

**Players, please hand in
all 3 pages to
Coach @ Tryouts!**

NAME _____

Auburn Mountainview Volleyball - PRE-SEASON WORKOUT

**Physical Form
Due by the 15th!
(9:00am)**

- Workout should last about one hour
- -Start with one lap around track (1/4th of a mile).
Walk the first 1/2 of your lap and increase to a brisk walk the rest of the way.
- -Light stretching (large muscle groups, i.e. quads, hamstrings...)
- -10 full stride lunges into 10 deep squat jumps into 10 side slides (5 on each side and stay low!)
then rest 1-2 minutes and repeat. Do a total of 3 sets of 10.
- -3 sets of 10 PERFECT push-ups. This should not take more than 2 to 3 minutes. Do more if you can!
- -90 ab. exercises (30 scissor kicks, 30 bicycles, and 30 crunches... no cheating). Do more if you can.
- 20 minute run around track (no walking). Your goal is to improve each time you do this.
- Push yourself, the season is right around the corner and the workouts will only get tougher.

Coach Nettie

THREE WEEKS TILL TRY-OUTS

| Tuesday July 31 st Time ____:____ | Thursday August 2 nd Time ____:____ | On Your Own Date ____ Time ____:____ |
|---|---|---|
| <input type="radio"/> Warm Up <u>Lower Body</u> <input type="radio"/> 10 Lunges – 10 Squat – 10 Slides rest 1-2 minutes <input type="radio"/> 10 Lunges – 10 Squat – 10 Slides rest 1-2 minutes <input type="radio"/> 10 Lunges – 10 Squat – 10 Slides rest 1-2 minutes Can you do more? YES or NO If so what? _____ <u>Upper Body</u> <input type="radio"/> 10 Perfect Push ups rest 20 seconds <input type="radio"/> 10 Perfect Push ups rest 20 seconds <input type="radio"/> 10 Perfect Push ups rest 20 seconds Can you do more? YES or NO If so what? _____ <u>Abdominal</u> <input type="radio"/> 30 scissor kicks <input type="radio"/> 30 bicycles <input type="radio"/> 30 crunches Can you do more? YES or NO If so what? _____ <u>Cardiovascular</u> <input type="radio"/> 20 minute run around track (no walking). How many Full Laps did you do? _____ + (1/4 1/2 3/4 of a lap?) Your goal is to improve each time. | <input type="radio"/> Warm Up <u>Lower Body</u> <input type="radio"/> 10 Lunges – 10 Squat – 10 Slides rest 1-2 minutes <input type="radio"/> 10 Lunges – 10 Squat – 10 Slides rest 1-2 minutes <input type="radio"/> 10 Lunges – 10 Squat – 10 Slides rest 1-2 minutes Can you do more? YES or NO If so what? _____ <u>Upper Body</u> <input type="radio"/> 10 Perfect Push ups rest 20 seconds <input type="radio"/> 10 Perfect Push ups rest 20 seconds <input type="radio"/> 10 Perfect Push ups rest 20 seconds Can you do more? YES or NO If so what? _____ <u>Abdominal</u> <input type="radio"/> 30 scissor kicks <input type="radio"/> 30 bicycles <input type="radio"/> 30 crunches Can you do more? YES or NO If so what? _____ <u>Cardiovascular</u> <input type="radio"/> 20 minute run around track (no walking). How many Full Laps did you do? _____ + (1/4 1/2 3/4 of a lap?) Your goal is to improve each time. | <input type="radio"/> Warm Up <u>Lower Body</u> <input type="radio"/> 10 Lunges – 10 Squat – 10 Slides rest 1-2 minutes <input type="radio"/> 10 Lunges – 10 Squat – 10 Slides rest 1-2 minutes <input type="radio"/> 10 Lunges – 10 Squat – 10 Slides rest 1-2 minutes Can you do more? YES or NO If so what? _____ <u>Upper Body</u> <input type="radio"/> 10 Perfect Push ups rest 20 seconds <input type="radio"/> 10 Perfect Push ups rest 20 seconds <input type="radio"/> 10 Perfect Push ups rest 20 seconds Can you do more? YES or NO If so what? _____ <u>Abdominal</u> <input type="radio"/> 30 scissor kicks <input type="radio"/> 30 bicycles <input type="radio"/> 30 crunches Can you do more? YES or NO If so what? _____ <u>Cardiovascular</u> <input type="radio"/> 20 minute run around track (no walking). How many Full Laps did you do? _____ + (1/4 1/2 3/4 of a lap?) Your goal is to improve each time. |

