Repeat x3

Speed	
10 ft side to side shuffle sprints (arms out)	30 sec
	Repeat x 5

Strength	
Good mornings	10 reps
Lunge with a twist	10 reps
Lateral Lunge with a press	10 reps
Single Leg RDL to overhead press	10 reps
Dumbbell snatch	10 reps
Dumbbell Pullover	10 reps
Dubell squat to press	10 reps
10- and - 2 drops	10 reps
Biceps with overhead press	10 reps
10 volleyball-specific strength exercises & workouts - The Art of Coaching Volleyball	Repeat x3

Ankle Strength	
Back on the floor, foot in the air, band on top of foot, and rotate it side to side	

Abs	
Side to side twist with overhead press	