**Summer Workout – Jump Training & Strength Training**

The following exercises are intended for each player to do on their own to help improve overall strength, stability and increase their vertical jump. They do not require any special weights or equipment and are intended to be done at home.

This program should be done twice a week with at least one days rest in between. Remember to warmup and stretch before doing the exercises

Make sure that if using a chair for the box jumps that you do this on a carpeted area or on a yoga mat as shown in the video, a spotter to hold the chair would be even better.

**Day One Exercises: Jump Training**

Do 2 sets of 10 reps for each exercise.

For the first five exercises refer to the following video: [**Jump Training Video**](https://www.fitnessblender.com/articles/how-to-jump-higher-for-volleyball-volleyball-plyometrics-workout)

For the following exercises click on each name of exercise for video

* Broad Jumps *(click on jump training video above)*
* Knee Tuck Jumps *(click on jump training video above)*
* Power jacks *(click on jump training video above)*
* Jumping lunges *(click on jump training video above)*
* Box/ Chair Jumps *(click on jump training video above)*
* [Lateral Jumps (skier jumps)](https://www.youtube.com/watch?v=scWvUN5RFys)
* [Squat Jacks](https://www.youtube.com/watch?v=LK3jSsdQ7M4)
* [Burpees](https://www.youtube.com/watch?v=myFyP5gr4_s)
* [Agility Dots](https://www.youtube.com/watch?v=7d-zF0rrZ_0)

Day two exercises require weights. Start light and work your way up to heavier weights. If you do not have weights you can skip these exercises and repeat Day One jump training.

**Day Two Exercises: Strength Training**

Refer to the following training video on how to do each exercise. These exercises can be done with dumbbells, med balls or any other type of weight you may have at home.

[**Training Video**](https://www.theartofcoachingvolleyball.com/10-volleyball-specific-strength-exercises/)

Do 3 sets of 10 reps for each exercise

* Good mornings
* Side-to-side with Twist
* Single leg RDL to overhead press
* Lunge with Twist
* Lateral Lunge with Press
* Dumbbell Snatch
* Dumbbell Pullover
* Dumbbell Squat to Press
* Biceps with overhead press