**Players, please hand in
all 3 pages to
Coach @ Tryouts!**

NAME _____

Auburn Mountainview Volleyball - PRE-SEASON WORKOUT

**Physical Form
Due by the 15th!
(9:00am)**

- Workout should last about one hour
- -Start with one lap around track (1/4th of a mile).
Walk the first 1/2 of your lap and increase to a brisk walk the rest of the way.
- -Light stretching (large muscle groups, i.e. quads, hamstrings...)
- -10 full stride lunges into 10 deep squat jumps into 10 side slides (5 on each side and stay low) then rest 1-2 minutes and repeat. Do a total of 3 sets of 10.
- -3 sets of 10 PERFECT push-ups. This should not take more than 2 to 3 minutes. Do more if you can!
- -90 ab. exercises (30 scissor kicks, 30 bicycles, and 30 crunches... no cheating). Do more if you can.
- 20 minute run around track (no walking). Your goal is to improve each time you do this.
- Push yourself, the season is right around the corner and the workouts will only get tougher.

Coach Nettie

TWO WEEKS TILL TRY-OUTS

| Tuesday August 7th Time ____:____ | Thursday August 9th Time ____:____ | On Your Own Date ____ Time ____:____ |
|---|---|---|
| <p><input type="radio"/> Warm Up</p> <p><u>Lower Body</u></p> <p><input type="radio"/> 10 Lunges – 10 Squat – 10 Slides rest 1-2 minutes</p> <p><input type="radio"/> 10 Lunges – 10 Squat – 10 Slides rest 1-2 minutes</p> <p><input type="radio"/> 10 Lunges – 10 Squat – 10 Slides rest 1-2 minutes Can you do more? YES or NO If so what? _____</p> <p><u>Upper Body</u></p> <p><input type="radio"/> 10 Perfect Push ups rest 20 seconds</p> <p><input type="radio"/> 10 Perfect Push ups rest 20 seconds</p> <p><input type="radio"/> 10 Perfect Push ups rest 20 seconds Can you do more? YES or NO If so what? _____</p> <p><u>Abdominal</u></p> <p><input type="radio"/> 30 scissor kicks</p> <p><input type="radio"/> 30 bicycles</p> <p><input type="radio"/> 30 crunches Can you do more? YES or NO If so what? _____</p> <p><u>Cardiovascular</u></p> <p><input type="radio"/> 20 minute run around track (no walking). How many Full Laps did you do? _____ + (1/4 1/2 3/4 of a lap?)</p> <p>Your goal is to improve each time.</p> | <p><input type="radio"/> Warm Up</p> <p><u>Lower Body</u></p> <p><input type="radio"/> 10 Lunges – 10 Squat – 10 Slides rest 1-2 minutes</p> <p><input type="radio"/> 10 Lunges – 10 Squat – 10 Slides rest 1-2 minutes</p> <p><input type="radio"/> 10 Lunges – 10 Squat – 10 Slides rest 1-2 minutes Can you do more? YES or NO If so what? _____</p> <p><u>Upper Body</u></p> <p><input type="radio"/> 10 Perfect Push ups rest 20 seconds</p> <p><input type="radio"/> 10 Perfect Push ups rest 20 seconds</p> <p><input type="radio"/> 10 Perfect Push ups rest 20 seconds Can you do more? YES or NO If so what? _____</p> <p><u>Abdominal</u></p> <p><input type="radio"/> 30 scissor kicks</p> <p><input type="radio"/> 30 bicycles</p> <p><input type="radio"/> 30 crunches Can you do more? YES or NO If so what? _____</p> <p><u>Cardiovascular</u></p> <p><input type="radio"/> 20 minute run around track (no walking). How many Full Laps did you do? _____ + (1/4 1/2 3/4 of a lap?)</p> <p>Your goal is to improve each time.</p> | <p><input type="radio"/> Warm Up</p> <p><u>Lower Body</u></p> <p><input type="radio"/> 10 Lunges – 10 Squat – 10 Slides rest 1-2 minutes</p> <p><input type="radio"/> 10 Lunges – 10 Squat – 10 Slides rest 1-2 minutes</p> <p><input type="radio"/> 10 Lunges – 10 Squat – 10 Slides rest 1-2 minutes Can you do more? YES or NO If so what? _____</p> <p><u>Upper Body</u></p> <p><input type="radio"/> 10 Perfect Push ups rest 20 seconds</p> <p><input type="radio"/> 10 Perfect Push ups rest 20 seconds</p> <p><input type="radio"/> 10 Perfect Push ups rest 20 seconds Can you do more? YES or NO If so what? _____</p> <p><u>Abdominal</u></p> <p><input type="radio"/> 30 scissor kicks</p> <p><input type="radio"/> 30 bicycles</p> <p><input type="radio"/> 30 crunches Can you do more? YES or NO If so what? _____</p> <p><u>Cardiovascular</u></p> <p><input type="radio"/> 20 minute run around track (no walking). How many Full Laps did you do? _____ + (1/4 1/2 3/4 of a lap?)</p> <p>Your goal is to improve each time.</p> |

