

HARVARD WOMEN'S VOLLEYBALL

	PHASE ONE		PHASE TWO		PHASE THREE			
MONDAY								
***Med Ball Series:	3 TIMES THROUGH		***Med Ball Series x 3:	3 TIMES THROUGH	***Med Ball Series x 3:	3 TIMES THROUGH		
Feet Paralell			Feet Staggered in Lunge		Standing on One foot			
Side Throws on Wall	12e		Side Throws on Wall	12e	Side Throws on Wall	12e		
Front Twist Throws on Wall	12e		Front Twist Throws on Wall	12e	Front Twist Throws on Wall	12e		
Overhead Throws on Wall	12		Overhead Throws on Wall	12	Overhead Throws on Wall	12		
Chest Throws on Wall	20		Chest Throws on Wall	20	Chest Throws on Wall	20		
TUESDAY								
Old-School Dynamic x10			Old-School Dynamic		Old-School Dynamic	x 100 each		
Atomics	x5		Rotating Atomics	x10e,9e,8e,7e...1e	V-Ups	ANY		
Rocky's	x5		Straight Leg Sit-Ups	x10e,9e,8e,7e...1e	Killer Crunches	WHICH		
Side Bridges	x5e		Elbow Rotators	x10e,9e,8e,7e...1e	Skydivers	WAY		
Supermen	x5		Lying Opposites	x10e,9e,8e,7e...1e	Russian Twists	YOU		
Leg Raises	x5		Reverse Crunches	x10e,9e,8e,7e...1e	Flutter Kicks	CAN		
THURSDAY								
Isometric Strength	2 TIMES THROUGH	ADD	Isometric Strength	2 TIMES THROUGH	ADD	Isometric Strength	2 TIMES THROUGH	ADD
Plank Hold - 2 Feet	:30 seconds	10	Plank Hold - one foot	:20 seconds each	10	Plank Hold - 1 arm/1 foot	:20 seconds each	10
Side Bridge Hold - Stack Feet	:30 seconds each	SECONDS	Side Bridge Hold - top leg up	:20 seconds each	SECONDS	Side Bridge Hold - top leg up + hold wt	:20 seconds each	SECONDS
Superman Hold	:30 seconds	EACH	Superman Hold with MB behind head	:30 seconds	EACH	Skydiver Hold with MB behind head	:30 seconds	EACH
Y-Hold	:30 seconds	WEEK	Y-Hold with 5-lb plate on feet	:30 seconds	WEEK	Y-hold with plate on feet and in hands	:30 seconds	WEEK
FRIDAY								
Balance and Stability	2 TIMES THROUGH		Balance and Stability	2 TIMES THROUGH		Balance and Stability	2 TIMES THROUGH	
Physio Ball Seated - legs straight	:30 seconds		PB Seated with 5-lb iron cross hold	:30 seconds		PB Seated - palms fwd/back with 5-lb plates	:30 seconds	
Physio Ball Kneeling - four points	:30 seconds		PB Knees only with 10-25lb shoulder press	:30 seconds		PB Knees only - trunk rotators with 10-lb plate	x 10 each way	
Physio Ball Kneeling - just knees	:30 seconds		2 PB's - Pushup Hold hands on/feet on	:30 seconds		2 PB's - Pushup Hold hands on/1-foot on	x :15 seconds each	

*** Keep core drawn in and tight, fire glutes, and use full range of motion on throws. These drills should involve your entire body, not just your arms throwing the ball***