



Men's Volleyball Cycle 8 2011



	Week 1	Week 2	Week 3	Week 4
DAY 1	Warmup- Complex # 1	Warmup- Complex # 3	Warmup- Complex # 2	Warmup- Complex # 1
	Sml Box Side Hop Up and Over R/S (10,8,6,5)	Sml Box Single Leg Hop Up and Down R/S - (10,8,6,5)	Sml Box Single Leg Sid Hop Up and Over R/S (10,8,6,5)	"Chelsie"
	1 DB Hang Clean R/S (80,85,82.5,87%)	1 DB Split Jerk R/S (80,85,82.5,87%)	1 DB Hang Clean to Split Jerk R/S (80,85,82.5,87%)	Roll Session- Calves, Quad, Piriformis, IT Band, Spine, Lats
	Reverse Lunge to High Knee R/S (75,82.5,80,85,82.5%)	Reverse Lunge to High Knee R/S (85x8%)	Reverse Lunge to High Knee R/S- (60,70,65,75,70%)	
	Body Weight Speed SL RDL R/S- 20s x3	Body Weight Speed SL RDL R/S- 30s x3	Body Weight Speed SL RDL R/S- 40s x3	
	Stretch- Atlas, Roll Calves/IT Band	Stretch- Atlas, Roll Piriformis, Quad	Stretch-Atlas, Ball Calves, Tri Ham/Quad	
DAY 2	Warmup- Complex # 4	Warmup- Complex # 5	Warmup- Complex # 6	Warmup- Complex # 5
	Split Stance 1 DB Row R/S- (80,85,82.5,87%)	Split Stance DB Row- (75,82.5,80,85,82.5%)	Stork Stance DB Row- (75,82.5,80,85,82.5%)	Pillar Circuit #20- 3x15 or 45s
	SB Walkout to Pushup- (10,9,8,7,6)	SB 1 Ft Pushups R/S- (6,5,4,3)	SB Pike to Pushup- (10,9,8,7,6)	Strap Stretch- Hamstring, Across Hip, Away Hip, Shoulder Pull Up/Down
	Kipping Pullups- (8 x3)	Kipping Pullups- (10 x3)	Kipping Pullups- (10 x4)	
	Bench A,T,Y's 3x4	Bench A,T,Y's 3x5	Bench A,T,Y's 3x6	
	Stretch- Atlas,Ball Chest/Lats, Rotator Cuff	Stretch- Atlas, Strap Shoulder, Cat/Camel	Stretch- Atlas, Down/Up Dog, Thread Needle	
DAY 3	Warmup- Complex # 2	Warmup- Complex # 1	Warmup- Complex # 3	Warmup- Complex # 2
	Bench Pistol Speed Squats R/S - (8,7,6,5)	Bench Pistol Squat Jumps R/S- (8,7,6,5)	Pistol Squat Jumps (8,7,6,5)	"Eva"
	Hang Clean- (75,82.5,80,85,82.5%)	Power Clean- (75,82.5,80,85,82.5%)	Power Clean- (85x8%)	Stretch- Tri-Plane Hamstring/Quad, Ball Calf, Groin (Frog), IT Band
	1 DB Alt Side Lunge (60,70,65,75,70%)	DB Side Lunge R/S (80,85,82.5,87,85%)	DB Shoulder Height Alt Side Lunges (60,70,65,75,70%)	
	SL Speed Step Ups R/S (24, 22, 20, 18)	SL Speed Step Ups R/S (28,26,24,22)	SL Speed Step Ups R/S (30,29,28,27)	
	Stretch- Atlas, Strap Quad/Hamstring	Stretch- Atlas, IT Band/Groin (Frog)	Stretch- Atlas, Strap Away/Across Hip	