**Players, please hand in
all 3 pages to
Coach @ Tryouts!**

NAME _____

Auburn Mountainview Volleyball - PRE-SEASON WORKOUT

**Physical Form
Due by the 15th!
(9:00am)**

- Workout should last about one hour
- -Start with one lap around track (1/4th of a mile).
Walk the first 1/2 of your lap and increase to a brisk walk the rest of the way.
- -Light stretching (large muscle groups, i.e. quads, hamstrings...)
- -10 full stride lunges into 10 deep squat jumps into 10 side slides (5 on each side and stay low!)
then rest 1-2 minutes and repeat. Do a total of 3 sets of 10.
- -3 sets of 10 PERFECT push-ups. This should not take more than 2 to 3 minutes. Do more if you can!
- -90 ab. exercises (30 scissor kicks, 30 bicycles, and 30 crunches... no cheating). Do more if you can.
- 20 minute run around track (no walking). Your goal is to improve each time you do this.
- Push yourself, the season is right around the corner and the workouts will only get tougher.

Coach Nettie

ONE WEEK TILL TRY-OUTS

| Tuesday August 14 th Time ____:____ | On Your Own Date ____ Time ____:____ | On Your Own Date ____ Time ____:____ |
|---|---|---|
| <input type="radio"/> Warm Up <u>Lower Body</u> <input type="radio"/> 10 Lunges – 10 Squat – 10 Slides rest 1-2 minutes <input type="radio"/> 10 Lunges – 10 Squat – 10 Slides rest 1-2 minutes <input type="radio"/> 10 Lunges – 10 Squat – 10 Slides rest 1-2 minutes Can you do more? YES or NO If so what? _____ <u>Upper Body</u> <input type="radio"/> 15 Perfect Push ups rest 20 seconds <input type="radio"/> 15 Perfect Push ups rest 20 seconds <input type="radio"/> 15 Perfect Push ups rest 20 seconds Can you do more? YES or NO If so what? _____ <u>Abdominal</u> <input type="radio"/> 40 scissor kicks <input type="radio"/> 40 bicycles <input type="radio"/> 40 crunches Can you do more? YES or NO If so what? _____ <u>Cardiovascular</u> <input type="radio"/> 20 minute run around track (no walking). How many Full Laps did you do? _____ + (1/4 1/2 3/4 of a lap?) Your goal is to improve each time. | <input type="radio"/> Warm Up <u>Lower Body</u> <input type="radio"/> 10 Lunges – 10 Squat – 10 Slides rest 1-2 minutes <input type="radio"/> 10 Lunges – 10 Squat – 10 Slides rest 1-2 minutes <input type="radio"/> 10 Lunges – 10 Squat – 10 Slides rest 1-2 minutes Can you do more? YES or NO If so what? _____ <u>Upper Body</u> <input type="radio"/> 15 Perfect Push ups rest 20 seconds <input type="radio"/> 15 Perfect Push ups rest 20 seconds <input type="radio"/> 15 Perfect Push ups rest 20 seconds Can you do more? YES or NO If so what? _____ <u>Abdominal</u> <input type="radio"/> 40 scissor kicks <input type="radio"/> 40 bicycles <input type="radio"/> 40 crunches Can you do more? YES or NO If so what? _____ <u>Cardiovascular</u> <input type="radio"/> 20 minute run around track (no walking). How many Full Laps did you do? _____ + (1/4 1/2 3/4 of a lap?) Your goal is to improve each time. | <input type="radio"/> Warm Up <u>Lower Body</u> <input type="radio"/> 10 Lunges – 10 Squat – 10 Slides rest 1-2 minutes <input type="radio"/> 10 Lunges – 10 Squat – 10 Slides rest 1-2 minutes <input type="radio"/> 10 Lunges – 10 Squat – 10 Slides rest 1-2 minutes Can you do more? YES or NO If so what? _____ <u>Upper Body</u> <input type="radio"/> 15 Perfect Push ups rest 20 seconds <input type="radio"/> 15 Perfect Push ups rest 20 seconds <input type="radio"/> 15 Perfect Push ups rest 20 seconds Can you do more? YES or NO If so what? _____ <u>Abdominal</u> <input type="radio"/> 40 scissor kicks <input type="radio"/> 40 bicycles <input type="radio"/> 40 crunches Can you do more? YES or NO If so what? _____ <u>Cardiovascular</u> <input type="radio"/> 20 minute run around track (no walking). How many Full Laps did you do? _____ + (1/4 1/2 3/4 of a lap?) Your goal is to improve each time. |